



of Greater San Antonio

*We Build Strong Kids, Strong Families, Strong Communities.*

**D.R. Semmes Family YMCA at TriPoint**

**3233 N. St. Mary's**

**San Antonio, TX 78212**

**[www.ymcasatx.org/d.r.semmes](http://www.ymcasatx.org/d.r.semmes)**

**(210) 246-9622**



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Updated: 10/1/09

**YMCA Mission: To put Judeo-Christian principles into practice through programs that build healthy spirit, mind and body for all.**

# Membership Information

## D.R. Semmes Family YMCA at TriPoint

3233 N. St. Mary's  
San Antonio, TX 78212

[www.ymcasatx.org/drsemmes](http://www.ymcasatx.org/drsemmes)

Phone: (210) 246-9622

Fax: (210) 246-9639

We want to hear from you! We encourage you to tell us how we can make your YMCA better. Share your ideas, thoughts or questions with any YMCA staff member or fill out a comment card. Your input is valuable and we want to hear it!

### Hours of Operation:

Monday – Friday 5:15am-9:00pm

Saturday 7:00am-6:00pm

Sunday 1:00pm-5:00pm

### Payment Information:

There are no contracts at the YMCA! When it is right for you to cancel your membership, stop by the desk and fill out the proper paperwork. **We need 30 days advance notice to cancel your membership for the following draft date.** If you pay by invoice and want to cancel, we will refund your unused portion of your payment starting the next month. Memberships can be placed on hold up to 3 months annually. Please inform our member service staff of any address, phone, or emergency contact changes, as well as bank name or account changes for payment information.

### Types of Memberships / Cost:

Membership Category	D.R. Semmes Membership	City Wide Membership
Adult (18 years & older)	\$54 monthly	\$64 monthly
Family 1 (one adult & children in household or two adults only)	\$71 monthly	\$79 monthly
Family 2 (two adults & children in household)	\$86 monthly	\$94 monthly
Senior (62 years & older)	\$47 monthly	\$57 monthly
Student (full time student)	\$36 monthly	\$44 monthly

There is a one time joining fee of \$99 per category (except student - \$42). If you choose the bank draft payment option, you can divide your joining fee into 3 payments with the first payment due when signing up for membership. If you choose to pay by invoice, the full \$99 is due upon joining. We have a "satisfaction guarantee." If you are unhappy with your membership and share it with us within the first 30 days of membership, we will refund your dues and joining fee in full. *(Continued on back)*

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### A.W.A.Y. Program:

Always Welcome at YMCA's: When you travel for business or vacation, you may utilize YMCA's in another city on a short-term basis. You may be subject to a day-use fee.

### Guest Privileges:

Members may bring two guests per visit with no charge; additional guests will be charged \$20 per visit (\$10 for guests under 18 years of age). The same guest can only use the facility once per calendar year. For the 2<sup>nd</sup> visit, the \$20 guest fee applies. When the guest is here for a 3<sup>rd</sup> visit, a membership must be purchased to stay. All guest ages 16 and older must provide the member service center with a valid photo ID. Guests 15 and younger must have an adult member or parent with a photo ID sign them in at the member service center. Guests outside the Greater San Antonio area may visit the YMCA with a member two weeks per calendar year at no additional fee.

### Conditions of Membership:

The YMCA of Greater San Antonio will suspend or cancel a membership when behavior conflicts with the welfare of other members or staff or conflicts with the mission of the YMCA. Please inform our member service staff of any address, phone, or emergency contact changes, as well as bank name or account changes for payment information.

### Membership Card:

Members are required to present their membership card at the member service center each time they use the facility or register for programs. Membership cards are non-transferable, and a \$5 replacement fee will be charged to reproduce a lost or damaged card.

### Y Partners Campaign:

The YMCA of Greater San Antonio is committed to offering our programs and services to all individuals in the community. Financial assistance for membership and programs is provided to qualifying individuals and families through funds raised in our Y Partners Campaign. For information on how to contribute or volunteer, please contact your Executive Director.

### Towel Availability:

The D.R. Semmes Family YMCA at TriPoint provides small sweat towels at the Member Service Center. Please visit our Member Service Center for towel rental policy.

### Locks/Lockers:

Members should bring a lock to secure their belongings in a locker during their visit. Lockers are for day use only. If using a daily use locker please remove your lock and belongings at the end of each visit. The YMCA is not responsible for lost or stolen items.

### Accidents / Incidents:

Contact a YMCA staff member immediately if there is an accident, injury, or unusual incident so that we may check the situation and provide any necessary assistance. Members and guests are responsible for their own medical expenses, and participate in YMCA membership and activities at their own risk.

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# Youth and Families

## Facility Relocation:

In June 2009, the D.R. Semmes Family YMCA will be relocating to our new location 2 miles north on St. Mary's Street at TriPoint. We are excited about the opportunity to serve families and better serve our mission of building a healthy spirit, mind and body for all. Families will enjoy amenities such as: Rock Climbing Wall, YLand, Child Watch, Kidz Club, Pilates Reformer Studio, Spin/Group Exercise Studio, FitLinxx, upgraded locker rooms and new wellness equipment.

