



SEWICKLEY VALLEY YMCA

INFORMATION & POLICY GUIDE

» At the Y, you'll find more than just a place to work out. With opportunities to connect with neighbors and give back to your community, you'll discover a greater sense of purpose, too.

For a better us.®

WELCOME TO THE SEWICKLEY VALLEY YMCA

We consider it our privilege to serve you as a member of the Y. You are now a member of one of the finest and largest human service organizations in the world. We became a leading nonprofit by helping people everywhere develop the skills and relationships they need to be healthy, confident and connected to others.

Our mission is to provide youth development, healthy living options and embrace social responsibility in the Quaker Valley, Moon Area, Cornell and Ambridge Area school districts.

While our programs and facilities are always based on the unique needs and interests of our communities, every Y has one thing in common: our people.

The volunteers, members, staff and donors of the Y are all united by a deep commitment to strengthening our communities.

This Information and Policy Guide has been designed to answer your questions and to help you become more involved in the YMCA. Please don't hesitate to call upon one of our staff if you have additional needs or if we can be of assistance in any way.

Thank you for joining the Sewickley Valley YMCA.

Trish Hooper
Chief Executive Officer

OUR MISSION

To build a healthy spirit, mind and body based on Christian principles and to improve the quality of life for children, individuals and families in the Ambridge Area, Cornell, Moon Area, and Quaker Valley school districts.

The Sewickley Valley YMCA has been listening and responding to our communities' most critical social needs since 1894. Thanks to community partners and volunteers who devote their time, talent, and financial support, the Y can provide access to life-changing programs and give individuals and families in our community the chance to learn, grow, and thrive.

OPEN TO ALL

Services shall be provided without regard to race, religious creed, color, disability, ancestry, national origin, age or sex. Services shall be made accessible to individuals with disabilities through the most practical and economically feasible methods available. The Sewickley Valley YMCA will make every effort to accommodate Non-English speaking individuals.

FINANCIAL ASSISTANCE

The Y recognizes the need to serve all members of the community, including those who are not able to pay the full cost of the membership or program fees. To apply for aid, request an application from the YMCA Membership Office or visit our website at www.sewickleyymca.org.

HOURS OF OPERATION

Monday – Friday 5 a.m. – 9 p.m.

Saturday 6:45 a.m. – 5 p.m.

Sunday 8 a.m. – 5 p.m.

Please note that all members must exit the building at closing time.

Holiday Hours

The Y is closed on Easter Sunday and Christmas Eve and Christmas Day. The Y is open from 8 a.m. to 2 p.m. for recreational use on the following holidays: New Year's Day, Good Friday, Independence Day, Thanksgiving, Martin Luther King, Jr.'s Birthday, Memorial Day and Labor Day.

During holiday hours of operation, Kid Zone will be closed. Please consult the website for pool hours and availability. All programs will resume on the following business day. Hours are subject to change when the holiday falls over the weekend.

YOUTH & TEEN FACILITY GUIDELINES

CHILDREN, AGE OF 7 & UNDER

Must always be under the direct supervision of a parent/guardian unless enrolled in a staff-supervised program or activity.

CHILDREN, AGES 8-13

Must always be under the direct supervision of a parent/guardian unless enrolled in a staff-supervised program or activity during the following days and times.

- Monday - Friday 5 - 11 a.m.
- Monday - Friday 9 - 9 p.m.
- Saturday 6:45 - 9 a.m.
- Sunday 8 - 5 p.m.

TEENS, AGES 14 & OVER

Teens ages 14 and older may use the Sewickley Valley YMCA during all regularly scheduled hours and may participate in aquatic exercise classes and lap swimming.

HEALTH & WELLNESS

CARDIOVASCULAR EQUIPMENT

- Youth ages 10-13 are now able to use the age-appropriate cardiovascular equipment without the supervision of a parent. We recommend attending a safety/proper use orientation.

GROUP EXERCISE

- Teens ages 13 - 15 may attend fitness classes with a parent.
- Teens ages 16 and older may attend group exercise classes.

STRENGTH TRAINING

- Teens 14 and over are permitted to use weight training.

KID ZONE

Kid Zone, formerly Child Watch, is available for children age three months through seven years. Parents/guardians are required to remain at the facility while children are signed into the Kid Zone.

