



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



EXPERIENCE WELLNESS

STUART C. GILDRED FAMILY YMCA
805.686.2037 • ciymca.org/stuartgildred

WELCOME TO THE STUART C. GILDRED FAMILY YMCA

OUR MISSION

The Channel Islands YMCA is a charitable organization providing programs based upon Christian principles to men, women, and children of all ages, races, religious beliefs and economic status to develop and enrich the spirit, mind, and body.

OUR VOLUNTEER BOARD OF MANAGERS

Board Chair: Ken Kahn

James Cassidy	Brett Jones	Ken Sorenson
Bertha Foxen	John Kirkgard	Rick Soto
Rich Glaus	Bob Lowry	Monica Trouve' Sapp
Ken Gruendyke	Chris Parker	Jim Watts
Suzanne Jakkola	Jeff Sgobba	

CONTACT US

We prefer you contact us via email! Reach us by emailing at firstname.lastname@ciymca.org. For contact via phone, please dial **805.686.2037** and the appropriate extension, if listed.

Thomas Speidel, x225
Executive Director

Lauro Ortiz, x236
Facilities Director

Scott Arellano x224
Sports & Youth Development Director

Gregory Hughes, x232
Aquatics Director

Tracy Bear, x233
Office Manager

Nicki Marmelzat, x223
Regional Health & Wellness Director

Penny Covert, x234
Accounting Clerk

Ayres Mitchell, x230
Membership Director

John Crowell, x226
Program Director II

FACILITY HOURS 2018

Monday to Friday	5:30am - 9pm
Saturday	7:30am - 5pm
Sunday	12 - 5pm

Our pool closes ten minutes prior to facility closure.

HOLIDAY HOURS 2018

January 1	New Year's Day	Closed
April 1	Easter Sunday	Closed
May 28	Memorial Day	Closed
July 4	Independence Day	Closed
September 3	Labor Day	Closed
November 22	Thanksgiving Day	5:30am - 10am
December 24	Christmas Eve	5:30am - 12pm
December 25	Christmas Day	Closed
December 31	New Year's Eve	5:30am - 12pm

GIVING BACK AND SUPPORTING OUR NEIGHBORS

The Y has been listening and responding to our communities' needs for more than 160 years. We provide resources and create meaningful change for all. Here are a few ways the Y works to strengthen the community: We hope you'll join in these efforts.

HERITAGE CLUB

The Heritage Club is a group of individuals who believe in the mission of the Y and have chosen to remember the Stuart C. Gildred Y with a planned gift from their estate or a current gift to the Y's endowment fund. Each year members are honored at the annual Heritage Club luncheon.

VOLUNTEERS

Volunteer at the Y, and provide leadership and talent that empowers others to learn, grow and thrive. Across Santa Ynez, hundreds of individuals support their neighbors through volunteering at the Y.

If you have interest in volunteering,
please visit ciymca.org/stuartgildred
or email sg.info@ciymca.org.

GIVING

The Y makes every effort to ensure no one is turned away due to an inability to pay. Your gift, large or small, will have a meaningful impact right in your own neighborhood, and is tax-deductible as allowed by IRS law. Donations can be paid as a one-time gift or in multiple payments.

ANNUAL CAMPAIGN

The Stuart C. Gildred Y awards financial assistance annually for children and families that need our help. Each February we partner with volunteers to raise these important funds. Please consider volunteering to help our Y be open to all in our community.

MEMBERSHIP

Your membership at the Stuart C. Gildred Family YMCA is far more than a membership at a health club; a Y membership fosters kinship and belonging. For more than 160 years the Y has been helping individuals and families to enrich their lives through wellness of spirit, mind and body. Here at the Y we are committed to providing the support and tools you need to start on the path toward a healthier lifestyle.

MEMBERSHIP BENEFITS

- A wholesome family-oriented environment
- Child care, included with family membership
- Three complimentary Y FIT sessions with personal trainers
- Equipment orientation
- Use of basketballs, volleyballs and other equipment
- Over 105 exercise classes each week
- A generous availability for lap swim and recreational swim
- Guest privileges
- Membership privileges at over 2,500 YMCAs across the U.S. and Canada*
- Reduced fees for programs

FACILITY FEATURES

- TechnoGym® strength training equipment
- State-of-the-art cardio equipment
- Complete free weight room
- 25-yard, six-lane, indoor, heated pool
- Gymnasium for basketball, volleyball and pickleball
- Group wellness studio
- Teen center for clubs, meetings and socialization
- Cycling studio with Keiser Cycles
- Outdoor gazebo, barbecue and bocce court
- Free wifi

*During travel, your YMCA membership card entitles you to visit more than 2500 locations across the country and worldwide. Some guest fees and restrictions may apply. For details, visit ymca.net.

DO WE HAVE YOUR EMAIL?

When you provide us with your email, you'll get the latest news and updates from the Stuart C. Gildred Family YMCA delivered directly to your inbox, plus you'll get access to our online member portal where you can register for programs, print payment receipts, update or change payment information and more! Visit the Welcome Center or ciymca.org/stuartgildred to access your member portal and get started.

