



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Dear 7th Grade Student,

Welcome to the 7th Grade Initiative! This program will provide you with a free membership to the Carlisle Family YMCA through the end of this school year (5/31/2024). You can use the Y as much as you'd like in accordance with the age guidelines for building usage which include:

- **Youth Members ages 9-12** may use the Youth Adventure Zone and the Y facility for program participation without an accompanying adult and as area schedules allow until 8pm (not including racquetball courts), must be accompanied by an adult member to utilize the racquetball courts and must use the Youth Locker Rooms and have access to pool during designated times. They should not arrive prior to 2pm on weekdays when school is not in session and during the summer unless they are in a program or with an adult over 19.
- **Teen Members ages 13-18** may use the Y facility for program participation as area schedules allow, including land and water fitness classes, should be trained by staff for Wellness Center, Functional Fitness Center and racquetball courts, must use the Youth Locker Rooms and their guests may not participate in Noon Time Hoops. This is an exclusive adult member benefit.

You can start using the Y as soon as you receive your membership card and your membership will remain valid as long as you meet all program requirements.

In addition, programs will be offered just for 7th grade students during the months of October 2023 through May 2024. Even better, you will help create what programs and activities will be offered during this time! The first meeting will be on Wednesday, October 4, 2023 at 4pm. If you cannot attend this meeting, contact me as soon as possible. Additionally, our mandatory leadership meetings will be on Nov, 1, Dec 6th, and Jan 3rd. Meetings are required for 7GI participants except with prior approval to be excused for extracurricular activities. Miss Sayers will run the monthly meetings. You can reach her at 717-609-0755.

PLEASE BRING YOUR COMPLETED PACKET TO THE CARLISLE FAMILY YMCA!

Sincerely,

Brittany Rose, Youth and Camping Program Director

CARLISLE FAMILY YMCA

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717-243-2525 ext 208

Revised 8/30/2023

CARLISLE FAMILY YMCA

311 South West Street, Carlisle PA 17013 P 717-243-2525 W carlislefamilyymca.org



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7TH GRADE INITIATIVE PROGRAM GUIDELINES

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TABLE OF CONTENTS

Carlisle Family YMCA Mission Statement.....	3
7th Grade Initiative Program Goals.....	3
Membership Guidelines and Policies.....	3
Program Rules and Youth Progressive Discipline Policy.....	4-5
Facility Rules and Guidelines.....	6
Pool and Wellness Center Rules & Guidelines.....	7
Member Code of Conduct.....	8
7th Grade Initiative Parent Agreement.....	9
Parental Authorization and Consent.....	10

MISSION STATEMENT

The mission statement of the Carlisle Family YMCA is to promote personal growth, enhance family values and provide community service through programs available to all.

7TH GRADE INITIATIVE PROGRAM GOALS

The Carlisle Family YMCA offers 7th Grade Initiative to promote the wellbeing of young adolescents at the time that is most critical to the development of a person's lifestyle and well-being. The foundation of the initiative is to grant FREE MEMBERSHIPS to all 7th grade students in the service area.

The goal of this initiative is to establish the Y as a vital resource for young teens, to provide a safe harbor, wherein which they can create lasting friendships, to offer a healthy environment with good value based programs which support healthy living and social responsibility, to position the youth to constructively utilize their most vulnerable free time after school hours and during weekends, to make available interested and caring role models to help steer young people away from negative influences in their lives and put them in the direction of a positive and healthy future.

MEMBERSHIP GUIDELINES AND POLICIES

Each 7th Grader will receive a FREE membership, valid through May 31, 2024. Your program status will be evaluated every 2 months.

To receive a membership, each 7th grader must:

- Come to the appropriate branch with a parent or legal guardian.
- Present a valid school ID or proof of grade.
- Complete the Carlisle Family YMCA membership registration process.
- Complete the 7th Grade Parent Agreement and Youth Contract.

Membership will begin on the date all paperwork is completed and received by the Carlisle Family YMCA. Membership is subject to the Carlisle Family YMCA's membership rules and procedures:

- 7th Grade members will receive a membership card. Membership cards must be presented every time members come to use the facility. Members can be asked to present their membership card at any time to show proof of membership.
- 7th Grade members are only allowed to use the facility during designated times.
- All 7th Grade members must abide by program rules and the Carlisle Family YMCA Member Code of Conduct.
- Membership can be suspended or revoked if the Y staff deems member behavior has violated any Carlisle Family YMCA rules and/or Member Code of Conduct.
- 7th Grade members are not permitted guests.

