

# What can I do at the Spears YMCA?

7,500 sq. foot fitness center stacked with **Hammer Strength**, **Life Fitness**, and **Nautilus One** weight training equipment.

## Newly renovated cardio studio!



Treadmills  
Recumbent Bicycles  
Ellipticals



Cross Training Ellipticals  
"Adaptive Motion Trainer"



Tread Climbers



Interactive Expresso Stationary Bikes

## 25 yard, 7 lane heated indoor swimming pool.

Water Slide "Dew Drop"  
"Rain Tree"

## Two full size basketball courts with a third available for limited hours daily.

## Teen Energy Factory



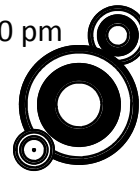
"Cat Eye" Game Bikes  
Dance Dance Revolution  
Life Fitness Ellipticals

## Large Aerobics rooms with free classes for members; also dedicated rooms for Cycle and Yoga

Spinning Bikes    Tae Kwon Do  
Yoga                    Pilates & more

Financial assistance is available to all through our Open Doors Program

Monday to Friday 5:00 am – 10:00 pm  
Saturday 6:00 am – 6:00 pm  
Sun 12:00 pm – 6:00 pm  
336.387.9622



## THE WEBSITE

[spearsymca.org](http://spearsymca.org)

- § Register for sports.
- § Find aerobics schedules.
- § Get B-ball court schedules.
- § Print membership forms.
- § Find contact information.
- § Find swim lesson dates.
- ...and much more

The mission of the is to put Judeo-into practice through healthy spirit, mind



YMCA of Greensboro Christian principles programs that build and body for all.

# Spears



## Q & A

What if  
I lose my  
Y card?



...and answers to  
other commonly asked  
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## **Do I need to bring my Y card every time I visit the Y?**

Yes. In order to efficiently manage members entering and leaving the facility, checking in using your Y card is required. **As of September 14, 2009 your Y-issued ID card or some other form of photo ID is required for entry into the YMCA.**

## **What if I lose my membership card?**

Replacement cards are \$5 and are a required purchase if your card has been lost.

## **If I'm traveling, can I use the YMCA in another area?**

Yes. Your Spears membership includes an AWAY pass to use YMCA's outside a 50 mile radius. Though each Y sets their own policies, the majority allow you free access multiple times per month. Just bring your membership card and a photo ID. Check [ymca.net](http://ymca.net) for individual branch details.

## **How can I pay for my membership?**

You can either pay monthly by establishing an automatic monthly draft or paying once annually. We can set up the draft with a voided check, credit card or debit card.

## **Will I ever pay the joining fee again?**

The joining fee is generally a one time fee that new members pay. However, should you decide to cancel your membership, there is a two month window to re-join without having to repay the joining fee.

## **How can I cancel my membership?**

The YMCA requires a 30-day written notice in advance of the next draft in order to terminate bank-draft memberships. If there is less than 30 days until the next draft, your account will be drafted one more time. Cancellation will be effective the following 15th of the month.



## **What if I can't afford a Y membership?**

Our financial assistance program, called Open Doors, is available for all. To apply, we need a copy of the first page of last year's tax returns, any W-2s, recent paycheck stubs and a completed membership application. Processing takes ten days to two weeks.

## **Can I use other Greensboro YMCA's?**

The AWAY pass only applies to YMCA's further than 50 miles away. For Spears members, it costs just \$4 per day if you want to use any other Greensboro YMCA. If you think you will use other Greensboro Y's often, a Metro membership may be right for you.

## **What if my membership card breaks?**

We are able to replace your membership card at no cost because of faulty materials. In order to receive a new card you must turn in the broken card.

## **Are towels provided?**

As of July 1st, 2008 towel service will only be available for our smaller work-out towels. If you intend to shower or swim, you must provide your own towel to dry off.

## **Who can qualify as a "dependent" on my membership?**

Any children living in your household under the age of 23. Those legally handicapped or disabled may be classified as dependents. Also, any older parent over the age of 60 living in the household can be considered a dependent.

## **What happens if my credit/debit card expires and I have my draft on it?**

You can update your card information with us up to 5 days before the draft. If you've activated the new card you **MUST** update the YMCA. Not updating us will cause a returned draft and incur a \$20 service charge in addition to the dues.

## **If someone on my membership becomes sick, can I put my membership on hold?**

You may put your membership on hold for two months per year for any reason. Hold periods may be extended for documented extenuating medical circumstances.

## **Could I bring a guest with me if I'm a member?**

Non-members may purchase a day pass for \$15, ages 18+; \$10, ages 13-17; and \$5, ages 3-12.

## **Is there a contract if I become a member?**

No. Your Y membership is strictly on a month-to-month basis and may be cancelled at any time with a 30-day notice. If you opt for an annual membership, there are no refunds available should you elect to cancel your membership early.