AQUATICS

FAMILY SWIM RESERVATIONS

Reservations for family swim are required. A maximum of three families may swim during each one-hour reservation.

Reservations for family swim in the warm water pool are for family members only and can be made up to three days in advance. A parent must accompany kids in the water. Members who are on hold may not make reservations.

YOUTH LAP SWIM

- Reservations for youth lap swim are for members ages 8-13 and may be made up to four days in advance, opening at 9 p.m.
- Two children ages 8-13 who live in the same household may share a lane; only one reservation is needed. The parent may also share the lane.
- Youth age 6-7 may reserve a lap lane if a parent is in the water with the child.
- Lap lanes may be reserved for 50 minutes, with 10 minutes between for additional cleaning and transition time.

SWIM LESSONS

- Please arrive on time, with yourself and your swimmer dressed (freshly showered) and ready to swim.
- Participants should bring their own water bottles, swim caps, goggles and towels to practice.

COVID-19 POLICY

The Sewickley Valley YMCA abides by all state mandates to mitigate the spread of COVID-19. The YMCA will adjust policies as directed by the state and local health departments and state licensing bodies that regulate our services. Staff, members and guests are expected to follow the Y's COVID-19 mitigation policies. Policy updates will be provided as conditions change.

ONLINE ACCOUNT MANAGEMENT AND REGISTRATION

Don't hesitate to get in touch with a YMCA membership representative by phone at 412-741-9622, by email at membership@sewickleymca.org, or stop by our Membership Office or Registration Desk to activate your online account.

MOBILE APP

With our new mobile App and Virtual Y platform, you can take the Y with you. It's simple to start using! As a member of the Sewickley Valley YMCA, you have access to the App at no additional cost. Download in two easy steps!

1. Search "YMCA Universal" in your App Store (available in Apple and Android) and download.
2. Once downloaded, Select Sewickley Valley YMCA as your Y. Use the email associated with your Y account (you can contact a Membership Representative if you are unsure) or scan your Y barcode and you're all set!

LOCKER ROOM FACILITIES

The Sewickley Valley YMCA is fortunate to have many locker rooms to accommodate the needs of our members.

Lockers are available for daily use during your visit to the Y.

- Members are asked to leave their valuables at home.
- If you bring valuables, please use the wallet lockers located on the first floor next to the elevator or the wallet lockers next to the indoor track, or secure your belongings in a locker in the appropriate locker room.
- The Sewickley Valley YMCA is not responsible for lost or stolen property
- Locks are strongly advised but are not provided by the Y.

The Y will keep several locks available for members who forget to bring their locks.

Adult Locker Rooms are for use by women and men age 18 and over.

- Women's locker room is located on the first floor, just inside the Welcome Desk entrance.
- Men's locker room is located on the lower level at the base of the stairs.
- Please note that children and infants are not to use the adult locker rooms.

Youth Locker Rooms are for use by youth age 6 through 17.

- The Girls' Locker Room is located adjacent to the Women's locker room on the first floor.
- The Boys' locker room is located beside the Men's locker room on the lower level.
- Parents or guardians may use the appropriate youth locker room when accompanying their same-sex child age eight or under.
- Parents and guardians may bring an opposite-sex child, age 24 months or younger, into the youth locker room when attending to their same-sex child, age eight or under.
- Adults or guardians are not permitted in the youth locker rooms at any time without their children.

FAMILY LOCKER ROOM is reserved for parents with children who require assistance to change and for adults who need the assistance of another adult to change.

An adult changing table located in the Family Locker Room provides safer transfers, comfortable positioning, and secure space for caregivers to aid adults who may need assistance.

DIAPER CHANGING

Diaper changing facilities are located in the girls' locker room, Family locker rooms and Kid Zone.

AQUATICS

ADULT LAP SWIM, LARGE POOL

- Reservations for lap swim are for members only and may be made up to four days in advance, opening at 9 p.m. Members who are on hold may not make reservations.
- Lap lanes may be reserved for 50 minutes, with 10 minutes between for additional cleaning and transition time. We ask that members show up on time for their reservations.
- Reserved space will be forfeited after 15 minutes if the member does not show.
- Lap swimming in the large pool will be limited to two people per lane; please expect that you may have to share.

ADULT SWIM, WARM WATER POOL

During the adult swim, a maximum of eleven adults will be permitted in the pool at one time.