MEMBERSHIP RATES

MEMBERSHIP	MONTHLY RATE	JOINING FEE
Family*	\$103	\$50
Two-Person Family	\$91	\$50
Adult (19-65)	\$63	\$50
Senior (66+)	\$56	\$50
Teen (12-18)	\$35	\$50

*Two adults and dependents under 24 years of age (claimed on income taxes) living in the same household. Other adults living in the same household may be added to a **family membership only** for an additional \$25 per person per month.

OPEN DOORS: FINANCIAL ASSISTANCE

The Stuart C. Gildred Family YMCA welcomes people of all socioeconomic backgrounds and makes every reasonable effort to ensure no one is denied access to a membership or programs because of financial hardship. Open Doors applications are available at the Welcome Center.

PROGRAM MEMBERSHIP

Program memberships are required for those who do not have facility memberships and wish to enroll in classes and programs at the Y. Program memberships are good for one year. If you decide to join the Y as a facility member within three months of purchasing a program membership, we will apply those fees toward membership dues. Individual program membership is \$40 per year; family program membership is \$60 per year.

PAYMENT OPTIONS

Annual membership payment: this option is available for members who do not want a monthly automatic draft. Annual payment may be paid in full by cash, check or credit card, or with a quarterly payment plan

Bank or credit card draft: A convenient method where dues are automatically withdrawn from your bank account or charged to your credit card each month..

MEMBERSHIP CANCELLATION

30 day written notice required for change or cancellation. If upgrading membership, the difference of the amount must be paid at time of change.

MEMBERSHIP OPTIONS

MEMBERSHIP FREEZE

Your membership may be put on a “freeze” status for medical or personal reasons. This abeyance period must be a minimum of one calendar month, and no longer than six months. Medical requests for abeyance may be up to a year and must be accompanied by a doctor’s verification prior to approval of membership freeze. No retroactive credit will be given.

PROGRAM REGISTRATION

Register in-person at the Welcome Center or online by clicking on the “Registration” button. Full program fees must be paid at the time of registration. We accept cash, checks and credit cards. Our expenses are the same no matter who attends a class, so we do not allow credits or refunds for missed classes or activities. Classes are not pro-rated for late registration.

A.W.A.Y. PROGRAM

Members are Always Welcome At YMCAs. The AWAY program allows members to use their membership at over 2500 YMCAs (free of charge or at reduced rates) nationwide. Locally, your Stuart C. Gildred Family YMCA membership entitles you to use the Camarillo, Lompoc, Montecito, Santa Barbara, and Ventura YMCAs at no additional cost. Thanks to our Reciprocity program, Y members can use any of our 62 Southern California Ys as much as they would like. To find any YMCA in the US call 800.333.9622 or visit ymca.net.

PROGRAM SESSION DATES

WINTER 2017-18 December 4 - December 15
January 2 - 26
January 29 - February 23

SPRING 2018 February 26 - March 23
March 26 - April 27
April 30 - May 25

SUMMER 2018 May 29 - June 22
June 25 - July 20
July 23 - August 17

FACILITY INFORMATION

TEEN MEMBERSHIP/FITNESS CERTIFICATION Teen members (ages 12 to 17) must pass a Teen Fitness Certification prior to utilizing cardio or strength training equipment and group exercise classes. Teens ages 12 to 13 must meet with a health coach; ages 14 to 17 can meet with a health coach or successfully complete an exit exam. Youth ages eight to 12 are welcome to participate in Kids Cardio Club.

LOCKERS Day use only, items may not be stored overnight. Bring a lock to secure belongings. Small security lockers in the main hallway are available for day use.

FAMILY COMFORT ROOMS We provide these for members with needs that prohibit them from using gender-appropriate locker rooms, or children under 8 of opposite gender.

CODE OF CONDUCT The Y is committed to providing a safe and welcoming environment for all members and guests. Individuals should act appropriately at all times while in the facility or participating in a program. Our Code of Conduct is available at the Welcome Center.

EQUIPMENT ORIENTATION Knowledgeable trainers will teach you proper exercise form and safe equipment use, an integral step to your fitness success. One 1-hour appointment is complimentary to members.

COMMUNITY USE Community members (non-members of the Y) may use the facility for \$12 per adult visit, \$5 per child (under 18) visit, or \$20 per family visit. If a facility membership is activated within 30 days of purchasing a guest pass, pass fees will be applied toward joining fee.

YOUR GUESTS ARE WELCOME! Members over the age of 18 are welcome to bring guests. Guests are limited to three complimentary visits per year and must be accompanied by the member. A picture ID or YMCA Member Card are required. All guests under the age of 18 must be accompanied by an adult. Guests ages 12 to 18 may take a teen certification test to use the facility without an adult’s supervision.

SATISFACTION GUARANTEE We are so confident in meeting your needs, we offer a 30-day satisfaction guarantee. We will refund your joining fee within your first 30 days of membership, provided you have used the YMCA six times and attended a YFIT session with a wellness coach.