PROGRAM RULES

Our staff will strive to create a positive atmosphere with emphasis on our four core values: Caring, Honesty, Respect and Responsibility. The activities require active inclusion by all members to assure program benefits are achieved.

Program Member Conduct:

- Respect one another's feelings, property and selves. This includes not fighting, hitting or inappropriately touching another person or their belongings. A continuation of any of the above actions may result in the termination of the child's membership in the initiative.
- Respect fellow YMCA members.
- Respect and listen to the staff.
- Stay with program group during all meeting times.
- Use proper language and tone of voice.
- Tell a member of the staff if someone is bothering or upsetting you.
- Respect the Carlisle Family YMCA property and help maintain a clean facility.
- Do not destroy or damage property or equipment.

YOUTH PROGRESSIVE DISCIPLINE POLICY

Corrective Action Steps:

1. If a youth member is acting in an unsafe or inappropriate manner, staff will respectfully intervene and stop the unsafe or inappropriate behavior.
2. Staff will explain what they are doing that is not appropriate and direct them on the safe use of equipment or appropriate behavior for the designated space.

3. If the unsafe or inappropriate behavior continues, staff will repeat what behavior is unsafe or inappropriate and ask the youth member to leave the facility for the day.
4. Staff will make a note on the youth member's account that relates the relevant information of the incident and send the parent/guardian an email notification of the incident and that their son / daughter had been sent home for the day.

Consequence for Youth Members:

(Guests lose all guests privileges indefinitely)

Level 1 Incidents:

After following the Corrective Action steps for a level 1 incident, youth will be asked to leave the Y for the day. If after the one-day suspension, the youth member once again is asked to leave for the day a second time due to a level 1 incident, they will be suspended for a week (7 days). If further corrective action is needed for an ongoing behavior issue, a longer suspension can be enacted depending on the situation.

The following are considered a level 1 incident regarding youth behavior:

- If a youth's behavior is disruptive, without threatening damage to another person or their belonging; name calling; not following facility guidelines; refusing to follow staff directions; inappropriate language; using equipment or facilities incorrectly or using them in ways other than their intended purpose; accessing / hanging out in unauthorized areas of the building.

Level 2 Incidents:

For all level 2 incidents, youth will immediately be asked to leave the Y for the day and will be suspended for (1) month. For all level 2 incidents, staff will fill out an incident report and make a note on the youth's account. A longer suspension may be enacted depending on the situation.

The following are considered a level 2 incident regarding youth behavior.:

- If a youth's behavior threatens or carries out physical harm to any other member/guest/staff; any physical damage to YMCA/member/guest property; stealing of any YMCA/member/guest/staff property; allowing or assisting non-members to access the facility without staff consent (guest pass).

Level 3 Incidents:

For all level 3 incidents, youth will immediately be asked to leave the Y for the day will be suspended for (6) months. For all level 3 incidents, staff will fill out an incident report and make a note on the youth's account and report the incident to the administrative team. A longer suspension may be enacted depending on the situation.

Level 3:

The following are considered a level 3 incident regarding youth behavior:

- If a youth's behavior violates our organizational core values in a way that cannot be tolerated, such as harassment, bullying, or inappropriate behavior that relates to someone's sexual orientation, gender identity, race, age, or is sexually inappropriate.

