



# Southside YMCA

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**Southside YMCA**  
8482 Perkins Rd.  
Baton Rouge, LA 70810  
225-766-2991

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### **YMCA Mission:**

Our YMCA is an Association of people united in a common effort to enhance the quality of life, spiritually, mentally, physically and socially for all, in the communities we serve through the ecumenical application of Christian principles.

Scholarships are available for all YMCA programs, based on financial need and availability of funds upon request.

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## HOURS OF OPERATION Southside YMCA

Monday - Friday	5:00 AM to 9:00 PM
Saturday	7:30 AM to 6:00 PM
Sunday	1:00 PM to 6:00 PM

**Please note activities close approximately 30 minutes before building closes. Please plan your visit to respect these closing times.**

The YMCA will be **CLOSED** on the following holidays: New Years Day, Mardi Gras, Independence Day, Labor Day, Thanksgiving Day, Friday after Thanksgiving, Christmas Day, Good Friday and Easter Sunday. Other closings will be posted in advance.

## MEMBER BENEFITS:

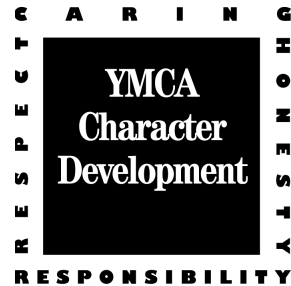
- ◆ FREE Aerobic Classes Members only
- ◆ Clean, well-maintained facility
- ◆ Innovative and varied programs
- ◆ Discount on all YMCA programs
- ◆ Family activities
- ◆ Weight training & conditioning equipment
- ◆ Fitness Programs
- ◆ Professionally Trained Staff
- ◆ Cyber & Body Masters
- ◆ Personal Trainers
- ◆ Child Watch
- ◆ Friendly and Caring Staff

## Southside YMCA PROFESSIONAL STAFF

**Scott B. Weidenbacher**  
Branch Executive  
sweidenbacher@ymcabatonrouge.org

**Patti Becnel**  
Membership Services Coordinator  
pbecnel@ymcabatonrouge.org

**Jennifer Runnebohn**  
Day Camp Coordinator



**Financial Assistance:** The goal of the Southside YMCA is to turn no one away because of inability to pay. "Strong Kids" Campaign contributions help provide scholarships on a sliding scale and keep membership and program fees affordable. Please do not hesitate to contact our staff for more information .



# GENERAL INFORMATION

## CODE OF CONDUCT

Everyone using the YMCA is expected to behave in a mature and responsible way. Most importantly to respect the rights and dignity of others. The YMCA insists on individuals using the facility to demonstrate caring, responsible, respectful and honest behavior. Our Code of Conduct does not permit profane language or action(s) that can hurt or frighten another person. Any behavior, including but not limited to aggressive or threatening behavior, harassment of any type, inappropriate language, or any inappropriate sexual activity may result, at the sole discretion of the Branch, in suspension or termination of membership. Please report any inappropriate behavior to a staff member as soon as possible.

## MEMBERSHIP CARD POLICY

We request all members bring their card for admittance to the YMCA. This card is verification of your membership and documentation of usage of our facility to better serve our members. If you lose your membership card, new cards may be purchased at a cost of \$5 per card. Anyone who allows another person to use his or her membership card may have their membership terminated immediately.

## BANK DRAFT MEMBERSHIPS

Memberships purchased through the bank draft plan require the first month to be paid in advance (along with applicable joining fee) and a voided check to be submitted with your membership application. Bank drafts are on a continued monthly plan and are automatically renewed. A 30-day written cancellation form must be completed and returned to the YMCA along with all membership cards. It is the **member's responsibility to check bank records to make sure the draft has been stopped**. Any error must be identified no later than **60 days** from the posted statement date. The YMCA does not accept responsibility for any errors, if more than **90 days** have passed since the initial error.

## Orientations/Fitness Assessments

The following programs are free to all members by scheduling an appointment at the service center.

**Orientations:** One-on-one instruction for proper form and technique when using the equipment in our wellness center. This includes free weights and cardiovascular equipment.

