

Pike County YMCA



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Membership Card



"A PLACE FOR EVERYONE"



Pike County YMCA

Membership Handbook/Orientation

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W e l c o m e

The YMCA is here to serve you as well as all of Pike County. The "Y" is more than a pool or a gym. Our mission is to serve everyone and to improve the quality of life through activities and shared activities with other community organizations.

We are a non-profit organization dedicated to serving people, and we ask your support in making our communities a better place to live.

Please take a few moments to read the information in this booklet. It was prepared to help make your participation easier and more rewarding. Our staff is always eager to serve you. We welcome your questions and suggestions. Thank you for joining our YMCA family.

YMCA Board of Directors and Staff

FINANCING OF THE YMCA

The YMCA is a non-profit organization. This means that the YMCA is not supported by your tax dollars, but must depend upon financing through membership dues, program fees, and contributions. The self-sustaining nature of the YMCA is consistent with the ability of the community to pay for its services.

OUR MISSION STATEMENT

The Pike County YMCA is committed to offering you, and all members of our county, an opportunity to participate in programs designed to contribute to their physical, mental, social, and spiritual growth. Additionally, our services will improve social, economic, moral, and spiritual conditions in Pike County.

MEMBERS CODE OF CONDUCT

The YMCA is committed to providing a Christian atmosphere that respects the rights of others, an atmosphere that is free of offensive and unlawful conduct. Fighting, use of abusive language, disrespect for YMCA property or others, harassment and sexual conduct will not be tolerated.

Individuals who experience or observe this type of con-duct are encouraged to promptly report their concerns to YMCA staff. Participants engaged in activities as explained will be removed from the YMCA property. Membership may be suspended or revoked based on the investigative findings. YMCA staff has the responsibility of short-term suspension of

members and participants in cases of conduct unbecoming to the YMCA.

MEMBERSHIP PRIVILEGES & GUIDELINES

CATEGORIES

Family: Includes all IRS allowable dependents & full time college students through age 22

Adult: Individual 18 years of age through 59

Adult Husband & Wife: Married couple through the age of 59

Senior: Adult 60 years of age & older

Senior Husband & Wife: Married couple age 60 years of age & older.

Teenage: 13 years of age through 17 years old or who is still in High school or attending college full-time

Youth: Up through 12 years of age

MEMBER BENEFITS

- Gymnasium and Swimming Pool during specified times
- Fitness Center (must be 13 years of age or older and have completed fitness center orientation)
- Locker Rooms
- Racquetball Court (reservations required)
- Tennis Courts and Outside Basketball Courts
- KIDZ SMART FITNESS CENTER FOR AGES 7 YEARS TO 13 YEARS OF AGE.
- Pre-registration for programs and reduced program fees

FOR THE SAFETY OF OUR YOUNG MEMBERS

- All persons wishing to use the YMCA must enter through main entrance.
- All members are required to scan their membership card when using the YMCA facility.
- Individuals who do not present their membership card may be detained while proper clearance is obtained.
- Please report any lost or stolen membership card at the Courtesy Desk immediately.
- Lost cards can be replaced for a fee of \$1.00.
- Membership dues are nonrefundable and non transferable
- Any members who allow others to use their card or who assist non-members in using the YMCA are subject to suspension and/or revocation of membership.

YMCA CHILD WATCH

The YMCA provides babysitting for members who are participating in activities on the YMCA campus. A fee is required for participation in this program.

MEMBERS' VOICE

The YMCA will constantly strive for high membership satisfaction and therefore appreciates your feedback. If you have a concern, suggestion or a compliment please call or write the executive director. Remember it is your YMCA.

SCHOLARSHIPS FOR MEMBERSHIP

Scholarships for memberships are available for individuals with a proven need. Applications are available at the Courtesy Desk.

VOLUNTEERS

You are needed in many places! As your YMCA grows, many volunteers are needed for various activities, such as coaching youth sports teams, serving on committees, or assisting with fund raising for the Y. Please talk to staff at the Courtesy Desk if you have an interest or expertise you would like to share. Growing up and giving back – what a great feeling!

