



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# DISCOVER A BETTER TOMORROW

Membership Guide  
SANFORD-SPRINGVALE YMCA



# YOU ARE PART OF SOMETHING



**When you join the Y, you join a community organization that offers more health, more hope, more opportunity:**

- Parents find a safe, nurturing environment for their children to stay active, be engaged and learn positive values.
- Families come together to have fun and spend quality time with each other.
- Children and teens play, develop self-confidence and know they are accepted.
- Adults connect with friends, pursue interests and learn how to live healthier.
- People from all backgrounds and walks of life come together to volunteer and help our community become stronger.
- We all build relationships that further our sense of belonging and purpose.

## CONTACT US

SANFORD-SPRINGVALE YMCA  
1 Emile Levasseur Drive, PO Box 249  
Sanford, ME 04073  
(P) 207 324 4942  
(F) 207 636 8046  
(W) [sanfordymca.org](http://sanfordymca.org)  
(O) Facebook | Twitter | Instagram

## HOURS OF OPERATION

Monday – Friday 5:00 am – 9:00 pm  
Saturday 7:00 am – 6:00 pm  
Sunday 8:00 am – 4:00 pm\*

\*Closed Sundays from Memorial Weekend – Labor Day.  
Closed New Year's Day, Easter, Memorial Day, July 4th,  
Labor Day, Thanksgiving Day and Christmas.

## LEADERSHIP TEAM

Andy Orazio	CEO/Executive Director	<a href="mailto:aorazio@sanfordymca.org">aorazio@sanfordymca.org</a>
Merilee Perkins	Senior Program Director	<a href="mailto:mperkins@sanfordymca.org">mperkins@sanfordymca.org</a>
Sara Merrill	Finance & HR Director	<a href="mailto:smerrill@sanfordymca.org">smerrill@sanfordymca.org</a>
Jen Fenderson	Membership Director	<a href="mailto:jfenderson@sanfordymca.org">jfenderson@sanfordymca.org</a>
Sari Hazzard	Marketing Director	<a href="mailto:shazzard@sanfordymca.org">shazzard@sanfordymca.org</a>
Matthew Ouellette	Youth & Family Services Director	<a href="mailto:mouellette@sanfordymca.org">mouellette@sanfordymca.org</a>
Sarah Littlefield	Aquatics Director	<a href="mailto:slittlefield@sanfordymca.org">slittlefield@sanfordymca.org</a>
Tate Warden	Titans Head Coach	<a href="mailto:twarden@sanfordymca.org">twarden@sanfordymca.org</a>
Chris Caswell	Facilities Director	<a href="mailto:ccaswell@sanfordymca.org">ccaswell@sanfordymca.org</a>
Thea Murphy	YMCA Trafton Center Director	<a href="mailto:tmurphy@sanfordymca.org">tmurphy@sanfordymca.org</a>

Welcome to the Sanford-Springvale YMCA, a nonprofit organization dedicated to strengthening the community. With a focus on developing the potential of kids, improving individual health and well-being, and giving back and supporting our neighbors, your participation will bring about meaningful change not just within yourself, but in your community, too. **The Y. So Much More™**

## MEMBERSHIP RATES

Membership Type	Monthly Rate
Youth (0 - 12 yrs)	\$16
Youth age 13	FREE
Youth age (14-17 yrs)	\$22
Young Adult (18 -25 yrs)	\$29
Adult (26 - 61 yrs)	\$39
Senior (62+ yrs)	\$31
One Parent Family	\$53
Family	\$62
Senior Family	\$47

Memberships can be drafted monthly or prepaid for a minimum of 3 months.

## GUIDE FOR NEW MEMBERS

### Step 1: GETTING STARTED

Sign up for a free fitness training orientation with a personal trainers. Youth ages 12 to 15 years are required to complete a fitness orientation before use of the Wellness Center.

### STEP 2: DISCOVER

Review our pool and group fitness schedules, and our program guide for program classes and upcoming events. Available at the Welcome Center and at [www.sanfordymca.org](http://www.sanfordymca.org).

### STEP 3: STAY CONNECTED

Go to [www.sanfordymca.org](http://www.sanfordymca.org) to join our weekly email newsletter and find us on Facebook and Twitter.

### STEP 4: TEAM UP

Inquire about our Member Get a Member Program. You could earn \$25 towards your membership or program fees.