**Fitness Assessments:** A battery of tests, performed by our trained wellness staff, that will measure your fitness level. With the results, our staff can tailor a workout program to meet your specific goals and improve Your weaker areas.

## RETURNED CHECK / DRAFT POLICIES

There is a \$25 service charge on all returned checks and/ or drafts. All fees (replacement of check / draft and service charge) must be paid by cash or money order only. If payment (or payment arrangement) is not received within 14 days, membership may be terminated, and / or program registration will be withdrawn.

## FACILITY POLICIES

- ◆ Proper dress is required at all times while in the YMCA facility.
- ◆ Alcohol beverages and illegal drugs are not permitted on YMCA property.
- ◆ Carrying a concealed weapon on the premises is prohibited.
- ◆ The YMCA does not provide locks for individual lockers. Members must bring their own lock each visit.
- ◆ The YMCA is not responsible for lost or stolen items.
- ◆ Personal trainers who are not employees of the YMCA are not permitted the use of YMCA facilities to train clients.
- ◆ Be sure to read all policies and rules posted throughout the YMCA.
- ◆ Program registration is not accepted until full payment is made.
- ◆ Children of the **opposite sex** may accompany a parent into the locker room if the child(ren) is **under 3 years** of age.
- ◆ Parent / guardian must remain in building while child(ren) is in the building, either in: child watch room (ages 6 mos - 12 yrs old), or if child(ren) is using the gymnasium or enrolled in a program.

## GUEST POLICY / FEES

The YMCA is a membership organization. We welcome individuals requesting information about prospective membership. They will be given a guided tour, printed material, and a day pass. An individual not expressing an interest in joining may still accompany a member into the facility by payment of a guest fee.

### Guest Procedures:

- ◆ Register your guest at the Member Services desk upon entering the facility.
- ◆ Valid picture I.D. must be presented for admission into facility.
- ◆ Only one guest per member. After first pass the next two passes are \$10.00 each.
- ◆ Guest demonstrating unfit conduct will be asked to leave.
- ◆ Guest may use the day pass only while accompanied by the member.
- ◆ Guests are only allowed 3 passes within a calendar year.
- ◆ Only passes used by the Southside YMCA will be honored.
- ◆ A family day pass may be secured by contacting the branch director or membership services director in advance of visit.
- ◆ **Guest fees are \$10.00 per visit.**

### YMCA AWAY Participants:

- ◆ A YMCA member belonging to an out-of-town association is ALWAYS welcome in the facility during your brief visit after presenting a valid membership card.
- ◆ Guest privileges for AWAY PARTICIPANTS may be secured in advance of visit by contacting the branch director or membership services director.

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*The Southside YMCA Member Services staff is asked to maintain facility policies to assure a high quality of service to our membership. Guests are encourage to visit with staff to learn all of the benefits of membership.*

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## Kidz Zone

The Kidz Zone is available to ages: 3 months-12 years

**Hours of Operation**  
M-F 8:00 AM - 12:00 PM

\*Infants (1hr)  
\*Over the age of 1 (1 hour and 30 min per day)

### RULES AND REGULATIONS

- \*The Kidz Zone is available to ages: 3 months- 12 years
- \*Parents are to provide all necessities (diapers, wipes, snacks, drinks, etc.) Please label with your child's name, and make sure that all drinks have tops. Example: sippie cups, sports bottles.
- \*It is not mandatory for nursery workers to change diapers. Our staff reserve the right to call the parent if a diaper needs to be changed. They are not allowed to change diapers of walking and talking children.
- \*The Kidz Zone is free for children of members who remain on the YMCA property. Guests of members must pay \$5.00 per child.
- \*Parents must sign the child in and out each day.
- \*We cannot allow sick children in the Kidz Zone. Our staff reserve the right to notify a parent of a sick child.
- \*Behavior by a child who is disruptive or harmful to others will result in parent notification and pickup.
- \*Because the Kidz Zone is geared toward younger children, older children are encouraged to bring activities.
- \*All children will be placed in the same rooms during times of low attendance. Children are allowed to roam between the playroom and the TV room.
- \*Due to safety issues, our staff can only change diapers if there are two staff present in the Kidz Zone.
- \*Using the Kidz Zone is a member privilege. Failure to comply with our policies will result in loss of privilege.
- \*Parents are to remain behind the counter for reasons of child safety.
- \*There is a 1 hour and 30 min. time limit for children that are not considered infants.

