



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# WELCOME TO THE Y

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**MEMBERSHIP HANDBOOK**

**GREATER VALLEY YMCA** [gv-ymca.org](http://gv-ymca.org)

## MORE THAN JUST A GYM



As the leading nonprofit for youth development, healthy living, and social responsibility, the Y works side-by-side with our neighbors every day to make sure that everyone, regardless of age, income, or background, has the opportunity to learn, grow, and thrive. When you support the Y, you help bring about lasting personal and social change. Whether you want to nurture the potential of children and teens, improve your or your family's health and well-being, or give back and support your neighbors, your involvement with the Y will positively impact those in your community.

### YOUTH DEVELOPMENT

#### NURTURING THE POTENTIAL OF EVERY CHILD AND TEEN

- **CHILD CARE** – Safe, nurturing environment for children to learn, grow, and develop social skills.
- **EDUCATION & LEADERSHIP** – Knowledge, character development, guidance and encouragement to help youth develop and realize their potential.
- **SWIM, SPORTS & PLAY** – Positive, fun activities that build athletic, social and interpersonal skills.
- **CAMP** – Exciting, safe community for young people to explore the outdoors, build self-esteem, develop interpersonal skills, and make lasting friendships and memories.



### HEALTHY LIVING

#### IMPROVING THE NATION'S HEALTH AND WELL-BEING

- **FAMILY TIME** – Bringing families together to have fun and grow together.
- **HEALTH, WELL-BEING & FITNESS** – Resources and guidance to maintain or improve physical activity, health, and wellness.
- **SPORTS & RECREATION** – Healthy lifestyle activities that bring together people with shared athletic and recreational interests.
- **GROUP INTEREST** – Social networks and activities who bring together people who share common passions and personal interests.

### SOCIAL RESPONSIBILITY

#### GIVING BACK AND PROVIDING SUPPORT TO OUR NEIGHBORS

- **SOCIAL SERVICES** – Training, resources, and support to empower our neighbors to create change, bridge gaps, and overcome obstacles.
- **GLOBAL SERVICES** – Support systems that welcome, celebrate, educate, and connect diverse demographic populations in the U.S. and around the world.
- **VOLUNTEERISM & GIVING** – Voluntary contributions that fund, lead, and support the Y's critical work.
- **ADVOCACY** – Collaborations with policy makers, community leaders, and private and public organizations to develop youth, prevent chronic disease, and build healthier communities and encourage social responsibility.

# WELCOME

## To the Greater Valley YMCA!

There couldn't be a more exciting time to be a member of the Y, and we thank you for choosing us! We have designed this handbook to help you understand who we are, what our policies are, what your membership can do for you, and to give you a reference to the courteous service you should expect as a Y member.

The Y is a diverse organization of men, women and children joined together by a shared commitment to nurturing the potential of kids, promoting healthy living, and fostering a sense of social responsibility.

The Greater Valley YMCA instills the values of Caring, Honesty, Respect, and Responsibility through all of our programs and activities. We hope these values are part of why you chose to become a member, and ask that if you know someone who would like to join, but thinks they can't afford membership, please let them know about our financial assistance program. The program provides financial assistance so that everyone has the opportunity to belong regardless of their ability to pay the full price.



# JOIN US IN SOMETHING BIG

## WELCOME TO THE Y FAMILY

Thank you for joining the Greater Valley YMCA and welcome to your new Y family! We are a diverse group of community members joined together by a shared commitment to nurture the potential of kids, promote healthy living, and support our neighbors. As a new member, we hope you feel connected to this cause-driven community of people as you get more involved at the Y.

We believe everyone deserves the Y, so we make accessible the support and opportunities that empower people of all ages and backgrounds to reach their personal potential and live life to the fullest. To fully realize our mission and cause, we ensure that everyone feels welcome as participants, members, staff and volunteers. So, we want to assure you of the Y's commitment to provide membership and services regardless of one's ability to pay. The Y's assistance program is supported through meaningful and generous gifts from our members and the community and has a positive impact on the lives of hundreds of individuals every year.

The Y has listened and responded to this community's needs for over 100 years, and we are committed to continue to do so. Based on the feedback of our members and community, the Y will design and deliver new programs and services that address critical issues in the areas of youth development, healthy living, and social responsibility.

We know of the lasting personal and social change that the Y makes possible - we see it everyday! We hope you realize your full potential as a member of the Y, and in turn, you may be inspired to join the staff, Board of Directors, and the many volunteers at the Y to help advance our cause.



## MEMBERSHIP

The Y offers full facility usage memberships to those ages 12 and older. This includes full privileges and use of the entire facility (Pool, Wellness Center, Gymnasium), plus free group exercise classes; programs at a reduced rate from the non-member price; and Free Weights are available at age 14; Whirlpool, Sauna, Steam Room is available at age 19.

### JOINING FEE

All new members are required to pay a joining fee, which is nonrefundable. Joining fees are used toward the upkeep and maintenance of the Y building and equipment.