## MEMBER BENEFITS

- No joiner fees or contracts.
- Access to over 30 group exercise and spin classes.
- Access to wellness center staffed by certified fitness professionals (ages 13 and up). Youth ages 10-11 may use cardio equipment only under the direct supervision of an adult (18+). Youth age 12 may use the cardio equipment and weight machines after an orientation and under the direct supervision of an adult (18+).
- Free fitness orientation (required for ages 12 - 15).
- Access to pool during open & lap swim.
- Access to free fitness coaching - progressive incremental 3-session program specifically designed for the beginner/less experienced exerciser looking for guidance.
- Access to game room
- Two hours of Prime Time services per visit.
- Access to locker rooms and showers.
- Priority program registration & discounted rates .
- Access to sauna.
- Unlimited guest privileges. An individual can only be a guest twice in one month.
- Potential to earn \$25 towards membership or program fees through our Member Get a Member Program.
- Y members ages 50 and older may join the YMCA Trafton Center at no additional cost.
- Access to almost every Y in Connecticut, Maine, Massachusetts, New Hampshire, Rhode Island and Vermont. Some restrictions may apply. Members must use their home Y at least 50% of the time.

## YMCA PASS

	DAY	WEEK
Youth (0 - 17 yrs)	\$5	\$15
Adult (18 + yrs)	\$10	\$15
Family (2 adults & children)	\$20	\$30

## FINANCIAL ASSISTANCE

Financial assistance is available through the Y Scholarship Program. Scholarship applications are available at the Y or visit [www.sanfordymca.org](http://www.sanfordymca.org).

## Y POLICIES

**MEMBERSHIP CARD:** All Current members must have a Sanford-Springvale YMCA membership card. This card must be scanned as you enter the facility. If you do not bring your card, staff can check you in. A Photo ID may be required.

**MEMBERSHIP CANCELLATION OR CHANGE:**

Any changes to membership, including cancellation, must be done in person at the Welcome Center prior to the start of the month in which you want the change to take effect.

**REFUND/CANCELLATION:** Membership fees are non-refundable and non-transferable. Program fees are fully refundable if cancelled prior to the start of the class. If a cancellation is requested during weeks one and two of the session, a 50% program credit will be issued.

**MONTHLY DRAFT AGREEMENT:** Membership dues can be paid monthly through an automatic draft, or prepaid for a minimum of 3 months. Dues are not refundable or transferrable. Member accounts can be drafted on the 1st or the 12th of every month. Members must be 18 years or older in order to activate a membership. If the member is a minor, a parent or guardian must be present to sign any necessary documents. The YMCA Board of Directors, at its discretion and with proper notification, may adjust the monthly rates. The YMCA reserves the right to terminate a membership for any unpaid fees.

**RETURNED PAYMENT FEE:** If a payment is returned for ANY reason, the member will be charged a \$15 returned payment fee. Fees may be waived only at the discretion of the Finance and Membership Directors.

**PROGRAM CANCELLATION:** The YMCA reserves the right to cancel, without notice, any program due to low enrollment. Fees will be credited/refunded. Program classes cancelled due to inclement weather will not be credited or refunded.

**REGISTERED SEX OFFENDERS:** Memberships are not available to any registered sex offender.

**MULTI-MEDIA:** YMCA programs and events are often photographed or videotaped for promotional purposes. If you do not wish to be included in YMCA promotional materials, please indicate this to the YMCA staff. The use of cell phones and other electronic devices are prohibited in ALL locker rooms, restrooms and wellness centers. As a courtesy to those around you, the YMCA asks that you please use designated areas while on your cell phone.

**FOOD & DRINK:** Food and drink are permitted in the lobby and designated areas only. Water and sports drinks are permitted in the Wellness Center and group fitness classes. Water stored in a non-glass container is the ONLY drink permitted in the pool area.

**YOUTH SUPERVISION:** Children 12 and under must have an adult (parent or guardian that is 18+) in the building at all times. More youth supervision policies are available at the Welcome Center.

**SMOKE FREE CAMPUS:** The YMCA is a tobacco-free environment and has prohibited the use of tobacco products in our facility and on the YMCA property. Tobacco products include and are not limited to: cigarettes, pipes, cigars and electronic cigarettes.

**INCLEMENT WEATHER:** The YMCA CEO reserves the right to close the facility or cancel programs and classes due to inclement weather. Closings and cancellations will be posted on local news stations and social media accounts. Program classes cancelled due to inclement weather will not be credited or refunded.

**NONDISCRIMINATION:** It is the policy of the YMCA to make membership available to all persons regardless of race, color, religion, sex, age, marital status, sexual orientation, gender identity or expression, national origin, disability, or financial circumstances without discrimination.

**MORE COMMUNITY**

**The Y. So Much More™**