



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# **WE'RE MORE THAN A GYM. WE'RE A CAUSE.**

**GIVE, JOIN, VOLUNTEER &  
DO SO MUCH MORE.**



## **MEMBERSHIP POLICIES**

**CUMBERLAND CAPE ATLANTIC YMCA**

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# WELCOME

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## **Welcome Member!**

On behalf of the staff, volunteers, and donors, welcome to the Y.

At the Y strengthening community is our cause. Every day, we work side-by-side with our neighbors to make sure everyone, regardless of age, income, or background, has the opportunity to learn, grow, and thrive.

As you may hear frequently, we are much more than a gym. While we do provide the facility and tools to pursue healthy living that is just one part of who we are. We are a cause driven organization here to serve as catalyst for change in our community. Through our three areas of focus, the Y nurtures the potential of every child, promotes healthy living, and fosters a sense of social responsibility. As a member of our organization, we invite you to join us in the furthering our areas of focus through volunteerism and support.

Please use this handbook to familiarize yourself with these policies and procedures related to our membership. Should you have any questions or ideas for how we may support you as a member, please do not hesitate to reach out to one of our staff. We hope that your Y experience will be fulfilling, enjoyable, and rewarding.

## **Welcome to our membership!**

**Sincerely,**

**Cumberland Cape Atlantic YMCA CEO, Staff and Board of Directors**





## **INTRODUCTORY STATEMENT**

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This handbook is designed to acquaint you with the Y and provide you with information about membership policies and procedures. The policies set forth are approved and supported by the Board of Directors and it is the responsibility of the Chief Executive Officer to enforce the policies set forth. You should read, understand, and comply with all provisions of the handbook. It describes many of your responsibilities as member and outlines the procedures we ask our members to abide by when using our facility or programs. One of our objectives is to provide a membership environment that is conducive to reaching the personal goals you are here to achieve to develop your mind, body and spirit.

No membership handbook can anticipate every situation, circumstance, or question about policy. As the Y continues to grow, the need may arise and the Y reserves the right to revise, supplement, or rescind any policies or portion of the handbook from time to time, as it deems appropriate, in its sole and absolute discretion. Members will be notified in a reasonable manner of such changes to the handbook as they occur.

This handbook is intended to be a guide and resource for you. Only the Chief Executive Officer and Board of Directors have the authority to change this handbook or alter conditions of your membership. Membership with the Y is based at-will which permits you or the Y to end our membership relationship at any point. The Y does reserve the right to deny membership to any one if given cause.

### **YMCA of Vineland General Information:**

**Address:** 1159 E. Landis Avenue, Vineland, NJ 08360

**Phone:** 856-691-0030

**Website:** [www.ccaymca.org](http://www.ccaymca.org)

**Fax:** 856-696-0121

**Hours:** Monday through Friday – 5:00am to 10:00pm  
Saturday – 5:15am to 6:00pm  
Sunday – 11:00am to 6:00pm

**Holidays:** The Y will be closed on: Christmas Day, Good Friday, Easter Day, Memorial Day, Independence Day and Labor Day

**Tax ID Number:** Our tax ID number is: 21-063-5053

## **About the YMCA Movement**

The Y is a diverse organization of men, women and children joined together by a shared commitment to nurturing the potential of kids, promoting healthy living, and fostering a sense of social responsibility.

Our national membership is 21 million strong, and spread across more than 2,600 Y associations. Since no two communities are exactly alike, no two Y's are exactly alike. We bring men, women and children – just like you together – and our shared commitment to our communities ensures that opportunities to learn, grow and thrive that we create for all are ones that endure.

While our programs and facilities are always based on the unique needs and interests of our communities, every Y has one thing in common: our people, volunteers, staff, members, and donors of the Y are all united by a deep commitment to strengthen our communities.

## **YMCA Mission**

We are a nonprofit charitable organization that is part of a worldwide association based on Christian principles, inclusive of all people, dedicated to fostering opportunities for all individuals, families and communities through programs that build healthy spirit, mind, and body for all.

## **Membership and Program Goals**

You're not a member here, you're family! The YMCA of Vineland provides you with a safe, welcoming atmosphere where wellness and community for you, your friends, and family are our priority.