If membership lapses more than 60 days, members will be required to pay a joining fee again upon renewal

### TRIAL MEMBERSHIP

See what the Y can do for you! Try us out for one-week (7 consecutive days) FREE! A Trial Membership can be used one time only per calendar year.



### INSURANCE REIMBURSEMENT

Some insurance providers offer a reimbursement program for Y memberships and regular exercise programs. Be sure to check with your provider to determine their policy. By checking in at the Welcome Center and scanning a membership card each visit, our staff members are available to provide you with visit verification report.

### NATIONWIDE MEMBERSHIP

- Nationwide Membership enables Y members to visit any participating YMCA in the United States
- Valid for active, full facility YMCA members
- Nationwide member visitors must use their home Y at least 50% of the time
- Program-only participants are not eligible for nationwide membership
- Special memberships (group homes, other agencies, insurance based memberships, etc.) are not eligible

### ADDITIONAL MEMBERSHIP POLICIES AND INFORMATION

Please be sure to read and understand the policies and additional information found throughout this handbook, including but not limited to:

- Membership Dues Agreement on page 10
- Membership Payment Options on page 11
- Cancellation of Membership on page 11
- Age Policies on page 12



## GENERAL INFORMATION

All Y buildings and properties are non-smoking, including all tobacco products, vapes, and/or e-cigarettes. Refreshments should be limited to the lobby and vending area. Proper attire should be worn in the facility, including shirt and shoes. Shoes must be worn outside of the locker rooms, pool, sauna, and bare foot fitness classes. No solicitation.

### LOST AND FOUND

Lost and Found is located at the Welcome Center. Anything not claimed will be donated to a local charity on a regular basis. Please claim your items promptly. **The Greater Valley YMCA is not responsible for lost or stolen items.**

### GUESTS

Members are encouraged to bring guests. An adult member (age 19 or older) must accompany all guests; photo ID is required and guests must complete a waiver. Please refer to your branch for daily guest fees.

- Guests pay for full use of the facility for an entire day.
- Guests must sign the guest waiver and pay the appropriate guest fee to gain access to the facility.
- All youth guests under age 15 must be accompanied by a legal guardian.

### SEFA SAFE ENVIRONMENT FOR ALL

Under the Greater Valley YMCA Safe Environment for All policy, our goal is for all operational employees are trained and certified in CPR/AED, First Aid, Child Abuse Prevention before they begin working at our Y. A criminal background check and child abuse clearance are processed for each employee working in our Y.

### GROUP EXERCISE CLASS

A wide variety of group exercise classes are included at no additional charge as part of your Y membership. Individuals at all fitness levels are welcome to participate; members 12 years old are welcome to participate without a supervising adult. Registration is not necessary, and classes may be attended on a drop-in basis, except for specialty classes. Complete class schedule listings are available at the Welcome Center and online at [gv-ymca.org](http://gv-ymca.org)

### CHILD WATCH

While participating in a program or working out, the Y offers Child Watch service for children starting at age 6 weeks. Members receive 2 free hours per child daily; all adult non-members pay a Guest Pass Fee. For the safety of our children, and in adherence to insurance requirements, children age 11 and under cannot be left in program areas while parents work out or participate in programs. Parents **MAY NOT** leave the building while their children are in Child Watch. For safety purposes please have identification with you. Y staff reserves the right to request medical clearance for any child suspected of illness.

## CODE OF CONDUCT

### Y MEMBERS AND GUESTS ARE EXPECTED TO UNCONDITIONALLY FOLLOW THE RULES OF THE FACILITY.

Following our core values of caring, honesty, respect, and responsibility as a guide, the Y's Code of Conduct ensures that all who enter our facility enjoy a safe, welcoming, and comfortable environment. We ask individuals to act in a manner that upholds these values at all times when they are in our facility or participating in Y programs. The safety and protection of Y members and guests is of paramount concern to the Y; therefore, we reserve the right to deny access or membership to any person who has been accused or convicted of any crime involving sexual abuse, is or has been a registered sex offender, has ever 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. The Y conducts regular sex offender screenings on all members, participants and guests. If a sex offender match occurs, the Y reserves the right to cancel membership, end program participation and remove visitation access. The Y reserves the right to terminate membership for any unlawful reason. **The Y reserves the right to terminate a member due to behavior that is unbecoming of a YMCA member and our values, and take action in the best interest of the YMCA.**

### THE Y IS A FAMILY-ORIENTED ORGANIZATION!

Please refrain from the following:

- Using offensive language, wearing revealing clothing, and exposing inappropriate tattoos. Please wear your swimsuit only in the pool area and locker rooms. Shoes, shorts or pants and shirts are required in other areas of the facility. "Heelys" or shoes with wheels are not allowed.
- Making physical contact with another person in any angry or threatening way.
- Engaging in sexual activity or inappropriate contact with another person.
- Harassing or intimidating by words, gestures, body language, or any other menacing behavior.
- Stealing or other behavior that results in the loss or destruction of property.
- Smoking. All Y facilities and grounds are smoke-free environments.
- Displaying threatening, inappropriate or offensive conduct.
- Carrying or concealing any weapon, device or object which may be used as a weapon.
- Abusing or defacing the Y building or its equipment.
- Using or possessing illegal drugs or alcohol on Y property or in Y vehicles.
- Posting unapproved materials. Ask the Member Services Director for permission to post flyers in the Y facility or on the surrounding property.
- Use of cameras/cell phones (calls/texts) are not allowed in the locker room, bathroom, aquatic areas or wellness center. **Phone usage is for personal music listening only.**
- Conducting or participating in paid personal training or other instructional sessions with an instructor not employed by the Y.

