



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WHERE EVERYBODY BELONGS

Member Guide



TAMPA METROPOLITAN AREA YMCA



Dear new YMCA member,

Welcome to our family! You may not know the Y is one of the largest community service organizations in the United States. Whether it's nurturing the potential of every child and teen, promoting healthy living, or fostering a sense of social responsibility, we make strengthening the community our cause.

This means your membership will not just bring about meaningful change in your own life, but in your community, too.

At the Y, you're not just a member — you're part of a community. Our charitable mission is to help you and your family, achieve a balance of spirit, mind and body by encouraging good health, fostering connections with friends and strengthening your community.

I invite you to read through this Association Guide to make the most of your membership right from the start. You'll see as a top-rated 4-star charity, we offer so much more than a typical gym. For example, we offer a Y Diabetes Prevention Program for those at risk for developing diabetes, LIVESTRONG® at the YMCA for cancer survivors and a variety of drowning prevention programs. In addition, the Y reinvests over \$5.8M each year back into the community through financial assistance to ensure participation in all programs among youth, adults and families facing financial hardship, in addition to, subsidized programs that fill community voids throughout Hillsborough and East Pasco counties.

Our sports programs, personal training sessions and family activities are a great way to get more involved in the Y and try something new. You can also get involved by volunteering at your Y. Opportunities include coaching a youth sports team, helping plan special events or serving as a Y storyteller for our Annual Campaign. When you volunteer at the Y, you take an active role in bringing about meaningful, enduring change right in your own neighborhood.

Be sure to download the "Tampa YMCA" app or head to our website — www.tampaymca.org — for the latest activities, social events and programs. You can also find the latest exercise class schedules and hours of operation for your local Y. You'll even find us on Facebook and Twitter. Of course, our staff members are here to answer questions, too.

Don't forget, this is YOUR Y — so feedback is always welcome. Just speak with a Y associate or submit a comment card. We'll respond to your comments quickly and thoughtfully.

Thanks for joining our cause! We hope you'll be with us for many years to come.

Yours in good health,

Matt Mitchell

President and Chief Executive Officer
Tampa Metropolitan Area YMCA

EVERY DAY, WE'RE CHANGING LIVES BY...



Teaching kids life-saving swim skills to prevent accidental drowning deaths



Ensuring kids have the things they need to succeed in school and life



Giving cancer survivors and their families a place to heal



Educating our community about obesity and chronic disease prevention

Visit tampaymca.org for details on how to get involved in the cause!

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

TAMPA Y MEMBERSHIP

At the Tampa Metropolitan Area Y, you achieve more than your fitness goals. Families spend quality time together and we all build relationships that deepen our sense of belonging. The Tampa YMCA is more than just a gym.

Your Tampa Y Benefits Include:

- Access to 13 Tampa Y locations
- State-of-the-art fitness centers
- Personalized wellness sessions
- Weight loss program
- Group exercise classes
- Family events and activities
- Stay & Play, curriculum-based childcare while you work out**
- Teen Centers and clubs
- Parents' Night Out
- Lap swim, splash pads and water slides
- Up to 50% off Y programs
- Access to YMCAs across the U.S.*
- And MORE!

*Visit www.tampaymca.org for full details on Nationwide Membership.

**Included only in Family Membership and Two Person Household Membership. Child(ren) must be included on membership. Family Membership consists of two adult parents and dependent children under age 29 living in the same household.

We are with you in your journey to
develop your full potential.
Let's get started!



Download the YMCA Universal App



Follow your Y on Facebook



Schedule your free Orientation appointment



Sign in to your online membership account



Find out how to get involved in the Y's mission



FACILITY FEATURES AND PROGRAMS

As a Y member, you have access to more than just a weight room! There's something for everyone! Whether you are interested in wellness programs, swim lessons/ teams, family fun, youth sports or group exercise classes, you'll find the perfect fit for your lifestyle!