- We provide a welcoming atmosphere with friendly, caring staff.
- We greet each person that walks through our doors.
- We provide opportunities to expand your involvement at the Y through special events and volunteer opportunities.
- The Y helps members lead healthy lives – provide physical, mental and spiritual well-being for all.
- We help members grow personally – help individuals build self-esteem and self-reliance.
- Your Y membership will provide fun – individuals in the Y will have fun and help everyone enjoy life and each other.

A member is a person who agrees to cooperate with others in the accomplishment of the mission of the YMCA, and involves identification with a worldwide YMCA fellowship

## YMCA Member Code of Conduct

**YMCA staff members are eager to be of assistance. Members and guests should not hesitate to notify a staff member if they feel the code of conduct is not being used.**

- The Y's Member Code of Conduct does not permit language or any action that can hurt or frighten another person, or that falls below a generally accepted standard of conduct; our Y restricts any physically or verbally abusive actions or sexually explicit language or contact within the facility
  - Appropriate language is expected at all times, in all areas of the YMCA
  - Angry or vulgar language is prohibited, including swearing, name-calling or shouting
  - Harassment or intimidation by words, gestures, body language, or any menacing behavior is prohibited
  - Physical contact with another person in any angry or threatening way is prohibited
  - Any demonstration of sexual activity or sexual contact with another person is prohibited
- Members shall be expected to interact with other members and staff with caring, honesty, respect, and responsibility
- All attire, including swimming attire, must be appropriate to a family environment.
  - Shirts and shoes must be worn at all times, unless specific direction is required by a program
- Membership cards must be scanned at the Membership Desk upon entering the facility; if you lose or damage your card, you may purchase a replacement at the Member Service Desk. You may also download our free YMCA Mobile app (Cumberland Cape Atlantic YMCA) and upload your swipe card to your phone
- Carrying or concealing any weapons, devices, or objects that may be used as weapons are prohibited
- Using or possessing illegal chemicals or alcohol on YMCA property, in YMCA vehicles, or at YMCA sponsored programs is prohibited
- Any other conduct of any inappropriate, threatening, or offensive nature
- Cell phone use is NOT permitted in the locker rooms, restrooms, Family Fitness Center, Health and Adventure center pool or Multipurpose Center
- The YMCA does not assume responsibility for personal property that is lost, stolen or damaged.
- Loitering/solicitation within or on the grounds of the YMCA are prohibited
- Because of our emphasis on maintaining a healthy lifestyle, smoking is not permitted on YMCA grounds, including the parking lots.
- No animals, with the exception of service dogs, are permitted in the facility.
- All facility policies and guidelines are to be followed at all times. The Cumberland Cape Atlantic YMCA reserves the right to revoke membership at any time.

**NOTE:** Guardians must be age 18 or older.

- Our organization is committed to providing all youth with a safe environment. Our organization will not tolerate the mistreatment or abuse of one youth by another youth
- In addition, our organization will not tolerate any behavior that is classified under the definition of bullying (physical, verbal, nonverbal or relational or cyber bullying) and to the extent that such actions are disruptive, we will take the necessary steps to eliminate such behaviors
- Anyone who witness suspicious or inappropriate behavior, including bullying, with or between youth are encouraged to report it. All reports are taken seriously and our organization will fully cooperate with authorities if allegations of abuse are made and investigated.

## Member Communication and News

Your Y offers many avenues for communication of new and exciting programs, exciting special events and more!

- Email any membership related questions to [amercado@ccaymca.org](mailto:amercado@ccaymca.org) or [assist@ccaymca.org](mailto:assist@ccaymca.org)
- **Website** – visit our website at [www.ccaymca.org](http://www.ccaymca.org) to get up-to-date information on all of our programs, promotions, special events and more
- **Robly** – an electronic monthly newsletter that will be emailed to inform you of important information and happenings at the Y
- **Facebook** – YMCA of Vineland, look for photos of everything here at the Y and keep in contact regarding weather related closings, updates and more!
- **Twitter** – follow us on Twitter! @ccaymca
- **Instagram** – follow us on Instagram! CCAYMCA (use #ccaymca to post your photo's!)
- **Pinterest** – get healthy recipe ideas, workout routines and more by following us on Pinterest

## Enjoy your Membership!

Take full advantage of your Facility Membership!