Members and guests are encouraged to be responsible for their personal comfort and safety. If any person exhibits behavior which threatens another person's comfort or safety, the behavior should be reported to a staff person. Please do not hesitate to notify a staff person if assistance is needed. In order to be able to carry out these policies, we ask that members and guests identify themselves to staff when asked. The Y investigates all reported incidents. Suspension or termination of Y membership privileges may result if a violation of this Code of Conduct has occurred.



# WE ARE HERE FOR YOU



## SOCIAL RESPONSIBILITY AND FINANCIAL ASSISTANCE

We believe that EVERYONE deserves the Y. No one is turned away from our Y for their inability to pay. As a result, we offer Financial Assistance for Y programs and membership. Please see the bottom of this page for details on this program. For more information on our Financial Assistance program, please contact our Member Services Director.

As a charitable non-profit organization, the Greater Valley YMCA depends upon the support of its members and the community in order to accomplish our mission of building a stronger, healthier community.

With the help of donors, the Greater Valley YMCA provides more than \$1 million in community benefit programs and services each year through programs such as:

- Preschool for low-income families
- Financial assistance for seniors and low-income families
- Summer camp for low income families

## MAKE A DIFFERENCE!

You can help ensure that everyone in our community can grow stronger here at our Y through any of the following options:

**MATCHING GIFTS AND GRANTS** - The Greater Valley YMCA is a 501(c)(3) organization, and therefore eligible to receive matching gifts from businesses and corporations. If you are part of a foundation or organization offering funding to non-profit organizations, or know someone who does, please contact the Y.

**UNITED WAY** - You can designate your United Way donation to the Y through the Donor Choice program. If you or your company participates in the United Way, please write in the Greater Valley YMCA, or your branch of choice, on your donation form.

**SPECIAL EVENTS** - Sponsorship and participation in a variety of annual events increases our ability to remove financial barriers to Y programs and memberships. Some examples of possible opportunities for sponsorship include the Greater Valley YMCA Race Series, 3 Golf Tournaments, Community Gala's with all proceeds benefiting our Annual Support Campaign.

**ENDOWMENT** - Members can make arrangements for the future of our Y through an endowment program with bequests, transfers of appreciated stocks, outright gifts of cash, life insurance, charitable gifts from IRA, etc. For those interested in leaving a meaningful legacy, please contact our Chief Development Officer.

**VOLUNTEER** - Volunteers are the foundation of non-profit organizations like our Y. Help make a difference by volunteering as a sports coach, program volunteer, or committee member. Volunteers age 18 years and older must be willing to undergo criminal and child abuse background checks.

## FINANCIAL ASSISTANCE POLICY

A Y membership or program assistance is not a handout, but a helping hand. The Y is here for people of all walks of life - when things are OK and when things are not OK. Most people can usually afford the quality programs at the Y, and expect to pay fees out of a sense of personal responsibility. In time of need, the Y's financial assistance continues this responsibility in a partnership of assistance. Each participant will pay a portion of the fees, based upon a sliding scale and the specific needs of the individual family.

Financial assistance is a temporary agreement extending assistance in a time of need. As the need decreases, it is expected that your share of the payment will increase accordingly. Assistance will usually be granted for a specific time period. If assistance is still required after this period of time, another application will need to be completed.

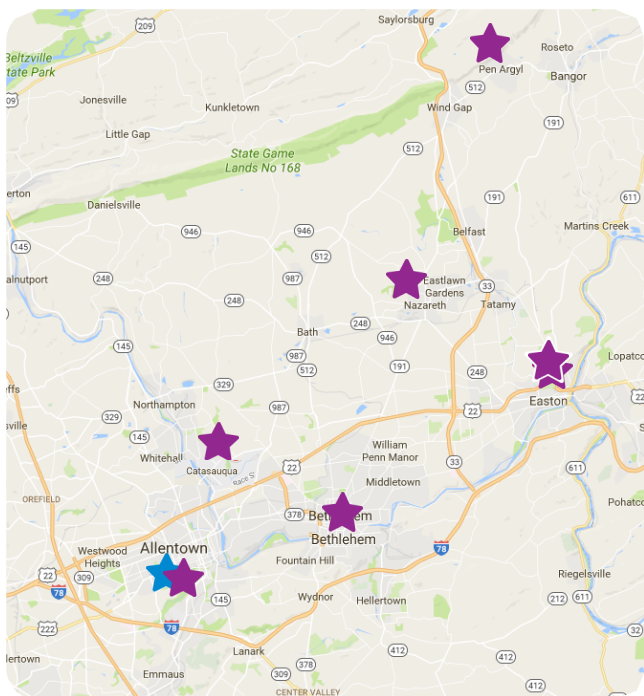
All personal and financial information submitted to the Y for the purpose of Financial Assistance is kept strictly confidential.