	BOB GILBERTSON CENTRAL CITY FAMILY YMCA	BOB SIERRA NORTH TAMPA FAMILY YMCA	BOB SIERRA NORTH TAMPA YOUTH & FAMILY CENTER	CAMPO FAMILY YMCA	DADE CITY FAMILY YMCA	DOWNTOWN YMCA WELLNESS CENTER	EAST PASCO FAMILY YMCA	NEW TAMPA FAMILY YMCA	NORTH BRANDON FAMILY YMCA	NORTHWEST HILLSBOROUGH FAMILY YMCA	PLANT CITY FAMILY YMCA	SOUTH TAMPA FAMILY YMCA	SPURLINO FAMILY YMCA AT BIG BEND ROAD	WESTPARK VILLAGE YMCA EXPRESS	YMCA CAMP CRISTINA
Adult Sports		•		•			•		•	•	•	•			
Basketball Gym	•	•	•	•			•	•	•	•	•	•	◆		
Cardio Equipment/Weights	•	•		•	•	•	•	•	•	•	•	•	•	•	
Group Fitness	•	•		•		•	•	•	•	•	•	•	•	•	
Gymnastics			•						•			•			
Stay & Play Center	•	•		•	•		•	•	•	•	•	•	•		
Outdoor Pool	•	•	•	•		▲	•	•	•	•	•	•	•		•
Pickleball	•	•		•			•	•	•		•	•			
Racquetball Courts	•	•					•								
Spinning/Indoor Cycling	•	•		•		•	•	•	•	•	•	•	•		
Summer Camp/Holiday Camps	•	•	•	•			•	•	•	•	•	•	•		•
Youth/Teen Room	•	•	•	•				•	•		•	•	•		
Youth Sports	•	•	•	•			•	•	•	•	•	•	•		
Before & After School Program			•							•		•			•
Water Park/Splash Zone			•	•						•	•	•	•		

▲ Sauna at Downtown YMCA

◆ Airnasium at Spurlino Family YMCA

YOUTH DEVELOPMENT

Nurturing the potential of every child and teen

The Y is the starting point for many youth to learn about becoming and staying active, and developing healthy habits they'll carry with them throughout their lives. The benefits are far greater than just physical health. Whether it's gaining the confidence that comes from learning to swim or building positive relationships, participating in youth programs at the Y is about building the whole child, from the inside out.

Youth Enrichment

- **Stay & Play:** Complimentary, curriculum-based childcare and learning experience while parents are at the Y.
- **Before & After School:** YMCA and school-site locations for grades K-5 focusing on nurturing a child's development by providing a safe and healthy place to learn, grow and thrive.
- **Parents' Night Out:** Children have fun at the Y while parents enjoy time out.
- **Kids' Day Out:** Kids have the opportunity to enjoy games, crafts and enrichment activities with us on most school holidays!

Education & Leadership

- **Teen Leaders:** Students, grades 7-12, learn life skills through leadership development, volunteerism and physical fitness.
- **Youth in Government:** students in middle, high school and college have the opportunity to meet and work with their peers from other local Youth in Government chapters around the state.

Swim, Sports & Play

- **Swim Lessons:** Learn water safety and develop skills and self-confidence. Group and private lessons available for all ages, 6 month-adult.
- **Swim Team:** Kids compete in an atmosphere of sportsmanship and team spirit, while improving individual stroke technique.
- **Youth Dance & Gymnastics:** From beginners to competitive, kids learn skills and techniques while gaining confidence and having fun.
- **Youth Sports:** Kids learn core values as well as develop skills in their specific sport.
- **The First Tee of Tampa Bay:** Kids build confidence and learn life skills through the game of golf.

Camp

- **Day Camp:** Experience of traditional summer camp where kids have fun while developing a sense of achievement and belonging.
- **YMCA Camp Cristina:** 65-acre, natural world experience where you can make forever friendships and create memories to last a lifetime. A place where campers feel accepted, trusted and supported while experiencing all the fun of camp!
- **The First Tee of Tampa Bay:** An immersive camp where kids build confidence and learn life skills through the game of golf.



