



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WELCOME TO OUR FAMILY

**SEWICKLEY VALLEY YMCA
INFORMATION AND POLICY GUIDE**

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 is able to provide access to life-changing programs and give individual and families in our community the chance to learn, grow and thrive.

NON-DISCRIMINATION OF SERVICES

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 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.sewickleymca.org. Click on the "Financial Assistance Forms" tab to view and print the confidential Financial Assistance Application.

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 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, Labor Day and Christmas Eve Day

During holiday hours of operation, Child Watch will be closed. Please consult the program guide for Warm Water Pool hours. All programs will resume on the following business day. Hours are subject to change when the holiday falls over the weekend.

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.

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 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.

CHANGES OF 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 5 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 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, changing your contact information, or to change 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.

- Notice must be given 5 business days' prior to 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 day period.

SAFETY AND SECURITY AT THE YMCA

We are committed to the safety and well-being of our members and participants and have established policies and procedures to protect individuals using our programs and facilities.

All adult members, guests and program participants will be screened against the national sex offender database and individuals included on the list will be denied.

SAFETY

We have taken many precautions to provide for your safety while you visit the YMCA. Because many activities at the YMCA involve physical exercise, we strongly recommend that all individuals over the age of fifteen (15) consult with their physician prior to beginning or continuing an exercise program or activity at the YMCA.

Wellness Area Age Requirements

To ensure the Wellness Areas is a positive and safe experience for all of our members, age requirements are listed below.

- The wellness area (track, free weight room, cardiovascular and strength training equipment) is reserved for members and guests age 14 and older.
- Children ages 10-13 may use age-appropriate wellness equipment with a participating parent or guardian upon the completion of the Parent-Child Cardiovascular Orientation.

Please take the time to follow proper hygiene and common sense safety habits while at the Y. Safety regulations have been posted in several locations throughout the Y, and we ask that you adhere to these rules. Please notify our staff if you have a safety concern.

Download the full Member Privacy Policy online at www.sewickleymca.org or pick-up a copy at the Membership Office.

PHOTO IDENTIFICATION POLICY

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

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.

LOCKER ROOM FACILITIES

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

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 7 through 17.

- Girls' Locker Room is located adjacent to the Women's locker room on the first floor.
- 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 accompanied by their same-sex child age 8 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 8 or under.
- Adults or guardians are not permitted in the youth locker rooms at any time without their children.

FAMILY LOCKER ROOM

The Family locker room on the lower level is reserved for parents with children who require assistance to change, and for adults who require the assistance of another adult to change.

DIAPER CHANGING

Diaper changing facilities are located in the girl's locker room, Family locker rooms and Child Watch.

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.

VALUABLES AND LOCKER USE

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 in the women's and men's locker rooms, or secure your belongings in a locker in the appropriate locker room.
- Locks are strongly advised, but are not provided by the Y.
- The Sewickley Valley YMCA is not responsible for lost or stolen property.
- The Y will keep several locks available for members who forget to bring their own lock.

CHILDREN IN THE YMCA

YOUTH, AGES 7 & UNDER

- Youth age 7 and under must be under direct supervision by a parent or adult guardian at all times.

YOUTH, AGES 8 - 13

- Youth age 8-13 may use the Y under direct supervision by a parent or adult guardian before 11 a.m. Monday through Friday and before 9 a.m. on Saturday.
- Youth age 8-13 have unsupervised access from 11 a.m. – 9 p.m. Monday through Friday, from 9 a.m. – 6 p.m. on Saturday and 8 a.m. – 6 p.m. on Sunday.
- Youth age 13 and under must be under direct supervision by a parent or adult guardian after 9 p.m. until 10 p.m. close of Y Monday through Thursday.

YOUTH, 14 & OVER

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

What equipment and facilities will my child have access to at the Y?

