

## Frequently Asked Questions: Membership

Q- Are the classes included in my membership?

A- Yes! All Group X classes are included in your monthly dues with unlimited access. Instructors are present for each class to ensure your fitness experience is a quality one!

Q- Do I have to pay for child watch?

A- Child watch is also included in your membership. Ages 6 months to 8 years old can be signed in for up to two hours/day.

**MWF: 8 am to 11 am; T/TH: 8 am to 10 am; M-F: 4 pm to 8 pm**

Q- Can my children do something else while I work out?

A- **Each area of the YMCA has an age policy posted.** Beginning at age 10, children can swim without a parent present if he/she can pass a deep end test. He/she can also shoot basketball in the gymnasium. Children can enter and use work out equipment with a parent present at age 12. At age 15, he/she can work out alone. *Please be advised that we welcome parents being present at all times.*

Q- What if I am going out of town this summer? Can I use my membership somewhere else or put it on hold?

A- We can put your membership on hold for prolonged illnesses, surgeries, leaving town for an extended period of time and more. If you wish to use the membership elsewhere, you will have to continue to pay the monthly fee. TN YMCAs allow visits at no expense to you. YMCAs outside of TN may have a guest policy in place for visiting members. Call ahead!

Q- Do group swim lessons or sports programs cost more than the monthly fee?

A- Yes. Programming does come with an extra fee. This includes Personal training, unlimited group training, swim lessons, youth and adult sports, and child care. We offer scholarship program applications to every member should he/she wish to fill one out—can be applied to aquatics, child care, and sports.

Q- Can I bring a guest with me?

A- You can have a guest with you. The first visit is free with every visit after that including a fee. Pool use only is \$5. Total facility fee is \$10.

Q- How do I apply to get my membership fee lowered?

A- We offer financial assistance/scholarship applications at the front desk. Apps can also be printed at home and filled out by going to our Membership > Financial Assistance tab. The assistance is income-based.