HEALTHY LIVING

Improving our community's health and well-being

Being healthy means more than simply being physically active. It's about maintaining a balanced spirit, mind and body. At the Y, it's not about the activity you choose as much as it is about the benefits of living healthier on the inside as well as the outside.

Family Time

- **Family Fun Events:** Activities for the whole family to enjoy from game nights and crafts to dive-in movies and festivals!
- **Holiday Events:** Enjoy the holidays with your family and your Y family! Events like: Breakfast with Bunny, pool-side BBQs, Fall Festivals, and more!
- **Family Fitness Classes:** Getting the family active together!
- **Healthy Kids Day:** A national celebration for healthy kids and families; free and open to all!

Sports & Recreation

- **Adult Sports:** Feel your best through active play, including basketball, pickleball and volleyball.
- **Senior Activities:** From potlucks to Bridge Clubs and everything in between, we have social opportunities for everyone!
- **Run Clubs:** Beginning runners and marathoners alike join in on one of our many run clubs! You can even join in on one of our annual races like the Turkey Gobble and Northdale Pumpkin Run.

Health, Well-Being & Fitness

- **Fit Tracks:** Complimentary, personalized fitness plan designed to help you meet your goals. Your coach will guide and motivate you with assessments, a variety of nutrition and weight management tools.
- **Personal Training:** Work out one-on-one for even more personalized fitness training and motivation.
- **Active Older Adults Programs:** Keep active and social in later years with classes and programs designed for our older members.
- **Group Exercise Classes:** Over 50 different classes offered including popular favorites like Zumba, yoga, cycling and more.
- **Lap Swimming:** Fitness and relaxation; at least one lane available at all centers with pools.
- **Water Group Fitness:** Including all the favorites! Available all year long in any of our centers with pools.
- **Y-Weight:** 8-week immersive health, wellness and weight loss program included in Y membership.
- **CPR & Lifeguard Training**



SOCIAL RESPONSIBILITY

Giving back and providing support to our communities

The generosity of others is at the core of the Y's existence as a nonprofit. It is only through the support of our hundreds of thousands of volunteers and public and private donors that we are able to support and give back to the communities we engage.

Strategic Plan 2023–2026:

The Tampa Metropolitan Area YMCA continues to build on our deep-rooted history of impacting lives by serving as an inspiration for health and well-being for kids, families, seniors and all who live in Tampa Bay. **We are committed to empowering every individual in our community to reach their healthiest and most fulfilled life with a focus on:**

- Advancing Leadership Development
- Growing Philanthropy
- Elevating the Membership Experience
- Preparing Youth for Success
- Filling Critical Community Voids
- Enhancing Our Family Centers

Opportunities to Get Involved:

Volunteer: Apply to be a youth sports coach or a board member and/or help out with any of our community projects!

Give: As a charity, we rely on the generosity of our community to ensure no one is turned away due to an inability to pay.

Work at the Y: Our staff team make a difference in the lives of so many children, adults, teens and seniors every day. Join us!





DONATIONS AT WORK IN OUR COMMUNITY



Open Doors Program

The YMCA's Open Doors program is available to people of all ages, backgrounds, abilities and incomes. The YMCA's Open Doors program follows a sliding fee scale, designed to fit each individual's financial situation and ability to pay.

Sulphur Springs YMCA

The Sulphur Springs YMCA provides a safe environment for children and families to learn, grow and thrive. We nurture the potential of each individual through programming that teaches and reinforces life skills and promotes personal growth, family engagement and academic achievement. As an integral part of the Neighborhood of Promise it is our goal for the Sulphur Springs YMCA to be a catalyst for community change and a significant contributor toward creating a healthier Sulphur Springs.