# YMCA of Capital Area

# YMEMBERSHIP™

We build strong kids, strong families, strong communities.

Membership	Joining Fee	Monthly Fee
Youth (4-17 years)	\$20	\$30
Adult (18-64)	\$40	\$46
Senior (65 & Older)	\$30	\$38
Household/Family	\$50	\$74
Two adults and up to four children—\$10 per additional adult and \$5 per additional child. All members must live in same household. Proof of residency will be required.		
Student	\$10	\$38
12 Hours or more per semester with student registration form		

*Note: Memberships are paid by automatic bank withdrawal or annual or semi-annual payments. Refunds on annual payment are refunded based upon any full unused months remaining on your membership.*

**No Contracts!**  
**Your city-wide membership**  
**is good at all seven locations of the**  
**YMCA of the Capital Area.**

**Corporate Office: 350 S. Foster Drive \* Baton Rouge, LA 70806 \* Phone (225) 923-0653 \* Fax (225) 924-3609**

Charles W.  
Lamar, Jr.  
521 Third Street  
612-9622

Baranco-Clark  
Branch  
1735 Thomas Delpit  
344-6775

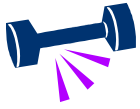
A. C. Lewis  
Branch  
350 S. Foster Drive  
924-3606

Paula G. Manship  
Branch  
8100 YMCA Plaza Dr.  
767-9622

C. B. Pennington, Jr.  
Branch  
15550 Old Hammond Hwy.  
272-9622

Southside  
Branch  
8482 Perkins Road  
766-2991

Dow Westside  
Branch  
3688 Sugar Plantation Pky.  
Addis  
(225) 687-1123



# YGROUP EXERCISE™

We build strong kids, strong families, strong communities.



## 2009 Southside YMCA Aerobics Schedule

Time:	Mon.	Tue.	Wed.	Thur.	Fri.	Sat.
6:00am	Glutes & Abs		Glutes & Abs		Glutes & Abs	
7:00am	Pilates		Pilates			
8:00 am	Yoga	Pilates		Pilates	Yoga	
9:00am			Step			Aqua Toning
9:30am	Step Interval	Muscle Works/ Super Stretch		Muscle Works/ Super Stretch	Adv. Step	
10:00 am			Yoga for the Beginner			
	Aquafit	Aquafit	Aquafit	Aquafit	Aquafit	Aquafit
11:00 am	Silver Sneakers	Silver Sneakers I	Silver Sneakers II	Silver Sneakers I	Silver Sneaker	
5:30pm	CCK	Step	CCK	Step		
	YMCA KIDSFIT		YMCA KIDSFIT			
6:00pm		Boot Camp		Boot Camp		
6:30pm	Aquafit	Aquafit	Aquafit	Aquafit		
		SCC	SCC	SCC		
	Glutes & Abs		Glutes & Abs			
7:00pm						



YMCA

We build strong kids,  
strong families, strong communities.

## Class Description

**Advanced Step-** It is a high energy, low impact step class using progressive combinations and power moves that target legs, hips and glutes. This class is great for all fitness levels.

**Aqua fit-** This refreshing water workout is sure to give you a cool change. Reap the benefits of aerobic activity without the impact and stress on your joints. This class is designed using water props to increase the intensity.

**Aqua Toning-** This class strengthens your body while you are having fun in the pool. A variety of props are used to stretch and tone the upper and lower body as well as your back and abdominals.

**Boot camp-** This class consists of a 60 minute high intensity workout. If you like a good, long, hard, workout, this is the class for you! It involves running, sprinting, and weights that will work out your abs, arms, legs, and back.

**CCK (Circuit/ Cardio Kickboxing)-** This class incorporates power moves using various props and weights, introductory kickboxing and circuit training routines. If you want to improve your muscular strength and cardiovascular endurance, this is the class for you.