CARLISLE FAMILY YMCA FACILITY RULES AND GUIDELINES

- Review the Family Physical Activity Readiness Self-Assessment before beginning an exercise program.
- Wipe down all machines after use.
- Please be considerate of the time spent on all equipment.
- Anyone under the age of 18 should check with a Y staff member for specific guidelines.
- Proper workout attire must be worn.
- Shirts must be worn at all times.
- All equipment must be used properly. If you have any questions, please see the staff person on duty.
- Purposefully slamming or dropping of weights or equipment is not allowed.
- Be considerate of your fellow Y members and practice appropriate and consistent personal hygiene.
- Members are expected to follow the Member Code of Conduct. Fighting and foul language will not be tolerated.
- Sneakers only. No open toe shoes or sandals while using facility (except in pool).
- Talking on your cell phone is prohibited in the Wellness Center, Studios and Gym.
- Please return equipment to its proper place after usage.
- All beverages must be capped while working out. Glass and cans are prohibited.
- All personal items should be stored in lockers (bags, jackets, cell phones, etc.)
- The Carlisle Family YMCA is not responsible for lost or stolen items.
- Members' expectations are to exhibit and exemplify the YMCA's four core values of Honesty, Caring, Respect and Responsibility.
- Members should wear comfortable clothing, socks and sneakers. Jeans, boots, crocs, sandals and flip-flops are not allowed when using the facility but are fine for meetings.
- Members should bring swimsuits on swimming days. Towels, dry clothes and plastic bags for wet swimsuits should be kept in a labeled tote bag or backpack.
- All members should bring a lock to secure their belongings in the locker room. Locks must be removed from the lockers daily. The Carlisle Family YMCA will not be responsible for lost, stolen or broken items.
- Members are allowed to bring water bottles. No soda allowed. No glass bottles or aluminum cans allowed.
- No outside food is allowed in the facility. Please have your child eat a light snack before the designated program time. No candy or gum allowed.
- We ask that your child does not bring toys, iPods, electronic handheld games, portable radios/ CD players/ MP3 players, or other personal items of this nature. Cell phones and air pods are allowed, but students are responsible for those items.
- The use of any video recorder, camera or other visual recording device of any kind is not permitted in any YMCA locker/restroom.

POOL AND WELLNESS CENTER RULES AND GUIDELINES

Pool Rules:

- Swimming without a lifeguard present is prohibited
- Breath-holding activities are not permitted
- Proper swimming attire must always be worn
- Please always walk
- Food not permitted on the pool deck
- All drinks must have a closing lid
- Children under the age of 9 must pass a swim test or be within arm's reach of a parent or guardian
- Hanging on the lane lines is not permitted
- Persons with bandages, open cuts or wounds cannot be in the pool
- Everyone is expected to share a lap lane when necessary
- PLEASE OBEY ALL REQUESTS MADE BY THE LIFEGUARD

The Carlisle Family YMCA reserves the right to modify the rules as necessary. Violation of rules may result in loss of pool and/or facility privileges.

Wellness Center Rules & Etiquette:

- Consult your physician before beginning any fitness program
- 13 is the minimum age to use the Wellness Center
- No food or drink allowed (except capped plastic bottles)
- Shirts and sneakers must always be worn
- No chalk allowed in the Wellness Center
- Only YMCA personal trainers can train clients on Y property
- Wear clean and dry shoes into the Wellness Center
- Wipe down equipment before and after use
- Refrain from loud conversations
- Don't monopolize several pieces of equipment – allow others to work in
- Derogatory and obscene language is not allowed
- Return equipment and rack weights when finished
- Please refrain from taking phone calls in the Wellness Center
- It is highly recommended that ages 13-18 be trained by staff

THE CARLISLE FAMILY YMCA RESERVES THE RIGHT TO MODIFY THESE RULES AS NECESSARY. VIOLATION OF RULES MAY RESULT IN LOSS OF WELLNESS CENTER AND/OR FACILITY PRIVILEGES.

CARLISLE FAMILY YMCA MEMBER CODE OF CONDUCT

The Carlisle Family YMCA is committed to providing a safe and welcoming environment for all our members and guests. In order to ensure safety and comfort for all, we ask individuals to act appropriately at all times that they are in the facility or participating in Y programs.

We expect any person who uses the Carlisle Family YMCA to behave in a mature and responsible manner and to respect the rights and dignity of others. Suspension or termination of Y membership privileges may result from any violation of the following rules:

- Angry or vulgar language including, but not limited too, swearing, name calling and shouting
- Physical contact with another person in an angry or threatening way
- Any demonstration of sexual activity or sexual contact with another person
- Harassment or intimidation by words, gestures, body language, stalking, including social media, or any other menacing behavior
- Behavior which intends to, or results in, theft or destruction of property
- Carrying or concealing any weapons or devices that may be used as weapons

All members are encouraged to be responsible for their personal comfort and safety and to notify a staff or security member whenever another's behavior threatens the general safety and comfort of members and guests. It is important to note that staff and security personnel will handle such situations and are expected to assist in any way possible in order to ensure the safety of our members and guests.

The Carlisle Family YMCA will investigate all reported incidents. Suspension or termination of membership privileges may result from any violation of the YMCA Code of Conduct.

Please remember that we are all responsible to maintain the quality and atmosphere of the Carlisle Family YMCA.

Child's Name(First, Last) : _____

Childs Date of Birth _____

*Parent Email: _____
(This is used for our constant contact and information email. Must be legible and valid.)