COURTESY PASSES

Members are encouraged to invite family and friends to use the facility as their guest. (Nonmembers are only eligible to use a courtesy pass once before they are required to pay the Guest fee.) A 24-hour notice is required by the member to make proper arrangements for their guests.

DAY PASSES FOR NON-MEMBERS & GUESTS

Youth	\$ 7.00 per visit
Adult	\$ 10.00 per visit
Family	\$ 20.00 per visit

MEMBERS & OUT OF TOWN GUEST POLICY

We encourage our Members to bring guests however; members are responsible for the actions of their guests when they are using the YMCA. Behavior by any guest that is not in accordance with the YMCA guidelines may result in suspension or termination of member's privileges.

A.W.A.Y. PROGRAM

As a member you become a member of a nationwide association of people, and therefore when away from home you will be welcomed and treated as a member by all participating YMCA's.

Stop at the Courtesy Desk to see if on your next trip or vacation, there is a participating YMCA in the area that you are visiting. We have a directory listing of all YMCA's.

YMCA GIFT CERTIFICATES

Give a yearlong gift . . . give a YMCA membership. If you are looking for a lasting gift give the gift of health. Gift certificates are available for memberships and programs. More information can be obtained at the Courtesy Desk.

MEDICAL CHECK-UP

A pre-participation medical check-up and an annual medical evaluation by your physician, although not required is strongly recommended for participation in YMCA physical fitness activities.

ACCIDENT POLICY

The YMCA does not have public health and accident insurance.

YOU ARE PARTICIPATING AT YOUR OWN RISK

You are responsible for yourself and your children.

INSURANCE

The YMCA assumes no responsibility for personal injury or loss of personal property while using our facilities. It is recommended that anyone using the facility make provisions to provide this coverage within their own insurance program.

DRESS CODE

The YMCA is a family association requiring suitable sports clothing, swim suits, and gym shoes with non-marking soles. Diapers for infants taking swimming classes are not allowed. Plastic pants are required.

Shirt and shoes are required at all times in the lobby area, game room and computer lab. No wet bathing suits will be permitted outside of the pool area. Please refer to specific guidelines in each area.

Due to liability, roller skates/blades or skateboards are not permitted in or on YMCA property; unless you are participating in a structured program offered by the YMCA.

YOUTH USAGE

All children eight (8) and under must be accompanied by a parent or sibling 16 years of age or older while in the building or on YMCA property.

PHYSICALLY CHALLENGED

The YMCA has made major commitments to making all facilities accessible to the physically impaired. If you are in need of additional assistance please contact the Courtesy Desk.

VALUABLES

The YMCA discourages members and guests from bringing any type of valuable items with them into the facility. (Jewelry, large amounts of money, house or business keys, etc.) Please lock all possessions in a day locker and be sure that you secure the locker with a lock.

Valuables will not be accepted for safe keeping at the Courtesy Desk. The YMCA is not responsible for lost or stolen items.

LOST AND FOUND

The YMCA will place lost and found items in a designated area. The YMCA reserves the right to give such items to charitable organizations. (The YMCA is not responsible for lost or stolen items.)

LOCKERS

Locker rooms have been equipped with day lockers. Contents and locks must be removed when you leave the facility.

Participants are required to bring their own locks. (YMCA does not supply locks) Locks that are left overnight will be removed, and your personal items will be stored for a brief period of time prior to being donated to a charitable organization. The YMCA does not reimburse any participant for locks that have been removed.

FAMILY LOCKER ROOMS

For the convenience of a parent, parents, or legal guardian with children of the opposite sex, a family locker room is available. (Please ask the lifeguard on duty for facilities accessible to the physically impaired. If you are in need of additional assistance please contact the Courtesy Desk.

TOWELS

- The YMCA does not supply towels nor are they available to rent.
- Participants must bring their own towels.

OPERATING HOURS

Mon – Fri 6:00 am to 9:00 pm
Sat 7:30 am to 9:00 pm
Sun 1:00 pm to 5:00 pm

SUMMER OPERATING HOURS (Beginning May 1)

Mon – Fri 6:00 am to 9:00 pm
Sat 7:30 am to 5:00 pm

The YMCA reserves the right to make provisions to operating hours due to weather, special events, holidays, etc.