# LOCATIONS AND SERVICES

● service available

	Allentown	Bethlehem	Easton/ Phillipsburg	Forks Education Ctr	Nazareth	Suburban North	Slate Belt
Family Special Needs Locker	●	●	●		●		●
Child Watch - Two Hours a Day	●	●	●		●	●	●
Full Day Child Care	●	●		●			
Nursery/PreSchool	●	●	●	●	●	●	
School Age Child Care	●	●	●		●	●	●
Summer Day Camp	●	●	●		●	●	●
Teen Programs	●	●	●		●	●	●
Youth Fitness Classes	●	●	●		●	●	●
Cross-trainers/Treadmills/Bikes	●	●	●		●	●	●
Circuit/Free Weights	●	●	●		●	●	●
Aerobics/Fitness Classes	●	●	●		●	●	●
Indoor Pool	●	●	●		●		
Whirlpool			●				
Steam/Sauna	●	●	●		●	●	
Gymnasium	●	●	●		●	●	
Racquetball Court	●	●	●				
Indoor Track	●	●	●		●		
Active Older Adult Programs	●	●	●		●	●	●
Personal Training	●	●	●		●	●	●
Room Rentals/Parties	●	●	●		●	●	●
Free WiFi	●	●	●		●	●	●
Healthy Vending		●	●		●	●	●



## ALLENTOWN BRANCH

425 South 15th Street  
Allentown, PA 18102  
610-351-9622

## BETHLEHEM BRANCH

430 East Broad Street  
Bethlehem, PA 18018  
610-867-7588

## EASTON/PHILLIPSBURG BRANCH

1225 West Lafayette Street  
Easton, PA 18042  
610-258-6158

## FORKS EDUCATION CENTER

1350 Sullivan Trail  
Easton, PA 18040  
610-250-7193

## NAZARETH BRANCH

33 South Main Street  
Nazareth, PA 18064  
610-759-3440

## SLATE BELT BRANCH

315 West Pennsylvania Ave  
Pen Argyl, PA 18072  
610-881-4470

## SUBURBAN NORTH BRANCH

880 Walnut Street  
Catasauqua, PA 18032  
610-264-5221

## CORPORATE OFFICE

1524 W Linden St, Ste 209  
Allentown, PA 18102  
610-438-6065

# THE FINE PRINT



## POLICIES

### RELEASE AND WAIVER OF LIABILITY AND INDEMNITY AGREEMENT

In consideration for being permitted to utilize the facilities, services, and programs of the Y for any purpose, including but not limited to observation or use of facilities or equipment, or participation in any program affiliated with the Y, without respect to location, the member, for himself or herself and any personal representatives, heirs, and next of kin, hereby acknowledges, agrees and represents that he or she has, or immediately upon entering or participating will inspect and carefully consider such premises and facilities or the affiliated program. It is further warranted that such entry into the Y for observation or use of any facilities or equipment or participation in such affiliated program constitutes an acknowledgement that such premises and all facilities and equipment thereon and such affiliated programs have been inspected and carefully considered and that the member finds and accepts same as being safe and reasonably suited for the purpose of such observation, use, or participation.

IN FURTHER CONSIDERATION OF BEING PERMITTED TO ENTER THE Y FOR ANY PURPOSE, INCLUDING BUT NOT LIMITED TO OBSERVATION OR USE OF FACILITIES OR EQUIPMENT, OR PARTICIPATION IN ANY PROGRAM AFFILIATED WITH THE Y, WITHOUT RESPECT TO LOCATION, THE MEMBER HEREBY AGREES TO THE FOLLOWING:

1. THE MEMBER HEREBY RELEASES, WAIVES, DISCHARGES AND COVENANTS NOT TO SUE the Y, its directors, officers, employees, and agents (hereinafter referred to as "releasees") from all liability to the member, his personal representatives, assigns, heirs, and next of kin for any loss or damage, and any claim or demands therefor on account of injury to the person or property or resulting in death of the undersigned, whether caused by the negligence of the releasees or otherwise while the undersigned is in, upon, or about the premises or any facilities or equipment therein, or participating in any program affiliated with the Y, without respect to location.
2. THE MEMBER HEREBY AGREES TO INDEMNIFY AND SAVE AND HOLD HARMLESS the releasees and each of them from any loss, liability, damage, or cost they may incur due to the presence of the undersigned in, upon, or about the Y premises or in any way observing or using

any facilities or equipment of the Y or participating in any program affiliated with the Y whether caused by the negligence of the releasees or otherwise.