Veggie Van

The Tampa Metropolitan Area YMCA Veggie Van is a mobile market place that works to meet the needs of individuals and families living in underserved areas of Hillsborough and East Pasco counties. Through the Veggie Van, we distribute fresh, nutritious fruits and vegetables throughout targeted communities, which are labeled food deserts, for a nominal fee. A food desert is defined as an urban neighborhood without ready access to fresh, healthy and affordable food.

Teen Achievers Program

The Teen Achievers Program is an initiative of the Tampa Metropolitan Area YMCA aimed at supporting Hillsborough and Pasco County students in setting and reaching higher education and career goals. The program provides critical opportunities for youth to develop or strengthen self-efficacy and to envision themselves as successful professionals and productive members of our community.



MAKE THE MOST OF YOUR MEMBERSHIP

Member Responsibilities

Membership Identification: All members must present a membership card or electronic membership ID to gain access to the YMCA. Should you forget your card, you will be asked for a photo ID.

Member Conduct: At the Tampa Metropolitan Area YMCA, five core values guide all we do: Faith, Caring, Honesty, Respect and Responsibility. The YMCA is a family-orientated center; members and guests are expected to behave in an appropriate manner.

Prohibited Actions: We expect persons using the YMCA to behave in a mature and responsible way, and to respect the rights and dignity of others. The YMCA prohibits in its facilities or program areas firearms, explosives, weapons, illegal drugs or any other items that could endanger members, program participants, or our associates. The YMCA does not permit any language or action that can hurt or frighten another person or that falls below a generally accepted standard of conduct. The Y may terminate a membership and/or participation in a program, with or without cause, to ensure the safety and comfort of members and associates. To ensure the comfort and safety of our members, the Y does not allow the rendering or solicitation of business or services, including coaching or training, in the YMCA centers or program areas.

Locker Room Guidelines

- Boys/Girls over the age of 5 are prohibited from locker rooms of the opposite gender.
- We kindly request your discretion while using locker rooms.
- As a courtesy to other, please refrain from using cell phones.
- Lockers are for daily use only. Any locks remaining after the close of business day will be removed.
- Please towel off before leaving the shower area.

Age Guidelines

Facility Access: Children age 11 and under must be accompanied by a parent or guardian to gain access to a Tampa YMCA center.

All youth age 10–14 must complete a youth orientation in order to be permitted on the Wellness Center floor.

Age 11 and under must be with a parent or guardian or registered in a Y program if using the Wellness Floor.

Age 12–14 may use cardio machines and selectorized weight machines independently and may use plate-loaded and free weights with direct supervision of parent/guardian that is 18 or older.

Age 10–11 may use cardio and selectorized weight machines under direct supervision of a parent or guardian that is 18 or older; no plate loaded or free-weights permitted.

For safety reasons, no child 9 years or under is permitted to use the Wellness Center.

Abuse Prevention Statement

The YMCA is a family-oriented organization, and the positive development of our young people in paramount. You, as a member of our YMCA community, have the opportunity to be a positive influence by serving as a role model for our children whenever you are in their presence.

Abuse will not be tolerated in any YMCA facility or program; whether it takes the form of physical, emotional, neglect or sexual, and whether it is initiated by a child or an adult. If you identify behavior that is cause for concern, please bring it to the attention of YMCA staff immediately.

Persons designated by the Florida Department of Law Enforcement (FDLE) as Sexual Offenders or Sexual Predators are not eligible for membership in the YMCA. Members and guests are screened against the national registry of sex offenders.



Guests at the Tampa YMCA

We welcome all Nationwide Y members and reciprocal members with YMCA of the Suncoast and YMCA of Greater St. Petersburg.

Local Guests: Defined as residing in the Tampa Metropolitan YMCA area, visiting the Y with members:

- One complimentary visit plus 2 additional at \$15 each.

Out-of-Town Guests: Defined as residing 100 miles outside of service area and not a current Y member of an association participating in the YMCA Nationwide Membership Program.

