

BRAINERD FAMILY YMCA

Facility Guidelines

Shower, sauna (over 18) & locker facilities are available for use.

Please bring your own padlock and towel. The YMCA is not responsible for lost or stolen items. Please lock your valuables at all times. Combination locks are available for purchase at the member services counter.

The YMCA will keep lost and found items on hand for 30 days and then will give usable items to a charitable organization.

Athletic shoes and shirts must be worn during exercise in all workout areas of the facility. Street shoes are not permitted in the Fitness Studio, wellness center, weight room or in the pool area. Proper swimsuits must be worn when using the pool.

We recommend the use of eye guards for racquetball.

No food or drink is permitted in the wellness center, fitness studio, weight room, gym, or the locker rooms except bottled water.

Smoking is not allowed in the YMCA facility or on the grounds.

YMCA membership cards are honored nationwide and at international locations subject to local YMCA regulations.

No refunds are made on memberships unless by doctor's written request.

Youth under the age of 13 are not allowed in the Wellness Center or the Nautilus & Weight Center, or stretching/toning balcony.

Children under the age of 11, unless registered for a YMCA program, must be supervised by an adult while in the building.

Automatic doors are for handicap use only. Please do not allow your children to use.

For the safety and privacy of all members and guests, cell phone use is allowed in hallways and lobby area only.

Pool Policies

Children must be 48" tall to use the waterslide. One rider per time.

Locker Room Policy - In an effort to serve all individuals effectively, we ask that children of the same gender access the Men's/Boys & Women's/Girls Locker rooms. Opposite gendered children with parent(s) are encouraged to use the NEW Family Locker Rooms. Food and beverages are prohibited in all locker rooms with the exception of water. Please help us keep your locker rooms clean.

All children who are 3 years of age and under, or who are not reliably toilet-trained (6 consecutive days without any accidents is considered reliable) are required to wear I-Play swim wear underneath their swimsuits. NO EXCEPTIONS PLEASE. I-Play brand of re-usable swim wear is available for purchase at our Member Services Desk.