3. THE MEMBER HEREBY ASSUMES FULL RESPONSIBILITY FOR AND RISK OF BODILY INJURY, DEATH, OR PROPERTY DAMAGE due to negligence of releasees or otherwise while in, about, or upon the premises of the Y and/or while using the premises or any facilities or equipment thereon or participating in any program affiliated with the Y.

THE MEMBER HEREBY AGREES TO SUPERVISE AND BE RESPONSIBLE FOR MY MINOR GUESTS. THE MEMBER further expressly agrees that the forgoing RELEASE, WAIVER AND INDEMNITY AGREEMENT is intended to be as broad and inclusive as is permitted by the law of the State of Pennsylvania and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect.

THE MEMBER HAS READ AND VOLUNTARILY SIGNS THE RELEASE AND WAIVER OF LIABILITY AND INDEMNITY AGREEMENT, and further agrees that no oral representations, statements, or inducement apart from the foregoing written agreement have been made.

### COMMUNITY AND FACILITY AGREEMENT

In consideration of gaining membership or being allowed to participate in the activities and programs of the Y and to use its facilities, equipment, and machinery in addition to the payment of any fee or charge, I do hereby waive, release, and forever discharge the Y and its officers, agents, employees, representatives, executors, and all others from any and all responsibilities or liability for injuries or damages resulting from my participation in any activities or my use of equipment or machinery in the above mentioned facilities or arising out of my participation in any activities at said facility. I do also hereby release all of those mentioned and any others acting upon their behalf from any responsibility or liability for any injury or damage to myself, including those caused by the negligent act or omission of any those mentioned or others, acting on their behalf or in any way arising out of or connected with my participation in any activities of the Y or the use of any equipment at the Y. I agree to adhere to all policies set by the Y as written in the Y Membership Handbook.

### MEMBERSHIP DUES AGREEMENT

I understand that all changes affecting my monthly draft, (i.e. billing information, holds, downgrades, termination) require a 15 day written notice before my next draft date. Any error must be identified no later than 60 days from the posted bank statement date. The Y is not responsible for errors occurring later than 90 days from the date of the initial error. The Y draft is a continuous membership plan. I understand that this membership will remain in



effect until properly terminated with the Y. The Y Board of Directors may, at their discretion, adjust the monthly membership rate applicable to my category of membership. I understand that I will receive at least a 30 day notice of the change before a debit occurs at the new rate. I have read and understood all of the above, and the information I have provided is correct to the best of my knowledge. As the primary membership holder, I am fully responsible for all persons associated with my membership including their knowledge of the aforementioned policies and liability waiver. Changes in membership will result in fee change.

### **MEMBERSHIP CARDS**

Upon joining, members are required to have their photo taken for identification purposes and will receive a membership scan card. You must present it each time you enter the building for access to the facility. Lost membership cards should be reported to the Welcome Center. Replacement cost for a lost membership card is \$5. Membership cards are to be used by the assigned member only; your membership privileges are at risk if you allow others to use your card. You may be asked to present photo identification at any time to verify your membership.

### **MEMBERSHIP PAYMENT OPTIONS**

**BANK DRAFT** – Monthly dues are automatically withdrawn from your checking account each month. Outstanding balances must be reconciled upon rejoining. Fifteen (15) days written notice, prior to your next membership draft, is required for bank draft changes. Charge will be from Greater Valley YMCA.

**CREDIT CARD DRAFT** - Monthly dues are automatically withdrawn from your credit or debit card each month. Outstanding balances must be reconciled upon rejoining. Fifteen (15) days written notice, prior to your next membership draft, is required for credit card changes.

**ANNUAL PAYMENTS** – Payments are equal to the total of twelve monthly payments.

**ANNUAL VERIFICATION** - The Y re-verifies the financial information semi-annually for all financial assistance recipients.

### **CANCELLATION OF MEMBERSHIP**

As a member of the Y, you do not have to sign a membership contract and you may end your membership after initial 90 days with 15 days written notice, prior to your next scheduled membership draft. All members wishing to terminate need to do so in person by completing the termination form and surrendering membership cards. Terminations will not be accepted by the phone. If you are terminating due to financial reasons, please ask to speak with our Member Services Director about financial assistance. Members who are being bank-drafted or credit card-drafted have 90 days past their last anticipated draft day to notify the Y of any discrepancy.

The Greater Valley YMCA is unable to issue refunds or credits for non-usage of the facility. Memberships are non-transferrable.

### **REQUEST FOR MEMBERSHIP HOLD**

We offer Membership Holds to our members who are not able to use their membership due to medical reasons. There is a 15-day notice needed to stop the bank draft. A doctors note is required for Membership Hold.

### **RETURNED PAYMENTS**

A \$25 returned payment fee will be applied for any item returned by a financial institution.

### **PAYMENT FOR CLASSES/PROGRAMS**

Most classes offered at the Y are included with your membership; however, some classes have additional fees that require payment at the time of registration. Cash, check, money order, Visa, MasterCard, Discover, or American Express are accepted at most locations.