HOLIDAY CLOSINGS

New Years Day	Memorial Day	Fourth of July
Labor Day	Thanksgiving Day	Easter Sunday
Christmas Eve 2:00 pm	Christmas Day	



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Visit us on the web page at:
www.pikecountnymca.org

FACILITY ENHANCEMENT WEEK

In order to preserve the facility, and to perform a complete equipment preventative maintenance program, the YMCA will be closed for one-week in August or September. Closing dates will be announced.

SCHEDULES

Facilities are scheduled for the convenience of the total membership. Schedules are subject to change due to seasons, programs, and special events. Early hours for youth programs in the gymnasium and pool will take top priority while school is in session.

Schedules will be placed throughout the building in designated areas and at the Courtesy Desk. Please check schedules and adhere to them.

PROGRAM OBJECTIVES

Through all its programs, the YMCA seeks to help individuals:

- Grow personally,
- Clarify values,
- Improve personal and family relationships,
- Appreciate diversity,
- Become better leaders and supporters,
- Develop specific skills, and
- Have fun.

The Pike County YMCA Board of Directors and staff have chosen to accept the National YMCA Character Development Program challenge by demonstrating the four core values of Caring, Honesty, Respect and Responsibility in all programs, activities, and in the daily operation of your YMCA. Please join us in this challenge by demonstrating our core values every day of your life.

HOW TO REGISTER FOR CLASSES & PROGRAMS

Members have the privilege of registering one week prior to the program starting date to assure placement in the class.

Non-members can register the week of the program or class on a first come, first serve basis. Registration will be by mail or in person. (No phone in registration will be permitted.) Fees are required before registration is final. Mail in registration fees will be confirmed by phone by YMCA staff. Fees must be paid before participating in programs and classes.

PROGRAM CANCELLATION POLICY

The YMCA reserves the right to cancel programs and classes due to insufficient interest. Participants will be reimbursed 100% of registration fee.

PARTICIPANTS REFUND POLICY

100% refund prior to the first class. 50% refund after the first class. No refund after the second class. We encourage you to request a credit to be used for the next session, for other programs, or a new membership. Credits issued will be 100%. This refund policy applies to members and non-members.

Any insufficient fund checks or bank drafts will be subject to full payment plus a service charge of \$ 20.00.

EATING AND DRINKING POLICY

Eating and drinking is restricted in the YMCA to the vending and lobby area only. (No beverages or food items are permitted in any other area of the YMCA facility.)

TRASH AND SPILLS

It becomes everyone's responsibility to help keep the facility clean and safe for everyone. Please place trash in containers and report any spills to the Courtesy Desk or a staff member immediately. (This is your YMCA please help us keep it clean.)

TOBACCO POLICY

Smoking or the use of other tobacco products is prohibited. Anyone under the age of 18 may not have tobacco products in his or her possession.

PARKING LOT GUIDELINES

The area directly in front of the YMCA is for drop off and pick up only. Please respect designated handicap parking.

Please use caution when entering and exiting the YMCA Campus due to our young pedestrians.

NO ROLLER SKATES/BLADES OR SKATEBOARDS ALLOWED

RENTALS

The YMCA facility is available for rentals such as lock-ins, pool parties, birthday parties, receptions, reunions, and meetings. Please contact the YMCA for more information.

POOL GUIDELINES

Please observe the following health and safety guidelines while using the YMCA.