### Utilization of:

- Family Fitness Center
- Family Health and Adventure Center
- Free Weight Room with stretch area
- Milam Family Multipurpose Center
- Six-lane indoor pool
- Men's and women's adult locker rooms with whirlpool and steam room
- Family locker rooms for members 17 years old and younger
- Handicap family accessible locker rooms
- Free ActivTrax – fitness and nutrition program, kiosk located in the Family Fitness Center
- Espresso Bikes for youth and adults – interactive, virtual reality exercise bikes
- Over 100 pieces of equipment including: Elliptical Cross Trainer, Treadmills, Exercise Bikes, Krank Cycle and much more

### General Benefits:

- No annual contract, no cancellation fee
- Member Fitness Orientation to the Family Fitness Center
- Adults receive one free exercise class every eight week session
- Unlimited Zumba classes
- Reduced Rate program – encourage friends to sign up and you and the new member receive a new monthly reduced rate
- "My Y Is Every Y" – use any participating NJ YMCA at no extra cost
- YMCA Away Program – access to other Y's in the U.S. for low charge

## **Program Member Benefits:**

Ability to participate in YMCA programs only; Membership good for one year

## **Child Watch:**

Available while you workout at the Y for up to three hours for 6 weeks to 11 years old

**Hours:** Monday through Friday 8:30am to 1:30pm  
Monday through Thursday 5:30 to 8:15pm  
Saturday 8:00 to 11:30am

**Cost:** \$1.00/hour for Facility Members; \$1.75/hour for Program Members

**Babysitting Punch Cards are also available; Military is no charge**

## **Child/Youth Policy**

### **Children under the age of 15**

The YMCA cares about all our families and children and is dedicated to supporting strong, healthy families. The following youth guidelines are in place so that your children will be cared for and properly supervised. Thank you for your cooperation.

- **Facility:** Youth 12 years and under may **NOT** be in the facility without the supervision of a parent/guardian. The YMCA reserves the right to confirm a child's age. Parents will be called to pick up their child. Youth ages 13 and older may be in the facility alone. Youth ages 0 to 12 years old must be under DIRECT parental/guardian supervision whenever they are at the Y, unless they are enrolled in a YMCA program or in the Y's Child Watch program. "Direct Supervision" means that the parent/guardian is in the facility area with the child (i.e. in the swimming pool, in the gymnasium).
- **Kontes Pool:** Youth Facility members 13 and older may use the Kontes Pool without a parent; youth 8-9 years old must have a parent on the pool deck; youth 10-12 must have a parent on the YMCA premises youth 7 and under must have a parent in the water within arms length reach.
- **Milam Multipurpose Center:** Youth Facility members 13 and older may use the Milam Family Multipurpose Center without a parent; youth 8-12 must have a parent on the YMCA premises; youth 9 and under must have a parent in the MPC at all times.
- **Family Fitness Center:** Youth Facility members 15 and older may use the Family Fitness Center without a parent; 11-14 years old must have a parent with them except during designated times; 10 and under are not permitted in the FFC/FW room unless approved by our Health & Wellness Director and receives an orientation to the equipment. Please check with the Member Service Staff or Health & Wellness Staff for designated Youth hours.
- **Family Health & Adventure Center:** Youth 11 and older may use the Family Health & Adventure Center without a parent (may not use the FFC unless it is a designated time); youth 8-10 years old must have a parent with them at all times.
- **Group Exercise Classes:** Youth 15 and older may take a Group Exercise class without a parent or permission; Youth 12-14 years old must have instructors permission (it is highly recommended a parent attends class with child).
- **Locker/Changing Rooms:** Adult locker rooms are strictly for 18 years and older (no exceptions); Parents with children 5 and under may use the Male/Female Locker Rooms with their male or female child (ex. Mom may take 5 year old son into Female locker room and vice versa); Parents with children 6 and older must use Family Changing Rooms located in the hallway across from the FFC (ex. Mom cannot take 6 year old son into Female locker room)



**Program Members:** Child/Youth Program members are only permitted in the facility to attend the Y program they have registered for. Program cards must be presented upon entering the facility. Parent/guardian must enter the building with the child and remain on the premises for the duration of the program.