### **REFUND ON FEE-BASED CLASSES**

**CLASS CANCELLATION** – If a fee-based program or class is cancelled by the Y, a credit will be offered. Credit will be given to participants who cancel their registration prior to the start date of the class or program. No credits can be given after the program begins.

**PERSONAL TRAINING CANCELLATION**– The Greater Valley Y requires 24-hour notice if a participant wishes to cancel a scheduled Personal Training appointment. Failure to do so will result in the participant being charged the full price of the appointment. Any unused sessions will expire 12 months from the purchase date.

**MEDICAL CANCELLATION** – If a participant withdraws from a fee-based program due to a medical reason, a refund or credit for the unused portion of the program will be offered.

**BAD WEATHER POLICY** – Classes cancelled due to bad weather or unforeseen circumstances will be made up if the schedule allows. These policies exclude Child Care and Day Camp programs.

### **INCLEMENT WEATHER**

In the event of inclement weather, the Y will make every effort to continue services at our branches and throughout our programs. However, in certain conditions when safety becomes a concern, branch closures and program cancellations may be necessitated. Information regarding cancellations will be publicized through WFMZ as well as the Y website and branch social media sites.



# THE FINE PRINT CONTINUED



## ACCIDENT, INJURY OR INCIDENT

We do our best to keep you safe, but if an accident, injury or unusual incident does occur, please report it to the Director or Supervisor on duty or the Welcome Center staff immediately. The Y recommends all members and participants consult a physician prior to starting an exercise program. The Y assumes no responsibility for injuries incurred while participating in Y activities; it is expected that all members who use Y facilities carry their own medical insurance.

## CHILD SAFETY

Please see the Welcome Center for branch-specific rules and regulations regarding children.

## PROGRAM REGISTRATION

Members receive priority, early registration one week prior to open registration for non-members. Early registration is recommended, as classes are limited in size.

## AQUATICS PROGRAMS

To ensure proper placement of a participant, Aquatics Progress Reports are recommended to be presented upon registration for children's aquatic classes. New swimmers should refer to the swim class description in the brochure or contact the Aquatics Director for a swim evaluation.

## PARENTS' PROGRAM OBSERVATION

Parents who are members, with children ages 6 and older enrolled in programming, are welcome to enjoy the facility during the duration of the program. For the safety and comfort of the child, we ask that parents communicate to the instructor or aquatic staff on deck as to his or her location within the building. If the child needs to use the bathroom, or has any further additional needs, the parent will be located and required to provide assistance for their child. Parents with children ages 5 and under enrolled in programming are required to remain in the program area. For your convenience, seating is available on the pool deck.

## YOUTH FACILITY ACCESS

Note: General Facility Access without Parent/Guardian Supervision begins at age 12 years

	UNDER 7 YEARS	7 TO 11 YEARS	12 TO 13 YEARS	14 TO 17 YEARS
<b>CARDIO EQUIPMENT</b>	No Access	No Access	Access after orientation and certification based on physical and emotional maturity.	Access
<b>SELECTORIZED MACHINES</b>	No Access	No Access		Access
<b>FREE WEIGHTS &amp; PLATE LOADED MACHINES</b>	No Access	No Access	No Access	Access
<b>GROUP EXERCISE</b>	Access to specialized youth group exercise classes only	Access to specialized youth group exercise classes only	Access to specialized youth group exercise classes or to regular group exercise classes alone under certification from Wellness Director based on physical and emotional maturity.	Access
<b>STEAM, SAUNA, WHIRLPOOL</b>	No Access	No Access	No Access	No Access
<b>POOL</b> Exception: Swim Team members by decision of Aquatics Director	Access with parent / guardian supervision within arms length reach, regardless of passing swim test	Access if pass swim test if parent/guardian is on pool deck. If doesn't pass swim test - swim only within arms length reach of parent/guardian.	Access if pass swim test can swim alone in building. If doesn't pass swim test - swim only within arms length reach of parent/guardian	Access
<b>GYMNASIUM</b>	Access with parent/guardian supervision	Access with parent/guardian supervision	Access	Access

# SAFETY FIRST!

## WELLNESS CENTER GUIDELINES

- Wellness Coach staff are available to assist you with your exercise; and orientation to the equipment is available by appointment.
- It is recommended that you check with your doctor prior to starting an exercise program.
- A fitness evaluation or goal setting meeting is highly recommended to support you in achieving your goals. A medical clearance may be required prior to scheduling a fitness evaluation.
- As the Y is a family organization, please use discretion when choosing attire. Sports bras or tops revealing midriffs must be covered. Open-toed shoes, dress shoes, boots, belts, jeans and dangling jewelry are not permitted during exercise in the wellness center. Athletic wear is highly recommended.
- Listening to music is permitted through the use of cell phone or PDA and headphones; however talking on the phone or picture taking is strictly prohibited in the wellness center without the express consent of the Greater Valley YMCA. The Y staff member will determine any action that is unsafe and/or not in the best interest of membership.
- Report any injuries sustained in the wellness center or in a class to a Y staff team immediately.
- Wipe down all equipment following use.
- Report any equipment malfunctions to a Fitness Team staff immediately so they may submit a repair work order.
- For the safety of our members we ask that members refrain from bringing in their own equipment. If there is a special request based on physical need please speak to the Healthy Lifestyles Director.