- Guests with a member pay \$7/visit per person.
 - Proof of residency required.
- Guests without a member pay \$20/visit per person.
 - Proof of residency required.
 - Limit of 7 visits per year.

The guest Policy reflects a calendar year, January to December. All Tampa YMCAs are considered one, therefore a visit to one center will count as a visit to all.

All guests must present a photo ID. Guests under 16 must be accompanied by a parent or guardian.

The Y reserves the right to restrict guests at any time, WITH OR WITHOUT NOTICE, to ensure the safety and comfort of our members. We recommend members contact the Y in advance of bringing guests to ensure we are accepting guests, especially during peak usage times or holidays.

Swim Tests: Staying Safe at the Y

To ensure the highest level of safety, all children are swim tested and identified in a way that lifeguards can visually confirm their swimming ability.

Passing the swim test (green band) includes being able to demonstrate the following:

- Jump into water above their head.
- Tread water for 60 seconds.
- Swim the length of the pool – above water.
- Exit the pool safely.

Failure to pass all steps of the swim test = red band

Red swim band: Those who decline or do not pass the swim test. Red band swimmers must stay in water that's armpit-deep or less and require an adult to be within an arm's length and/or wear an approved flotation device.

Green swim band: Swimmers are allowed in all pool areas.

For a full list of Aquatics Safety and Pool Guidelines, please visit www.tampaymca.org

In order to provide a safe and enjoyable environment for all of our members, the Tampa Metropolitan Area YMCA has a set of guidelines, rules and member code of conduct that all members, volunteers and guests must abide by.

While the staff and volunteers of the Y go to great lengths to outline all rules and policies to ensure the comfort and safety of you, your family and other members, it is simply impossible to foresee or communicate every situation that may arise requiring a YMCA response. The Y's management reserves the right to amend or add policies/operating rules to ensure the safety and comfort of all users.



TAMPA YMCA LOCATIONS

Click on a location for hours of operation and more information.



Bob Gilbertson Central City Family YMCA
110 East Palm Ave.,
Tampa, FL 33602
813.229.9622



Bob Sierra North Tampa YMCA
4029 Northdale Blvd.,
Tampa, FL 33624
813.962.3220

Bob Sierra North Tampa YMCA Youth & Family Center
4015 Ragg Rd., Tampa, FL 33624
813.269.9404



Campo Family YMCA
3414 Culbreath Rd.,
Valrico, FL 33596
813.684.1371



Downtown YMCA Fort Brooke
104 South Franklin St.,
Tampa, FL 33602
813.229.1305



Check out the STUDIO at the Downtown Y!

Along with our innovative wellness center, outdoor fitness opportunities and upscale amenities like towel service and locker room saunas, the **STUDIO** opens up the opportunity to be immersed in a variety of classes like: Cycling, Yoga, Bodyflow, and MORE! For your convenience, we validate parking for up to two hours in the adjacent Fort Brooke Parking Garage.

Dade City Family YMCA

38035 Meridian Ave.,
Dade City, FL 33525
352.521.0484



East Pasco Family YMCA

37301 Chapel Hill Lp.,
Zephyrhills, FL 33542
813.780.9622



New Tampa Family YMCA

16221 Compton Dr.,
Tampa, FL 33647
813.866.9622



North Brandon Family YMCA

3097 S. Kingsway Rd.,
Seffner, FL 33584
813.685.5402





**Northwest Hillsborough
Family YMCA**

8950 W. Waters Ave.,
Tampa, FL 33615
813.249.8510

WestPark Village YMCA Express

9878 W. Linebaugh Ave.,
Tampa, FL 33626
813.792.7838



Plant City Family YMCA

1507 YMCA Pl.,
Plant City, FL 33563
813.757.6677



South Tampa Family YMCA

4411 S. Himes Ave.,
Tampa, FL 33611
813.839.0210



**Spurlino Family YMCA
at Big Bend Road**

9650 Old Big Bend Road,
Gibsonton, FL 33578
813.228.9622



YMCA Camp Cristina

9840 Balm Riverview Rd.,
Riverview, FL 33569
813.677.8400



YMCA CAMP CRISTINA

Camp Cristina is a 65-acre nature and outdoor adventure center that hosts incredible opportunities for kids, teens and adults! From zip lines and rope courses to archery and fishing, Camp Cristina provides unique and amazing experiences for all!