Child's Signature: _____ Date: _____

Parent Signature: _____ Date: _____

7th GRADE INITIATIVE PARENT AGREEMENT

Parent Name: _____

Parent Address: _____

Parent Date of Birth: _____

- ☐ I have received the 7th Grade Initiative Program Guidelines and understand that it is my responsibility to follow these policies and to make sure my child understands the rules and regulations of the program.
- ☐ I have received a copy of the Member Code of Conduct and will abide by the guidelines while utilizing the Carlisle Family YMCA facilities.
- ☐ I understand that my child may be suspended or terminated from the program, at the discretion of the Director, for behavior that is not in line with our program policies, including not meeting program requirements and not attending 7GI meetings.
- ☐ I understand that there are no refunds for suspensions or terminations.
- ☐ I understand that the Carlisle Family YMCA is not responsible for lost or stolen personal belongings.
- ☐ I understand that my child will not be admitted to the program until registration materials have been submitted.
- ☐ I have received the 7th Grade Initiative Membership Policies and understand that it is my responsibility, and my child's responsibility, to follow these policies.
- ☐ I understand that my child must meet program meeting requirements to be eligible for the free membership.
- ☐ I understand that my child's membership will not be activated until all registration documents have been submitted to the YMCA.
- ☐ I understand that my child must be actively engaged in a program or activity while at the YMCA for active membership.

Parent Signature

Date

Child Signature

Date

PARENTAL AUTHORIZATION AND CONSENT

Walking Trips: I give permission for my child to participate in walking trips within the Y's neighborhood. I understand these walks do not involve entrance into any facility and the route of any walk involves no safety hazards.

Photo/Video Consent: I hereby give consent for my child's picture to be taken by staff or area media personnel for occasional publicity needs.

Group Chat Consent: I hereby give consent for my child to join the Remind App group chat for all 7GI members.

Release of Child:

_____ I will pick up my child from the program.

_____ My child has permission to walk home from the YMCA program.

_____ My child can be picked up from the program by the following: (A child will not be released to anyone else without written permission.)

Name: _____

Relationship to Member: _____ Contact# _____

Name: _____

Relationship to Member: _____ Contact# _____

Permission for Emergency Treatment: In order to meet all legal requirements, I hereby authorize representatives of the Carlisle Family YMCA to give consent for any and all necessary emergency medical care for my child while he/she attends Carlisle Family YMCA programs.

Parent Name: _____

Parent Signature: _____ Date: _____



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7TH GRADE INITIATIVE YOUTH CONTRACT

By signing below, you and your child agree to uphold the following expectations and membership policies while enrolled as a member of the Carlisle Family YMCA and the 7th Grade Initiative program. Failure to meet or follow the below expectations and policies will result in the loss of membership and guest privileges at the Carlisle Family YMCA and the 7th Grade Initiative program. If the participant needs to be addressed more than twice for inappropriate behavior or not following the below expectations, a call home will be made and termination from the program will be enforced.

1. All participants must attend the first meeting, Wednesday Oct. 4, 2023 at 4pm in the Living Room. During this meeting, participants will go over all the rules and do a building tour.
2. Leadership meetings, which are mandatory, take place once a month unless otherwise communicated. The schedule is as follows: Oct 4th, Nov 1st, Dec 6th, Jan 3rd. Some of these meetings might also have a guest speaker from the community.
3. Each participant must swipe in the building at least 2 times a month to maintain their membership, along with attending the Mandatory meeting held the 1st Wednesday of each month (dates included above)
4. You must follow all membership policies. There are no exceptions to policies for 7th Grade Initiative program members.
5. You must be trained in all fitness areas of the YMCA by a Fitness Department staff member before you are allowed to use them. We will help you set up these trainings.
6. Disrespect or lying to staff members of the YMCA will not be tolerated and can result in dismissal from the program.
7. Name calling, intimidation, vulgar language, derogatory terms and any other form of bullying will result in immediate dismissal from the program.
8. All other policies outlined in the 7th Grade Initiative packet must be followed to receive the benefits of the program.

We expect that all members of the 7th Grade Initiative program are enrolled to help them make sound decisions going forward and are responsible youth who will set examples of good behavior. They are also interested in learning about what the community and their mentors have to offer and will treat each other, the YMCA and the program with respect at all times.

Parent Signature: _____ Date: _____

Child Signature: _____ Date: _____

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