\*Children registered for a Program Membership strictly for the Before and After Care program will not receive a swipe card. If at any time they register for classes or programs at the Y, a swipe card will be issued

## **Family Fitness Center & Free Weight Room Guidelines**

- Children must be at least 11 years of age to enter the Family Fitness Center; children 11-14 years old must be accompanied by an adult at all times; children who are 15 years or older may work out without an adult (please read the above Youth Policy for details)
- Please see an on-duty YMCA Fitness Attendant for questions regarding the Family Fitness Center
- Thank you for leaving cell phone conversations outside of the Fitness Center and Family Adventure Center
- Please put weights down slowly in the weight room, do not slam the weights
- Please wipe equipment down after you are done using
- During busy times, please respect a 30 minute time limit on all equipment.
- Please respect equipment. Do not drop, bang or abuse the equipment and please remember to put everything back after use (i.e. free weights, stability balls, etc.).
- If you notice any equipment that is not working properly, please notify a Health & Fitness Team member as soon as possible.
- Proper attire must be worn! Comfortable athletic wear, no open toed shows, no street clothes/boots
- Anyone who fails to comply with our guidelines will be kindly asked to leave
- Please remember that these guidelines are to keep everyone safe and out of harm.

## **Family Health & Adventure Center Guidelines**

- Children must be at least 8 years of age to enter the Health & Adventure Center; children 8-10 years old must be accompanied by an adult at all times; children 11 and older may use area without a parent (please read the above Youth Policy for details)
- Please see an on-duty YMCA Fitness Attendant for questions regarding the Family Adventure Center
- Thank you for leaving cell phone conversations outside of the Fitness Center and Family Adventure Center
- Please put weights down slowly in the weight room, do not slam the weights
- Please wipe equipment down after you are done using; thank you for your cooperation!
- Proper attire must be worn! Comfortable athletic wear, no open toed shows, no street clothes/boots
- Anyone who fails to comply with our guidelines will be kindly asked to leave
- Please remember that these guidelines are to keep everyone safe and out of harm.

## **Kontes Pool Guidelines**

Our pool is 25 yards in length and 6 lanes wide. The depth ranges from 3 ½ to 5 ½ feet deep. Stairs and a chair lift are available for those who require assistance getting in or out of the pool. The pool schedule changes weekly, please look for updated schedules on our website or at our Member Service Desk. Below is a list of pool regulations.

- All swimmers must shower before entering the water (NJ State Law)
- Children under 8 years must be supervised while in the water by an adult over 18 within arm's length (two children per one adult). Children 9 and under must be accompanied by an adult on the pool deck.
- Youth under 18 years old must pass the deep end swim test and wear a wristband to swim in the deep end. Parents/guardians may not take non-swimmers past the lifeline. Lifeguards have the authority to retest any swimmer who appears to not be able to satisfactorily complete the test.
- A bathing suit must be worn – no cutoffs, shorts, cotton t-shirts, or belts.
- All children in diapers must use a swim diaper or plastic pants with snug fitting elastic waist and leg bands.
- Shoulder length hair and longer must be tied back or wear a bathing cap.
- Any person showing evidence of skin disease, sore or inflamed eyes, cold, nasal or ear discharge or any communicable disease shall be DENIED admission. Any person with excessive sunburn, open blisters, cuts or bandages shall be DENIED admission in the pool.
- Do not enter the water if you are experiencing or recovering from diarrhea or have had any signs or symptoms of a gastrointestinal (stomach) disease in the past seven days.
- Glass containers shall be prohibited in pool area and locker rooms.
- Food, gum or drinks are not permitted in the pool area or locker rooms (Water should only be in plastic bottles).
- Street shoes are not to be worn on the pool deck.
- Running is not permitted on the pool deck or in the locker room.
- No diving in the pool or off the starting blocks. Jumping is permitted in the deep end only.
- Pool and pool area will be closed during thunder and lightening storms.
- Noodles may be used following appropriate procedures in the shallow end other equipment is for adult lap swimming. No inflatables are allowed in the pools. All equipment for handling children should be U.S. Coast Guard approved.
- Kickboards may be used for lap swimming by intermediate or higher level youth swimmers under parental supervision.
- No extended underwater breathing, hold swimming or hyperventilating before underwater swimming.
- Lap swimmers may not deny entry to another lap swimmer.
- Lap swimmers should split the lane if sharing with another individual and circle swim if there are three or more people in a lane.
- Deep end test – swim one length of the pool in a horizontal position with consistent movement and confident stroke then tread water with ears above for one minute.
- WATER EMERGENCY
  - 1 long whistle blast – signals an emergency – leave pool immediately
  - 2 short whistle blasts – signal lifeguard needs attention of a particular swimmer.