Youth/Teen Adventures

- Summer & Holiday Camp
- After School
- Field Trips
- Leaders Club
- Team Building

Adult/Senior Adventures

- Team Building
- Meetings & Presentations
- Family Gatherings
- Church Groups

Adventures Include

- High and Low Ropes Adventure Course
- 200' Zipline
- 50' Giant Swing
- 30' Rock Wall
- Vertical Climbing Playground
- Shooting Ranges (Archery, Riflery)
- Paintball Course
- Swimming Pool
- Canoes and Kayaks
- Water Slides
- Fishing



FIRST TEE – TAMPA BAY

First Tee – Tampa Bay is an international youth development organization introducing the game of golf and its inherent values to young people. Through our golf programs, we help shape the lives of young people from all walks of life by reinforcing values like integrity, respect and perseverance.



Our wide variety of programs allow us to provide a place for beginner and advanced players to learn life skills, golf skills and core values through the context of golf in Tampa.

Programs Include:

- Group Lessons
- Teams
 - Players Club
 - Tournament Series
- Summer & Holiday Camps

FIRST TEE – TAMPA BAY
7910 N. 30th St, Tampa FL 33610
P 813 238 7320
www.firstteetampabay.org

YOU CAN MAKE YOUR COMMUNITY STRONGER

The Y is at the heart of the Tampa Bay community. Families, young kids, teens and seniors all belong at the Y, where everyone has the chance to develop new skills and gain new experiences.

Your support makes the Y available to those who need us the most. The strength of your community relies on the Y's commitment as well as your involvement.

THE Y IS FOR EVERYONE...

...so everyone can help. Here are just a few examples of how anyone can take part in one of Tampa Bay's largest and most important nonprofit organizations.

\$10,000



A gift of **\$10,000** can introduce 130 kids to a lifetime love of the water, safely through swim lessons.

\$5,000



A gift of **\$5,000** can provide 12 cancer survivors and their families a supportive place to heal.

\$1,000



A gift of **\$1,000** can help 12 kids build self-confidence and an appreciation for sportsmanship through basketball, soccer and gymnastics.

\$500



A gift of **\$500** can improve the quality of life for 5 seniors by helping them stay active, healthy and connected.

\$100

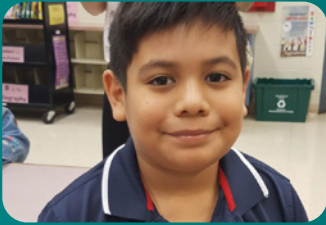


A gift of **\$100** can teach 4 kids how to avoid childhood obesity with the right nutrition and exercise habits.

JOIN US IN MAKING YOUR COMMUNITY A BETTER PLACE TO LIVE.



YOUR GIFT COUNTS!



MEET JUAN Y Success Afterschool Superstar

Juan had difficulties with grades, completing homework and speech when he first started with the Y. After three years of the program, and hours of hard work, Juan's confidence has skyrocketed when speaking! He's made the Honor Roll and is the proud recipient of the Student of the Month Award!

Scholarships for Y Afterschool allow kids, like Juan, the opportunity to gain confidence, feel a sense of pride and believe in a bright future.



MEET ALYCE Two-Time Cancer Survivor & proud LIVESTRONG Graduate

After winning two tough battles with cancer, Alyce was left feeling exhausted, weak and isolated. She decided LIVESTRONG at the YMCA was something she needed. During the 3-month, cancer survivor program, Alyce found strength she didn't know she had, friends to laugh with and the passion for life she thought she had lost!