- Teens 14 and older may use the Wellness Center, which includes the gyms, track, free weight room, cardiovascular and strength training equipment, and may participate in lap swimming and aquatic classes during all regularly scheduled hours.
- Teens 16 and older may attend fitness classes and teens age 13-15 may attend fitness classes with a parent.
- Youth members, age 10-13, may use the cardiovascular equipment in the Wellness Center or swim laps in the large pool with a participating parent upon completion of the Parent-Child Cardio Orientation program and are permitted to access with a parent before 11 a.m. on weekdays and before 9 a.m. on Saturdays.

What about aquatics?

- Family Swim is reserved for family use but is also open to adults. Youth under age 14 must be accompanied by a parent. Children under age 8 must be accompanied by an adult in the water regardless of swim ability.
- Open Swim can be used by all members age 8 and older without a parent present. Children under age 8 must be accompanied by an adult in the water regardless of swim ability.
- The Y provides one free swim lesson per calendar year for each child under 12 and on active Family membership. This includes preschool and youth level swim lessons. Members and non members may register for swim lessons throughout the year. Please see the Program Guide for class times and fees.
- Private lessons are only offered to members.

What is Child Watch?

- Parents and guardians can utilize our Child Watch service for children age 2 months - 7 years for up to three hours while they are participating in a Y class, activity or working out in the Y. Our caring staff uses age-appropriate activities and positive guidance for children. For the safety of your child, parents must remain in the facility and photo identification must be left with staff.

What about Child Care?

Child Care is available for parents requiring extended daily care for children ages 6 weeks through school age.

- For Early Childhood Child Care details, availability and to make an appointment for contact Cori LaChapelle 412-741-9622 at ext.143, clachapelle@sewickleymca.org.
- For School Age Child Care contact Ameer Kuzniarski, 412-741-9622 ext. 133, akuzniaski@sewickleymca.org
- Although it is possible to stop in to speak with our Child Care staff, they are often with children and unable to leave the child care area or to divert their attention from their care. It is advisable to make an appointment with the appropriate director.
-

GUEST POLICY

- We welcome guests! Our guest policy allows members only to bring guests. Members are expected to accompany their guests and are responsible for their guest's behavior while on the Y property. Members will be credited with free guest passes yearly as follows:
 - Family members - 10 passes/year
 - Individual members - 5/passes a year.
- After a member has used their free guest passes members may still bring guests but their guest will pay the following guest fees:
 - Youth (ages 17 and under), please see the Membership Department.
 - Adult: \$10/per visit
 - Family: \$15/per visit
- An individual guest is permitted to access the Y as a free guest three times per year.
- After an individual guest has reached their limit of three times in a year, they will be permitted to access three more times in a year for the following fee:
 - Youth (ages 17 and under), please see the Membership Department.
 - Adult: \$15/per visit
 - Family: \$25/per visit
- After accessing the Y as a guest three times for free and three times paid, the individual will not be permitted to use the Y as a guest.

YOU ARE INVITED

Members and non-members are invited to try a class for one time free with accessibility based on class size and available space. Please contact the membership or registration desks to learn more about this opportunity.

ALWAYS WELCOME IN EVERY COMMUNITY

Always Welcome in Every Community Nationwide Membership enables you to visit any participating YMCA in the United States through membership at your "home" YMCA. With Nationwide Membership, members have the flexibility to use participating Y facilities throughout the United States at no extra charge. This is an essential part of our mission to strengthen communities.

Nationwide Membership is valid for active, full-facility YMCA members whose home Y participates without restriction or blackout periods.

- 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.
- 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.

ONLINE ACCOUNT MANAGEMENT AND REGISTRATION

YMCA Online Accounts: All members will need to pair their current membership account with an updated online account through ReClique Core to register for classes. The past password used to log in online will not be valid for our new system.

- You must call the Y at 412-741-9622, email us at membership@sewickleymca.org or stop by our Membership Office or Registration Desk to have a reset account password email sent to you.