FAMILY SWIM, WARM WATER POOL

Reservations for family swim are required. A maximum of three families may swim during each one-hour reservation. Reservations for family swim in the warm water pool are for family members only and can be made up to three days in advance. A parent must accompany kids in the water. Members who are on hold may not make reservations.

WATER EXERCISE REGISTRATION

Registration will open three weeks before the start of the Water Exercise class. In addition, Water Exercise classes are available only for members of the Sewickley Valley YMCA.

To ensure that all members have the opportunity to enjoy the Y's free water exercise classes, adult members may register for only one free water exercise class per session.

WET AREA

This area is for individuals ages 18 and over. The Wet Area opens a half-hour after the building opens and closes a half-hour before the building closing.

HEALTH & WELLNESS

BASKETBALL

Courts are open for basketball play. Basketballs will be available in the cardiovascular and large gym.

GROUP EXERCISE

We are excited to bring back more group exercise classes indoors, outdoors and virtually! All classes require advance registration. Members can register for classes three days in advance by visiting the Y's Front Desk, calling 412-741-9622, or online at www.sewickleymca.org.

We know it's not always possible to head to the Y, so we are making it easier for you to stay healthy, balanced, and get in a good workout. From the comfort of your home or while you're on the go, participate in on-demand classes online at sewickleymca.y.org or join live virtual workouts with Y instructors by pre-registering for a class where you will receive a zoom link where you can connect with live instructors and stay active.

RACQUETBALL COURTS

Courts are open for single and doubles play. Players may not gather in the stretch space. They are permitted to set up chairs in the Large Gym around the perimeter of the court.

CODE OF CONDUCT

The YMCA is an inclusive, family-friendly organization. We expect all our members, guests and staff to model our four values of caring, honesty, respect and responsibility in their conduct and language. Anyone who feels uncomfortable should report the behavior to a staff person or the building supervisor on duty. Members and guests should not hesitate to notify a staff member if assistance is needed.

The Sewickley Valley YMCA has the right to terminate a membership at its discretion if actions or behaviors are not deemed in the best interests of the organization.

Our Member's Code of Conduct outlines below a list of behaviors considered inappropriate in our facilities or programs, including but not limited to:

- Smoking or vaping on YMCA property. The YMCA and its property is a smoke-free environment.
- Using or possessing illegal substances or alcohol on YMCA property, in YMCA vehicles or at YMCA-sponsored programs.
- Verbally abusive behavior, including angry or vulgar language, swearing, name calling or shouting.
- Harassment or intimidation by words, gestures, body language, or any type of menacing behavior.
- Physical contact with another person in an angry, aggressive or threatening way.
- Sexually explicit conversation or behavior; any sexual contact with another person.
- Inappropriate, immodest, or sexually revealing attire.
- Loitering within or on the grounds of the YMCA.
- Theft or behavior that results in the destruction or loss of property.
- Carrying or concealing a weapon or any device or object which may be used as a weapon.

CAMERAS AND MOBILE DEVICES

Cameras or recording devices of any kind are strictly prohibited in the YMCA locker rooms. This is to ensure the privacy of all members and guests. Use of a camera or recording device of any kind may result in the loss of your membership.

YOUR SAFETY IS OUR PRIORITY

The safety of our members and guests who use the facility has always been a top priority at the Sewickley Valley YMCA. All adult members and guests will be screened against the national sex offender database and individuals included on the list will be denied access to the Y.

Also, members and guests who are 14 and older will be required to have a photo in our membership database or present a photo ID at each visit. Photos are required for Nationwide Membership and to allow our staff to accurately screen for registered sex offenders.

The YMCA conducts regular sex offender screenings on all members, participants, and guests. If a sex offender match occurs, the YMCA reserves the right to cancel a membership, end program participation, and remove visitation access. The YMCA reserves the right to deny access or membership to any person who has been convicted of any offense relating to the use, sale, possession, or transportation of narcotics or habit forming and/or dangerous drugs, or is presently or habitually under the influence of dangerous drugs or chemicals, narcotics, or intoxicating beverages.

EMERGENCY PROCEDURES

ACCIDENTS

Should an accident, injury or incident occur while you are at the Y, contact a staff member immediately.