**Glutes and Abs-** One hour of the most intense abs and glutes work you have ever done! Good for all fitness levels.

**Muscle Works-** Experience a new dimension in resistance training while toning and losing inches, utilizing various props guaranteed to increase your muscular strength and endurance.

**Pilates-** This hot new class incorporates both stretching and strengthening exercises specifically targeting the core muscles. Exercises will be done lying, standing or kneeling on a mat. You will need to bring a towel to perform the exercises.

**SCC-** This performance based, comprehensive workout for all fitness levels consists of a warm up, technique training, workout and a cool down using core training

**Silver Sneakers I-** Move through a variety of exercise designed to increase muscular strength, range of motion, and skills required for activities of daily living. Hand- held weights, elastic tubing and balls may be offered for resistance, and chairs are used for seated and standing support.

**Step-** This class is for step lovers who want a great workout that offers a few challenging moves.

**Step Interval-** This cardio session is constructed of a high intensity workout separated by low to moderate intensity bouts utilizing the step. Abdominals and stretching are included.

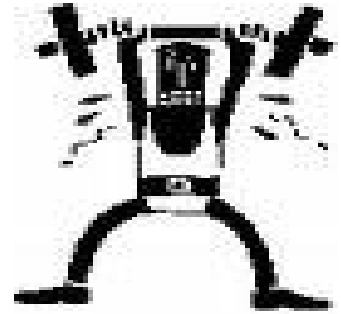
**WWW (Water Wellness Workout)-** Experience a refreshing, low impact water workout that is easy on the joints. This is a "heart healthy" workout that is designed to increase cardiovascular endurance and flexibility. This class is ideal for beginners and those recovering from and injury.

**YMCA Kids Fit-** It is a physical fitness program designed specifically for children between the ages of 6 -12. Kids-Fit uses a circular training program which incorporates 8 hydraulic resistance machines and more than 50 pieces of additional equipment used for cardiovascular activities.

**Yoga-** Relax in a quiet atmosphere enhancing your spirit, mind and body. Working at your own pace, you will be instructed through a series of postures that will increase muscular strength, flexibility and concentration.

# YHEALTH & FITNESS™

We build strong kids, strong families, strong communities.



## Southside YMCA FITNESS SERVICES:

### THREE STEPS TO FITNESS

#### Step 1. New Member Orientation/Fitness Assessment

This is a one-on-one session in the fitness lab with a qualified fitness attendant. This is recommended for anyone who has just recently joined the YMCA and plans to use the fitness center. Your assessment includes a review of your medical history, a battery of fitness tests, a generation of a fitness profile based on your test results, and a goal setting option. With this information, our staff presents a healthy living guideline. The session also includes information about the YMCA and our association's programs.

#### Step 2. Equipment Orientation

This is a one-on-one session where the fitness attendant instructs you on the proper use of our facility's cardio and strength equipment. They will also present a guideline for fitness tailored to your individual goals and needs.

#### Step 3. Follow-Up

This is a one-on-one session in which your attendant will either administer the same battery of tests as in your initial assessment, or assist you on the fitness floor with your exercise goals. These results will be compared to your earlier results and used to evaluate your progress. This follow-up is recommended in as little as six weeks to three months.

Note: The Three Steps To Fitness sessions are separate from Personal Trainings.

### PERSONAL TRAINING PROGRAM

Personal training is a one-on-one approach to training providing expert fitness advice and supervised workouts. If you have gone through our "Three Steps to Fitness" and feel you still need more guidance, a personal trainer may be what you are looking for. Your sessions are scheduled when it is convenient for you.

#### One-on-one:

- Level 1- \$40 (one hour)
- Level 2- \$50 (one hour)

Please note the following policy for the Charles W. Lamar, Jr. YMCA.

- 1) Any child(ren) under the **age of 12 must be** accompanied by an adult **at all times**.
- 2) Children between the **ages of 12 to 15 must be certified** by the Fitness Center Staff **prior** to using the facility. Parents **must** also accompany their teen while they are working out.
- 3) All children under the **age of 12 are not permitted** to attend aerobic classes.
- 4) All children under the **age of 12** must have their parents remain in the building while they are in the facility.
- 5) Failure to comply with the facility policies will result in the termination of membership.