## **Milam Family Multipurpose Center Guidelines**

- All members using the gymnasium MUST scan in at the Member Service Desk. Basketballs may only be checked at our Member Service Desk - all basketballs must be returned to the desk.
- For the safety and security of all members, children nine (9) and under MUST be accompanied by an adult in the MPC (please read the above Youth Policy for details)
- Shorts, shirts and sneakers MUST be worn at all times. Shorts must be above your buttocks. No black soled or street shoes permitted.
- Food is not permitted in the MPC. Plastic bottled water is the only exception - please throw away bottles or trash using the cans located outside of the MPC door.

- For the safety and security of all members, personal items including bags, jackets, clothing, etc. should not be in the gym for any reason. Lockers are available (members must provide their own lock). Cell phone/camera use are NOT permitted in the MPC.
- For the safety and security of all members, the Emergency Exit door, as well as the closet, should NOT be opened at any time. Emergency Exit and closet doors should only be opened by an on duty Y staff member. In the event of an emergency, all members should exit through the Emergency Exit doors.
- Please consult a MPC schedule (located outside the MPC or in the front lobby) for open and family "gym" times, as well as programs and classes that are scheduled throughout the week. Special notices will be placed on the MPC door for any closed times, at the discretion of the YMCA.
- The YMCA reserves the right to remove any member from the facility, or suspend/discontinue a membership, for not following policies and procedures

## **Membership and Program Information**

### **Membership Cards**

All facility and program members will receive an identification card upon joining. This card will remain valid as long as you maintain your membership. Please remember to bring in your I.D. with you each time you visit us, for the safety and security of our building. Membership cards are for the sole use of the individual identified on the card. Members allowing others to use their card for access to facilities or programs may be subject to loss of membership privileges. You can be denied access or your workout can be delayed without your card – a \$4.00 replacement fee will be charged for lost or damaged membership cards. New cards are not issued annually. The YMCA of Vineland reserves the right to suspend or revoke membership privileges as necessary.

### **Membership Changes/Transfers**

If you should change your home or business address, email, phone number, dependent or marital status, please advise our Member Service Team. If you are adding to your membership (family or husband/wife) proof of address is required if last name differs. Upgrading or downgrading a membership requires an appropriate form to be completed.

### **Membership Freeze/Hold**

Memberships may be frozen/placed on hold for medical reasons that prevent you from participating at the Y. A physician's letter is required for all medical freezes. The medical letter/excuse must list the start and end date of the freeze. Please notify a Member Service Team member prior to the start date of all medical freezes.

### **Membership Cancellations**

**Member Cancellations:** Membership dues paid through monthly bank draft require **30 days notice prior to the draft date (either the 10<sup>th</sup> or 21<sup>st</sup> of each month)** to cancel a membership. Members must complete a cancellation form at the Y branch or send a registered letter to the branch.

**Returned E-payments:** Returned e-payments will accrue a past due balance and a \$20.00-\$30.00 fee, payable by cash or credit card. Please note that your membership will be terminated if balance is not cleared within 30 days.

**Terminations/Expulsions:** A member may be terminated/expelled and their membership canceled for violation of rules, disorderly conduct or other actions unbecoming a member. No refund may be made or credit given to an expelled member. Due to the YMCA's involvement of working with children, families, and our community, it is the Y's policy to deny membership and program participation to any individual included on the Sex and Violent Offender Registry. All new members, current members, and program participants will be cross-referenced with the NJ Sex and Violent Offender Registry and the National Sex Offender Registry

### **Insurance Reimbursement**

Some insurance companies and HMOs reimburse participants for partial or all membership fees. We will be happy to verify your membership. Please check with your insurance carrier for details.

**Horizon Blue Cross/Blue Shield** – the YMCA of Vineland participates with Horizon insurance to provide a one free month membership to the Y for Horizon BC/BS carriers. Participants must present a valid insurance card when signing up for the one-month membership. If participants wish to continue their Y membership after their free month, they may switch to a facility membership and pay the monthly membership fee. Participants may also look into the Horizon BeFit program by logging on to: [horizonbfit.com](http://horizonbfit.com).

### **Emergency Closings**

The decision to open the Y will be made a ½ hour prior to opening. At that time the voicemail system, website and Facebook page will indicate opening times if applicable. Once we have opened, any decisions to close early or cancel classes will be made as necessary.