THUNDER AND LIGHTNING STORMS

When thunder or lightning is present, all members and staff will be cleared from the water and pool decks. Individuals should not re-enter the pools or spa area until 20 minutes after the last sounding of thunder or the last sighting of lightning.

FIRE

If the fire alarm sounds or the Y must be evacuated, all activities must stop and all individuals must exit the facility immediately. Please note the location of the emergency exits throughout the facility and follow the directions provided by the YMCA staff during an alarm or evacuation.

PHOTO IDENTIFICATION POLICY

In order to become a member, access the facility and register for programs and activities as a non-member guest, adults age 18 and over will be required to provide a proper photo ID. Appropriate forms of ID may include a driver's license, passport, state ID card or military ID.

CHANGES IN MEMBERSHIP STATUS

We never want to see you leave the Y! However, if you need to cancel your membership or place your membership on hold, a minimum of five business days notice before your scheduled draft is required.

- Notice of termination or request for membership holds must be made in person, by mail, or by email. An email cancellation will be considered complete upon confirmation from the YMCA.
- Requests for changes of status beyond the required 5 business day notice period as described above, will be effective with your next billing cycle.
- For changes to your membership status, such as adding a child, updating your contact information, or your bank account, you can access your account online or contact a Membership representative in person by email at membership@sewickleymca.org or by phone at 412-741-9622 ext. 102 or 105.

CANCELLATIONS AND HOLDS

Members may place their membership on hold for non-medical reasons for 90 days in a 12 - month period without repaying the join fee.

- The notice must be given five business days' before your draft date to place a membership on hold and written confirmation by mail, email, or in-person is required.
- Membership draft will automatically resume following the 90 days. Members may resume membership at any time within the 90 days.

PROGRAM CANCELLATION

The Y reserves the right to cancel a program that does not have the minimum enrollment.

PROGRAM REFUND POLICY

Refunds will be issued if the participant provides notice at least five business days before the program's start date. All refund requests must be made directly through the director of the program. Refunds will be completed in the manner by which the payment was made.

PRORATED CLASSES

Class fees will not be prorated for late registrations. Late registrations are accepted in most programs but will require payment of the full class fee. Late registration for swim lessons is not recommended.

THIRD-PARTY SERVICES

Non-YMCA staff are prohibited from conducting personal/group training, swim instruction, sports-specific training and all other instruction of others at the Sewickley Valley YMCA. Those leading and participating in the non-YMCA training will be asked to leave the property immediately and prohibited from using the facility.

ALWAYS WELCOME IN EVERY COMMUNITY

All guests must follow Sewickley Valley YMCA policies. Nationwide Membership enables you to visit any participating YMCA in the United States through membership at your "home" YMCA. All guests must follow the Sewickley Valley YMCA policies.

WHAT YOU NEED TO KNOW

- Nationwide Membership is valid for active, full-facility YMCA members whose home Y participates without restriction or blackouts.
- When visiting a Y, nationwide members will be required to show a valid photo ID.
- Upon the first visit, members will need to sign a universal liability waiver and privacy policy.
- Nationwide member visitors must use their home Y at least 50% of the time.
- Nationwide members visiting other Ys for a period higher than 28 days must transfer membership affiliation for continued use.
- Nationwide members may sign up for programs at the non-member rate. Member rates are reserved for facility members of the Sewickley Valley YMCA.
- Nationwide members may not make reservations for the pool time and group exercise classes.
- Program-only participants (including Silver Sneakers, Silver and Fit or other like programs) are not eligible for Nationwide Membership.
- Special memberships established by any Y for group homes, other agencies are ineligible.
- All Ys reserve the right to restrict or revoke these privileges.
- Nationwide Members are permitted to bring three guests a year at the guest rate. An individual guest is limited to three visits in the calendar year (January through December).
- As with all Y memberships, programs, and events, registered sex offenders will be denied access to the Y.

GUEST POLICY

A guest may only use a guest pass three times in a calendar year. After that, YMCA use is conditional upon joining the Y. All guests must sign in with the Membership office and provide a photo ID each visit. The member must be present with the guest and the member is responsible for the guest's behavior.

REFER. RECIEVE. REPEAT.

Refer a friend and get a free month of membership and your friend will recieve their sixth month of membership free. Working out with a friend is a great way to stay motivated and maintain your workout routine. According to the National Institutes of Health, 66% of individuals who workout with a partner maintained their weight loss.