

Outer Banks Family YMCA



Y-Tel Guest Guide

Welcome to the Outer Banks Family YMCA. Your hotel/motel management has purchased a Y-Amenities family membership providing you full YMCA privileges during your stay. Please review the information concerning our facility and the benefits available to you.

Hours of Operation

Monday–Friday	5 am–9 pm
Saturday	8 am–6 pm
Sunday	1–6 pm
Holidays*	7 am–2 pm

ChildWatch Hours

Monday–Friday	8 am–12:30 pm 4–8 pm
Saturday	8 am–12:30 pm

Interactive Zone Hours

Monday–Friday	4–7 pm
Saturday	9 am–12 pm
Sunday	1–3 pm

Parents' Night Out

Wednesday	6–10 pm
<i>Memorial Day - Labor Day</i>	

Outdoor Water & Skate Parks

Weather permitting.

Memorial Day - Labor Day

Monday–Saturday	11 am–7:45 pm
Sunday	1 - 6 pm

Through 2nd week of September

Monday–Saturday	12 noon–6 pm
Sunday	1–6 pm

Holiday Celebrations* 12–2 pm

Skate Park: open year round (call for hours).

Indoor Pool: 25 meters, 6 lanes.

Outdoor Pool: two pools, two 25 yard lanes for lap swimming, diving board, water toys.

* *Holidays include: Memorial Day, 4th of July and Labor Day. Please call for details and extended hours for Outdoor Parks, Interactive Zone and holidays.*

YMCA Benefits

Group Exercise Classes

- Aerobics
- Tae Boxing
- Step
- Pilates
- Spinning
- Yoga
- Tone/Sculpt

Water Exercise

- Aqua Blast
- Aqua Fit
- Aqua Shape

Fitness Center

- Free Weights
- Rowing Machine
- Treadmills
- Ellipticals
- Recumbent Bikes
- Resistive Weights

Interactive Zone

A video game-based workout for children, teens and adults.

ChildWatch

We watch your children while you workout (up to 2 hrs/day).

Full Court Gymnasium

Racquetball Courts

Indoor Pool Spa/Sauna

Outdoor Water Park

Skate Park

Parents' Night Out

AED/CPR/First-Aid
Certified Staff



**Outer Banks Family
YMCA**

3000 S. Croatan Hwy.
Mile Post 11
Nags Head, NC 27959
(252) 449-8897

www.ymcasha.org



Outer Banks Family YMCA

Check-In

You will be provided with YMCA card(s) from Guest Services. Please present this card when you arrive at the YMCA or the Outdoor Water Park. One card per person, regardless of age, is required to enter the facility.

Attire

Appropriate (full) clothing, including footwear, is required at all times.

ChildWatch

Complimentary babysitting is available to you (two-hour limit per day) *while you are in the facility* for children age six weeks to eight years. YMCA privileges will be terminated if you leave the YMCA property while your child is in the ChildWatch Center.

Racquetball Court

One-hour reservations are on a first come, first serve basis. You may register for a court up to 24 hours in advance. If you are unable to make your reservation, please call and cancel. Racquets and balls are available and protective eye wear is strongly encouraged.

Locker Rooms

Fully equipped locker rooms are available for day use. Locks and towels are not provided. Children six years of age and older must use the same gender locker room. Family Changing Rooms are also available.

Indoor Pool/Spa

Please shower and enter pool from the locker rooms. Pool rules are posted for your safety and are strictly enforced.

Swim Gear

For young swimmers not yet toilet trained, swim diapers are required under bathing suit. Only US Coast Guard approved personal flotation devices are permitted. Water wings, floats, noodles etc. are allowed during Rubber Ducky Nights on Tuesday and Saturday, 6–8 pm.

Skate Park

The Skate Park is included in your Y-Tel Guest privileges. Please see the Skate Park newsletter for more information. To receive your Skate Park pass, your Y card must be presented at time of Y check-in. Passes are issued for one week at a time; members staying for multiple weeks must request a new pass each week. Y-Tel Skate Park passes are issued at the Member Services desk.

Parents' Night Out

Y-Tel guest privileges include a night out for parents at no charge for children ages 1–12 years of age. Parents' Night Out is Wednesday 6–10 pm. Children must be fed dinner prior to their arrival, however, snacks are permitted. Registration opens the Saturday prior to the program. Only the parent may register with his or her child and the child must check in with his/her YMCA card.

Available Memorial Day through Labor Day.



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Mission: To put Judeo-Christian principles into practice through programs that build healthy spirit, mind and body for all.