Thanks to the generosity of donors, the 12-week LIVESTRONG at the YMCA program is free to cancer survivors and their families.



MEET RYLEIGH Super Swimmer & Lifesaver

Three-year-old Ryleigh's dad heard the terrifying sound of a splash as they were fixing lights by their pool. In the split second before he dove in, he saw her head pop up and watched her confidently swim to safety. While Ryleigh's dad was right there to save her, it was the swim lessons she had taken at the YMCA that gave her the skillset and confidence to save herself.

Florida leads the country in accidental drowning deaths in children ages 1-4. Our goal is to eliminate these drownings by providing life-saving swim skills to all in Hillsborough and Pasco counties.

\$531,625
invested in summer
day camp scholarships



\$4 million
in financial subsidies
invested to build a
healthier Tampa

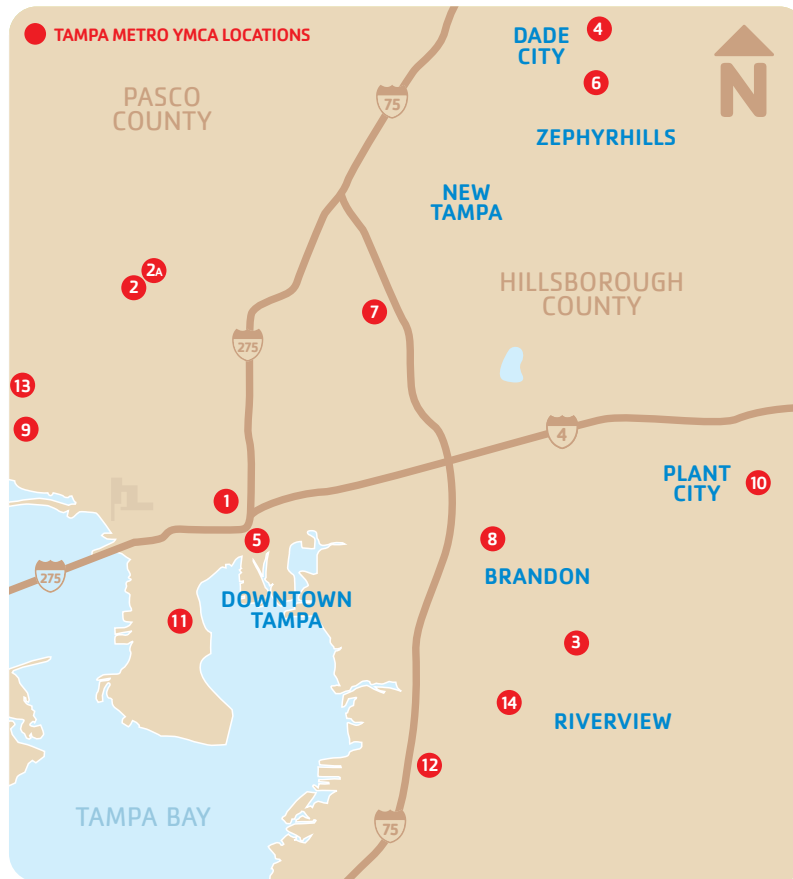


\$420,240
provided 7,004 free
swimming lessons to
community children



Donations
ensure no one is turned
away based
on an inability to pay.

TAMPA METROPOLITAN AREA YMCA Locations



- | | | |
|--|--|---|
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16221 Compton Dr.,
Tampa, FL 33647
813.866.9622</p> | <p>12 Spurlino Family YMCA at Big Bend Road
9650 Old Big Bend Road,
Riverview, FL 33534
813.228.9622</p> |
| <p>3 Campo Family YMCA
3414 Culbreath Rd.,
Valrico, FL 33596
813.684.1371</p> | <p>8 North Brandon Family YMCA
3097 S. Kingsway Rd.,
Seffner, FL 33584
813.685.5402</p> | <p>13 WestPark Village YMCA Express
9878 W. Linebaugh Ave.,
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