### **Program Registration**

Facility Members receive one free class every eight week session, as well participation in any Zumba classes. To enroll in a program, your membership must be current and you must pay in full (if there is a fee associated with the program). Members who wish to participate in a class must enroll. Members may sign up for a "Unlimited Classes" pass, which allows access to all classes (unless otherwise noted).

### **Program Cancellations**

The YMCA of Vineland may cancel or combine a class due to lack of enrollment or other reasons. We will try to notify you within 24 hours of your class time of any changes. You will also receive a credit for the amount of the class that is cancelled. Classes due to inclement weather will not be made up or receive a credit, unless specified by the director.

### **Credits and Refunds**

Requests for credit and refunds must be processed at the Member Service Desk by the end of the session in order for the credit to be given. Membership credits/refunds accompanied by a physician note will be considered by the Member Service Director. All program requests are processed at the discretion of the program directors. All appropriate forms must be completed and signed in order to receive a credit/refund. Credits must be used within one calendar year.

### **"My Y Is Every Y" – NJ YMCA's AWAY program**

As a Y facility member, you may visit any other Y in the state of NJ for no cost.

### **National YMCA AWAY Program**

A.W.A.Y. means "Always Welcome at YMCAs." The A.W.A.Y. program is based on the philosophy that when a person enrolls in a YMCA, he or she becomes a member of a nationwide association

of people that helps further youth development, healthy living and social responsibility, and therefore, when away from home, will be welcomed by participating YMCAs in the United States. A Y's participation is voluntary, and some restrictions may apply. If you are planning to visit another YMCA in the U.S., visit [www.ymca.net](http://www.ymca.net) and use the "Find Your YMCA" search feature to contact the Y you plan to visit and their policies.

### **Title 10 Military**

The Department of Defense has contracted with the Armed Services YMCA to fund memberships at participating YMCAs for Title 10 DOD Military groups. Membership eligibility and guidelines by the Department of Defense are defined; for a complete list of eligibility requirements visit [www.asymca.org](http://www.asymca.org); or for more information on how to apply, visit [www.ccaymca.org](http://www.ccaymca.org).

### **Guest Policy**

Due to insurance purposes, guests are restricted from the Y unless authorized by a director.

## **Volunteer Opportunities**

Opportunities for involvement with the YMCA of Vineland through volunteer work include: coaching, special event help, Board of Directors, Committees, etc. For additional information on how you can get involved, contact Terri Booth at extension 113.

## **Togetherhood™**

Togetherhood is the YMCA's Signature Program for Social Responsibility. This member-led community service program invites Y members, as well as community members, to lead and participate in volunteer projects that benefit the community where they live. Togetherhood provides participants with fun, convenient, and rewarding ways to give back and support their neighbors, by participating in the Y's cause to strengthen community.

The program serves as a partnership between a committee of members and two Y Staff Advisors, Angelica Mercado and Jackie Martine. It is designed to be a simple, fun, and rewarding way for members to identify ways that they can give back and support their neighbors through their own ideas, skills, and energy, as well as through the network of the Y.

## **Financial Assistance**

It is the policy of the YMCA of Vineland to provide services for any person who desires to participate and understands the benefits of the YMCA, regardless of their ability to pay the standard membership or program fees. Assistance will be granted on the basis of financial need, when funds are available. The household income guidelines used by the YMCA of Vineland will be used as the initial eligibility criteria.

The YMCA believes a strong sense of ownership and pride is developed if the financial assistance recipient contributes to the cost of the Y involvement; therefore, applicants will be asked to pay a portion of the membership and/or program fees. Applications are available at the Member Service Desk. All applications are kept confidential and are reviewed for eligibility.

## **Annual Giving Campaign – The Y. So much more.**

Every day, the Cumberland Cape Atlantic YMCA gives our community the support it needs to learn, grow and thrive. From swim lessons to senior aquatics, summer camp to school age child care, disease prevention to healthy living, everything we do helps strengthen our community and the people who live here.

But keeping our community great is a full-time job and we need your help to do it. Your gift can help our community and everyone in it shine. Contact Jackie Martine at [jmartine@ccaymca.org](mailto:jmartine@ccaymca.org) or 856-691-0030 ext. 123 for more information. Donations can be made online by visiting our website [www.ccaymca.org](http://www.ccaymca.org)

**For more than a workout. For a better us.**

**WELCOME TO THE Y**