- Showers are required before entering the pool.
- Swimmers must wear a swimsuit to swim. No “cut off” shorts or T-shirts are allowed.
- Babies must wear plastic pants. No diapers.
- Persons with open sores, rashes, or infections are not permitted to use the pool.
- Band-aids and bandages should not be worn while swimming.
- Mask, fins, and snorkels are prohibited unless being used in a YMCA class or program.
- Flotation device usage is at the discretion of the lifeguard. Flotation devices may not be permitted during youth swim and high usage times.
- Flotation devices such as water wings, inner tubes and swim belts are considered instructional aides and should not be used as personal flotation devices. For the safety of young swimmers, coast guard approved life jackets are suggested.
- Back dives or somersaults from the sides of the pool are not permitted.
- Running on the deck will not be tolerated.
- Wrestling or horseplay in or around the pool or in the locker rooms is not permitted.
- All children must be able to swim the width of the pool without a flotation device and be able to touch the bottom comfortably in order to swim without supervision by a parent or guardian 16 years of age or older.
- Lap lanes are to be used for continuous swim.
- Hanging on the lifelines and/or lap lanes is not permitted.
- Food and drink are not permitted in the pool area.
- No glass containers permitted.
- No gum or candy permitted while swimming.
- Children under the age of eight (8) are the responsibility of the parent or guardian who brings them to swim. Under no circumstances should children under the age of eight (8) be dropped off at the front door for open or family swims. It is required that a parent or guardian (16 or older) be in the pool with the child. This guideline is necessary for the protection of your child. Please do not expect our guards to baby-sit for you.

GUIDELINES FOR FITNESS CENTER

An equipment orientation is required before participation in our Fitness Center.

- No one under the age of thirteen (13) is permitted in the Fitness Center unless during a scheduled program or special event held by the YMCA.
- Street shoes are prohibited. (Gym shoes are required.)
- Food and drinks are prohibited in Fitness Center (Plastic water bottles are acceptable – No glass containers, please.)
- Be respectful of others, if you are doing more than one set on a machine by allowing those waiting to go after your first set.
- We request that you wear clothing without zippers, studs, or other sharp objects attached that might damage the upholstery. (Proper attire would be as follows: t-shirt or sweatshirt, shorts, sweatpants or tights, and gym shoes.)
- Lifters must wear a shirt at all times to help prolong the longevity of the upholstery.
- Participants are asked to bring towels with them while working out.
- It is not required but highly recommended that each participant complete a physical prior to beginning any strenuous workout schedule.

ADDITIONAL GUIDELINES FOR FREE WEIGHT AREA

- All guidelines that pertain to the Fitness Center are to be followed in the free weight area as well.
- No one under the age of 16 permitted in this area unless in a supervised program held by the YMCA.
- Due to the high risk of injury – spotters are required during heavy lifting.
- Weights are not to be left on the floor, leaning against racks or machines, or placed on padded benches. They must be returned to their appropriate place.
- Equipment must be used for its intended purpose only. No improvising.
- No grunting, yelling, or other energy releasing techniques.
- No chalk. Please use gloves.
- No dropping of weights, weights must be set down.
- Equipment may not be moved out of the area.
- Plate weights and dumbbells are prohibited on carpeted areas.

Kidz Smart Fitness Center

- Open to the ages of 6 – 12 years old.
- Members must complete 3 training appointments. Parents must attend the first appointment to complete health history screening forms.
- Staff members reserve the right to require additional appoints with the member.

- Strength circuits are to be completed no more than two to three times per week on non-consecutive days. Spinners may be used on other days.
- Members must respect all equipment and be courteous to other members and staff.
- Members are asked to leave the center immediately after completing their workout.
- Inappropriate behavior is unacceptable; member may be asked to leave the center or in extreme cases may be suspended from the center.
- Food and drinks are prohibited. (water bottles are acceptable – no glass containers)
- Appropriate gym shoes and work-out attire is required. No street shoes, flip-flops, bare feet, or clothing with zippers, studs, or other sharp objects attached are allowed.
- Good character reflects your honesty, caring, respect, and sense of responsibility toward other members, yourself, and the YMCA facility.

GYMNASIUM GUIDELINES

- Street shoes are prohibited. (Gym shoes are required.)
- Please help us preserve the equipment by not kicking or throwing the basketballs or volleyballs.
- Please be respectful of others by playing games to 15 only. No deuce games allowed.
- A person waiting to play must be picked up before person from losing team.
- Winning team can only continue to play for two games in a row.
- Abusive language will not be tolerated.
- No spitting on walls or floor.
- No dunking and no hanging on the nets or rims.
- Please do not set on the bleachers when in a folded position.