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## CARDIOVASCULAR EQUIPMENT USAGE GUIDELINES

- Treadmills have a 40 minutes of use policy during busiest times.
- Make sure that equipment is turned off and returned to its lowest control setting prior to leaving the machine.
- No food and drink permitted, except water or sport drinks in closed containers.
- Gym bags, handbags and other large items must be stored in a locker in the locker room or other designated areas.
- Items left unattended in the Wellness Center are done so at the owner's risk.
- The Wellness Center is for members 12 years and older.

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## FREE WEIGHT EQUIPMENT USAGE GUIDELINES

- A minimum age of 14 is required to access the Free Weight Area.
- Re-rack all weights and return all other training aids to their proper location after use.
- NO CHALK is permitted in Free Weight Area or anywhere in the facility.
- No dropping the weights. Lift only a weight that you can set down properly.
- Use a spotter when needed and always use safety clips.
- No excessive grunting or yelling while using equipment or lifting weights.
- Do not drag or move machinery other than free weight benches.
- If you feel faint, dizzy, or short of breath, discontinue the use of equipment and contact a staff person immediately.

## GYMNASIUM SAFETY AND RULES

- Proper dress is required of members while in the gymnasium. Shirt and sneakers must be worn at all times.
- No food or drink is allowed inside the Y gymnasium.
- If a child 12 and under is participating in a program, the parent or guardian must be outside or in the program area at all times.
- Basketballs are available to members and guests.
- No members are permitted to enter the gym closets.
- The use of profane language will not be tolerated.
- Rough play or bullying will not be tolerated.
- Be aware of your surroundings and other members, this is for your safety.
- No children under the age of 12 are permitted in the gymnasium during free gym times without an adult.



# SAFETY FIRST! CONTINUED



## LOCKERS

The Greater Valley YMCA is not responsible for lost or stolen items. All members are asked to leave valuables at home. For your convenience, lockers are located inside the locker rooms and are available during your visit as space allows. **Do not leave items in an unlocked locker.** In an attempt to provide all members with locker usage, we ask that you do not leave your lock or belongings in a locker beyond your visit. Locks left overnight may be cut and items will be individually bagged and brought to the lost and found.

### LOCKER ROOM SAFETY GUIDELINES FOR ALL

- If you need immediate assistance at any time, please go to the Welcome Center.
- Please use caution when walking through the locker rooms.
- Cell phone cameras, video recorders, cameras or any other visual recording devices are not to be used within locker rooms and restroom facilities at any time.
- Food and beverages are not permitted.
- Upon leaving the shower area, please dry off thoroughly before entering the locker room area.
- Items such as shampoo, conditioner, etc. must be in non-breakable containers.
- Showers are required before entering the pool area.
- The use of baby oil is prohibited.
- Please place a towel down when using powder.
- Towels should also be placed on the bench while changing.

### LOCKER ROOM AGE REQUIREMENTS

- Please see the Welcome Center for Branch specific requirements.



### TRANSGENDER LOCKER ROOM USAGE

In keeping with our commitment to diversity and inclusion, and ensuring everyone feels welcome at the Y, we give transgender individuals the opportunity to choose the locker room they are most comfortable with.

### THE IMPORTANCE OF SUPPORTING BREASTFEEDING IN THE Y

Breastfeeding in public places is permitted and protected by law. Even if the Y has a mother's room or other area designed specifically for breastfeeding, the Y provides that mothers may breastfeed wherever they choose in the facility and on the Y grounds.

### SAUNA, STEAM ROOM & WHIRLPOOLS

AVAILABLE AT SOME BRANCHES

- Maximum sauna use is 30 minutes.
- Breathing heated air increases pulse rate, increases body temperature, and changes blood pressure. Prolonged exposure to high temperatures may result in nausea, fainting or dizziness. If this occurs leave the sauna immediately and contact the nearest staff person.
- You must be 19 or older to use the sauna.
- No street shoes or boots permitted, shower shoes or flip flops only.
- Please open and close the door quickly to maintain sauna temperature.
- Bathing suit, exercise clothing, or comparable attire is required.
- Please shower after use of sauna to cool down.
- Wait five minutes to cool down after exercising before using the sauna.
- No exercising or personal grooming while in the sauna or steam room.
- Persons with health conditions such as diabetes, high or low blood pressure, pregnancy, or heart disease, or taking any medications, should consult with a physician before using sauna.
- To eliminate the risk of fire, please refrain from drying clothes, or reading newspapers or magazines in sauna.
- No food or drinks in sauna.
- No rubberized suits in sauna.
- Do not use sauna under the influence of





alcohol or prescription medication.

- Sauna is staff monitored throughout the day.

**POOL USAGE GUIDELINES** AVAILABLE AT SOME BRANCHES

Pool Schedule: Pool schedules change with each new session and on holidays. The current schedule

is available on the website or can be picked up at the Welcome Center. Please note: the pool closes thirty minutes prior to the building closing time.