## Child Watch:

The YMCA provides drop-in child care services for our family memberships with children ages 6 weeks through 6 years. There is a two hour maximum.

Monday-Friday 8:00am – 1:00pm & 4:00pm – 8:00pm

Saturday 8:00am – 1:00pm

## Kidz Club:

Kidz Club is a supervised program for children ages 7 through 12 years, designed to encourage children to develop skills through games, craft-making and gross motor play.

Monday-Thursday 4:00pm-8:00pm

Summer 9:00am-1:00 pm

## YLAND:

Parents are welcome to participate with their children in YLAND during any other time that our facility is open. Please be aware there may be times when YLAND will need to be closed, but the YMCA will post any changes in hours. YLAND participants must wear socks at all times. Children cannot be in YLAND without appropriate adult supervision. YMCA age policies apply. Food and drinks are not allowed in YLAND.

## Locker Rooms:

Locker rooms are gender specific beginning at the age of 5. Children under the age of 15 are not allowed in the locker rooms alone. No cell phones allowed in locker rooms.

## Family Nights:

As a YMCA member you are invited to attend our special events which include Family Nights that are fun for everyone. Check the monthly calendar of events to see what's going on!

## Parties:

Have your next party at the YMCA. Check the fliers at the member services desk to find out the availability of parties. Ask us how you can make your child's day by having the next party at the YMCA! We can host any kind of party – pool party, team party, baby shower, anniversary – you name it and we can do it!

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### Age Policies:

- Children age 6 weeks through 6 years must be in a YMCA supervised program or under the direct watch of a parent or guardian who is at least 18 years of age.
- Children ages 7 years through 12 years old must have a parent present and actively engaged with their child's workout.
- At 13 years of age a child may use the YMCA without having an adult to remain in the facility, as long as all emergency contact information is current and accurate at our member service desk.
- The Wellness Center is available for children ages 13 years through 15 years who have completed a mandatory two part teen orientation. A **green** wrist band must be worn during their workout. You can sign them in and out at the service desk.
- The Wellness Center is available to children ages 7 through 12 who are actively engaged with a parent after successfully completing a family orientation. They may use cardio equipment and designated strength equipment. A **red** wrist band must be worn during their workout. You can sign them in and out at the service desk.
- For their safety, children ages 6 and under are not allowed in the Wellness Center or Group Exercise.
- It is recommended but not required that teens, ages 15-17, go through an orientation before using the Wellness Center.

### Climbing Wall

The Climbing Wall is available for members ages 4 and up, parents must remain with children ages 4-6 while they are on the climbing wall. All participants must have a signed climbing wall waiver on file prior to climbing. You can obtain a waiver from the climbing wall staff.

Monday-Friday                      4:00p.m.-8:00p.m.

During the summer months the Climbing Wall is open from 9:00am-1:00pm Monday through Friday.

# Wellness & Group Exercise

## Equipment Orientations:

As a membership benefit we offer equipment orientations. Orientation covers flexibility, cardio activity, and Cybex strength machines. Members will receive personalized seat adjustments, learn proper form and will be guided to a healthy weight setting. Individual information will be conveniently kept in the wellness center for future reference.

## Commit to be Fit:

Program consists of 4 one-hour sessions with our wellness staff designed to aid exercisers in having a successful and complete workout. The program will cover goal setting, accountability, cardio activity, strength training and flexibility. Members will meet with their wellness coach over the course of 12 weeks.

## Fitlinxx:

This is a state-of-the-art electronic system that stores an exerciser's fitness goals, such as amount and frequency of weight and cardiovascular activity. The system prompts users to work out at the proper speed and encourages communication between members and YMCA staff. Members can check their progress on a kiosk in the facility or via the web at [www.fitlynxx.com](http://www.fitlynxx.com).

## Personal Training:

Personal Training is available for members wanting individualized attention. Our certified personal trainers will guide you toward achieving your fitness goals by organizing a fitness program designed for your needs.

## Wellness Center Age Policies:

- Youth, ages 7-12, may use cardio equipment and designated strength equipment when actively engaged with a parent after successfully completing a youth orientation as a family. They must wear RED wrist band every time they work out.
- Teens, ages 13-14, are allowed to use the Wellness Center after they successfully complete the teen orientation. They must wear GREEN wrist band every time they work out.
- For their safety, children ages 6 and under are not allowed in the Wellness Center.
- It is recommended but not required ages 15-17 must go through an orientation before using the Wellness Center.
- Members must be at least 16 years of age to use the free weight equipment.

## Wellness Incentive Plans

Check the calendar for the next wellness incentive. We want you to feel your best and we enjoy providing incentives for you to get in the YMCA and work out.

## TV Usage and Phones

The cardio equipment is equipped with personal TVs for your use while working out. Please remember that the YMCA is a Christian organization serving families and some viewing on the TV is not appropriate for all ages. **Cell phones should be kept on "silent" or "vibrate" while in the wellness area and please be respectful to others by not talking on the phone while working out.**

## Group Exercise Classes:

Please check out the Group Exercise Class Schedule for the latest schedules. Check out the back of the flier for class descriptions.

Pilates Reformer: Information about Pilates Reformer classes may be found on the flier available at the Welcome Center. Please see the Welcome Center staff for information on registering for the next available session.

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