# YMCA of the Capital Area Welcomes You!

Since 1917, the YMCA of the Capital Area has been serving our community with programs and services that meet the needs of the people. Each branch or extension is unique in its offerings. Check the program and facility grid for specific branch services. Remember, your membership allows you to use all facilities in the Capital Area, including Addis.

**Baranco-Clark Branch**—Inner-City branch which offers after school and summer day camp programs, as well as senior programs. Founder of the YMCA Black Achievers program in Baton Rouge in 1990.

**A. C. Lewis Branch**—Mid-city branch is a full-service facility offering fitness, recreation, aquatic and senior programs and community outreach. Youth program include summer day camp, childcare, fitness, child development center and sports.

**C. B. Pennington, Jr. Branch**—Located in Southeast Baton Rouge, this branch has fitness and family programs, after-school, day camp, summer aquatics, youth sports as well as fitness for the entire family. Enjoy the recent 4,500 square foot expansion.

**Paula G. Manship Branch**—Located off Perkins Road near Siegen Lane, this branch offer the following programs: wellness/fitness, youth sports, year-round aquatics, teens, summer day camp, holiday camps and tennis. The facility has a complete wellness center with cardio and weight equipment, a large sports complex, two outdoor pools (one heated), a challenge course, teen center and our newest addition, the **Lamar Tennis Center**-a twenty-court facility with ten hard and ten clay courts. The wellness center was recently expanded.

**Southside YMCA**—Serves the community primarily as a fitness center and also offers senior, aquatics, wellness programs, summer day camp, swim lessons and Kidsfit (youth fitness program).

**Charles W. Lamar YMCA**—Downtown facility featuring strength and cardiovascular equipment and classes including yoga, Pilates and spinning. Free parking (2 1/2 hours) in adjacent garage. Enjoy the 3,400 square foot expansion. More equipment, new spinning studio, and a Kids Zone!!

**Dow Westside YMCA in Addis**— Opened in October 2006. Corner of Hwy 1 and Sugar Plantation Parkway. Dow Westside YMCA offers swim lessons, summer camp, and wellness programs.

## YMCA of the Capital Area

[www.ymcabatonrouge.org](http://www.ymcabatonrouge.org)

Corporate Office: 350 S. Foster Drive

Baton Rouge, Louisiana

Phone: (225) 924-0653 Fax: (225) 924-3609

**Baranco-Clark Branch** 1735 Thomas Delpit Drive 344-6775

**Charles W. Lamar, Jr. Branch** 521 Third Street 612-9622

**A. C. Lewis Branch** 350 S. Foster Drive 924-3606

**Paula G. Manship Branch** 8100 YMCA Plaza Drive 767-9622

**C. B. Pennington, Jr. Branch** 15550 Old Hammond Highway 272-9622

**Southside YMCA** 8482 Perkins Road 766-2991

**Dow Westside YMCA** 3688 Sugar Plantation Parkway, Addis 687-1123



# Other Important Information

## *Charles W. Lamar Jr. YMCA Youth Policy*

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From the Executive Director to all Members:

I want to thank you for choosing the YMCA of the Capital Area, Charles W. Lamar, Jr. Branch. You have joined an association which has served our community for more than 90 years. The Y offers hundreds of programs impacting over 60,000 participants in the seven parishes we serve. In addition, our annual Strong Kids Scholarship Campaign raises funds to help support families and individuals who could not otherwise afford to participate in YMCA programs and services. The downtown branch opened in January 2001 through a terrific partnership with the State and we were able to expand our facility in 2004. In order to help you reach your personal wellness goals, I encourage you to immediately enroll at the front desk in our free fitness services. Your membership allows you access to any of the seven locations in the Baton Rouge area including Addis. Please take a moment to visit our website at [www.ymcabatonrouge.org](http://www.ymcabatonrouge.org) to learn of all the family programs and services that the YMCA of the Capital has to offer. Thanks to your support, you help us build Strong Kids, Strong Families and Strong Communities.

*Kevin M. Broussard*



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512 Third St.  
Baton Rouge, LA 70802  
Phone: (225) 612-9622  
Fax: (225) 612-9623