**POOL RULES**

For all members swimming safety and enjoyment:

- For the safety of all, please adhere to rules and regulations as upheld by the Lifeguard on duty.
- Proper fitting swimwear is required; includes standard swimsuit with proper liner.
- No running, dunking, pushing, throwing, roughness or carrying children on shoulders.
- Keep swimming healthy! Please shower before swimming.
- We strongly recommend the use of bathing caps for shoulder length or longer hair.
- Do not swim with open sores, abrasions or rashes; remove all band-aids prior to swimming.
- No food or glass containers of any kind are allowed in the pool area.
- Young children not potty trained must wear a swim diaper.
- Kickboards, barbells and other instructional items are not to be used during recreational swim unless approved by the lifeguard.
- Do not sit or hang on lane lines.
- No playing on the exit steps, ladders or railings.
- Baby strollers are prohibited on the pool deck.
- Diving in designated area only.
- Enter and exit the pool through the locker rooms. The emergency exit doors are for emergency purposes and authorized use only.
- For special circumstances, please contact the Aquatics Director to discuss our child's needs.

- **The Y reserves the right to respectfully request a member to leave the pool area for inappropriate behavior.**

**CIRCLE SWIM ETIQUETTE**

- Circle swimming is available for members of all ages.
- Select a lane with others at similar speed:
- Slow: for those who swim a lap (2 lengths) slower than 1.5 minutes
- Medium: for those who swim a lap (2 lengths) in 1.5 minutes
- Fast: for those who swim a lap (2 lengths) in 1 minute
- When fewer than 3 lanes are available, swimmer replacement will be determined by the relative speeds of the swimmers present rather than the posted guidelines.
- Circle swim counter-clockwise close to the lane lines and wall.
- Observe circle swim at all times.
- Rest when needed. Stand to the right side corner of the lane so others can continue their swim without interruption.
- When joining the circle, do not start immediately in front of or behind other swimmers.
- If you adjust your speed, please change lanes accordingly.
- Allow faster swimmers to pass at the wall.
- To avoid collisions, please refrain from passing mid-length
- Keep your eyes open to prevent a collision
- Do not dive in the shallow end of the pool.
- Please only start and stop from the ends of the pool; refrain from stopping mid-length
- Masks, fins, and snorkels are allowed, but please use discretion with overly large fins
- Lifeguards are present to ensure safety and enjoyment. Please ask assistance if needed.



- The Lifeguard has the authority to place swimmers in appropriate lanes
- If we work together, circle swimming will be a pleasant experience for all.

**POOL CLOSURE DURING INCLEMENT WEATHER**

For the safety of our members, the pool will close for thunder and lightning and remain closed until 30 minutes after the last observed thunder or lightning strike. The Y reserves the right to close the pool at any given time due to circumstances beyond our control to protect the health and safety of members



# GREATER VALLEY YMCA

[gv-ymca.org](http://gv-ymca.org)

## LOCATIONS

### ALLENTOWN BRANCH

425 South 15th Street  
Allentown, PA 18102  
610 351 9622

### BETHLEHEM BRANCH

430 East Broad Street  
Bethlehem, PA 18018  
610 867 7588

### EASTON/PHILLIPSBURG BRANCH

1225 West Lafayette Street  
Easton, PA 18042  
610 258 6158

### FORKS EDUCATION CENTER

1350 Sullivan Trail  
Easton, PA 18040  
610 250 7193

### NAZARETH BRANCH

33 South Main Street  
Nazareth, PA 18064  
610 759 3440

### SLATE BELT BRANCH

315 West Pennsylvania Ave  
Pen Argyl, PA 18072  
610 881 4470

### SUBURBAN NORTH BRANCH

880 Walnut Street  
Catasauqua, PA 18032  
610 264 5221

### CORPORATE OFFICE

1524 West Linden Street, Suite 209  
Allentown, PA 18102  
610 438 6065

## HISTORY

For over 100 years, the Y has made tangible differences in the communities of Allentown, Bethlehem, Catasauqua, Easton, Forks, Nazareth, those comprising the Slate Belt region and the Lehigh Valley as a whole. Founded as individual YMCAs as early as 1897, the following branches of the Greater Valley Y merged together under the Nazareth YMCA between 2010 and 2015: the Nazareth YMCA, the Suburban North Family YMCA, the Family YMCA of Easton, Phillipsburg & Vicinity and the Bethlehem YMCA. The Slate Belt branch was chartered in 2010, construction began spring of 2013, and it opened on January 5, 2015. At the beginning of 2014, the YMCA Pre K Counts program was relocated, joining the early childhood education programs in the Forks YMCA Education Center. A name change for the corporate entity from the Nazareth YMCA to the Greater Valley YMCA was fully approved in 2014. In January 2017, the Allentown YMCA merged with the Greater Valley YMCA.

For more information about the Greater Valley YMCA, please contact our Corporate Office at 610-438-6065.