RACQUETBALL COURT GUIDELINES

- Racquetball court reservations must be made at the Courtesy Counter
- The YMCA will take reservations the day of desired use only. No advance reservations will be taken.
- A member of the Pike County YMCA can only make Court reservations.
- No one will be permitted to make back-to-back reservations.
- The YMCA strongly recommends eye guards to be worn at all times on the Racquetball courts. Anyone under the age of 18 is required to wear eye guards.
- Gym shoes with non-marking soles are required.
- The YMCA will schedule Wally Ball at certain times as demands arise.
- Basketballs, soccer balls, etc are prohibited. Racquetball court is only to be used for its intended purpose.
- Participants are responsible for their own racquets and racquetballs.

TENNIS COURT GUIDELINES

- Water is the only drink permitted on the court.

- Profanity will not be tolerated.
- Appropriate rubber-soled tennis shoes are required.
- Always return equipment and stray balls to their proper place.
- No skateboards, roller blades, roller skates or bicycles are permitted on the Tennis courts
- Do not jump over or hang on the Tennis court nets.

Y Adventure Land

Has been designed to accommodate the YMCA childcare programs and private parties for youth ages 8 and under. Information about scheduling a party, please check with the YMCA staff at the front desk.

Playground Guidelines

The Playground has been designed and constructed for the use of our younger members and guests. We ask that only individuals 12 year old and younger play on the equipment. Any misuse or abuse of the equipment may result in temporary or permanent expulsion from the YMCA. We ask that if you witness any behavior that is inappropriate to please inform a YMCA staff member immediately. Thank You for following our guidelines and helping us keep our playground safe and clean.

- Children must be accompanied by a parent or guardian (16 years or older).
- Shoes must be worn at all times.
- No food, gum, or beverages while playing on the equipment.
- Please remove choking hazards such as jewelry, loose articles of clothing, jackets with drawstrings etc.
- No climbing on fence, trees or equipment that is not designed for climbing.
- Please use all equipment in the manner in which it has been designed.
- No throwing rocks, sand, or other objects.
- The absence of profanity offends no one.
- Have respect for others please take turns.

Play safe, Play fair, Have fun, and respect playground supervisors, other children, and the environment.

HELPFUL HINTS FROM THE DIRECTOR FOR OUR YOUNGER MEMBERS

Dear Moms & Dads,

Here are a few recommendations that I would like to share with you as you prepare your loved ones for the lifetime experience they will encounter while participating at the YMCA.

Children will be exposed to a lot of different activities during a visit to the YMCA. Swimming times, activities in the gymnasium, activities outdoors, with the changing of clothes to go swimming, wearing a coat for outdoor activities or just hanging out at the "Y", children have the tendency to leave things lying around, misplacing items such as clothing, toys, books, etc. And occasionally others take items intentionally. To help ease the burden of such an incident I recommend the following precautions.

- Do not send your best towels. (Clean older towels work as well and are a lot easier to get over losing.)
- Do not send a child's best clothing, coats, or tennis shoes. (A "Y" experience is hard on clothing, but great for the body, mind, and spirit.)
- Prepare frequent clothing that your child will be wearing by writing their name and phone number on them. (Swim suits, gym shoes, and gym clothes.)
- Have your child refrain from bringing electronic games, toys, etc. (The YMCA will supply games and activities during their visit.)
- If your child chooses to bring their own basketball, please write their name and phone number on it. It will save a lot of confusion. The YMCA will have a wide variety of balls and equipment.
- Do not send a lot of money for refreshments. During my experience at the "Y" it doesn't matter if it's a \$1.00 or \$10.00 there is a universal race going on to see who can spend it the fastest.
- Purchase an inexpensive "Key" lock for your child to use to protect his or her belongings while using the YMCA. If you like we can keep their spare key on file at the Courtesy Desk. A shoelace necklace works well for carrying keys while using the YMCA.
- If your child would experience an unusual situation such as being threatened or teased, please reinforce to them that the YMCA staff is there to assist and protect each and every member. " Report It".

Let your children know that our staff will be committed to assisting in the development of character. Our staff will exercise and expect values such as caring, honesty, respect and responsibility.

Thank you for giving us the privilege of serving your most prized possessions.

John T. Pennington
Executive Director