



ALWAYS HERE FOR OUR COMMUNITY



MEMBERSHIP HANDBOOK

BERWICK AREA YMCA

231 West Third Street
Berwick, PA 18603



WELCOME

TO THE BERWICK AREA YMCA

WE CONSIDER IT A PRIVILEGE TO SERVE YOU

Welcome to your Berwick Area YMCA! With the Y's focus on nurturing kids and teens, improving health and well-being, and supporting neighbors, your membership can bring about meaningful change in your life and your community. This handbook will help you get acquainted with Y membership offerings. A YMCA membership is more than the weight rooms, gyms, and pools. It's about making the community a better place to live. The goal is for you and your family to have fun, see old friends, make new friends, explore new activities, and become involved.

OUR MISSION

To strengthen our community and build healthy spirit, mind, and body for all by putting Christian principles into practice.

OUR CAUSE

As a leading non-profit partner, strengthening the community is our cause. Every day we work side by side with our neighbors to ensure that everyone, regardless of age, income, or background, has the opportunity to learn, grow and thrive. Significant change can happen in a community by transforming one life at a time.

SOMETHING FOR EVERYONE

Your Y membership gives you much more than access to a facility: it can set you on a path to good health in spirit, mind, and body and help you enjoy a balanced life. All Y programs, initiatives, and events support a common cause of strengthening our community and are categorized into three areas of focus:

- **YOUTH DEVELOPMENT:** Nurturing the potential of every child and teen.
- **HEALTHY LIVING:** Improving our community's health and well-being.
- **SOCIAL RESPONSIBILITY:** Giving back and providing support to our neighbors.



GETTING STARTED

Check-In

- Scan your membership card each time you enter the YMCA.
- Family members should scan their own membership cards.
- If you forget your card, check in at the Membership Desk.
- If you do not yet have a card, visit the Membership Desk for assistance.
- A photo will be taken on your first visit for security purposes.
- Membership cards and key tags are non-transferable.



24/7 WELLNESS CENTER ACCESS



Members can enjoy access to the Wellness Center anytime with our 24/7 Access Upgrade.

Eligibility

- Available to members ages 20 and older.
- Requires an additional monthly fee.
- Must fill out waiver, provide valid ID and are subject to a background check.

Access Guidelines

- 24/7 access is limited to the Wellness Center only.
- Use the Wellness Center Entrance to enter the facility when the YMCA is closed.
- Members must scan their own membership card or key tag upon entry.

Important Policies

- Access is for the registered member only and may not be shared or transferred.
- Guests are not permitted to enter through the Wellness Center Entrance at any time.
- Those under the age of 20 may NOT use the Wellness Center Entrance at any time.

****Failure to follow 24/7 access policies may result in suspension or termination of 24/7 access privileges.***

GUEST POLICY



ADULT GUESTS (20+)



Members *(after 60 days)* may bring up to **2 guests** per visit.

Guest must be **accompanied** by member at all times.



Each guest receives **2 free visits** per year.

After 2 visits, **guest fee applies.**



Guests must **register** at Membership Desk.

Guests **may not enter** through Wellness Center Entrance.



YOUTH & TEEN GUESTS



Ages **10 and older** may visit without a member.

Guest **fees apply.**



Must follow YMCA policies and procedures.

Those under 10 must have an accompanying adult member.

Non-member adults may not accompany youth/teens in the facility unless it is for programming purposes.



**All members and guests must follow facility policies*

FACILITY AGE GUIDELINES

Age Requirements

Ages under 8

- Must be accompanied by an adult member (18+) at all times
- Exception to this would be if a child is participating in a program, they can then be accompanied by an adult non-member
- Not permitted in the Wellness Center

Ages 8 & 9

- May use the pool area without adult supervision if they can pass our deep water swim test and have an accompanying adult member (18+) in the facility.
- May not use any other area of the facility without an accompanying adult member (18+).
- Not permitted in Wellness Center

Ages 10-11

- May use Cardio equipment in the Wellness center only with adult member supervision (18+).
- Adult member must stay within arm's length and supervise at all time in Wellness Center.
- May use the pool area, gymnasium and other areas (with exception of the Wellness Center) of the facility without adult supervision.

Ages 12-13

- Must be with adult member (18+) in the Wellness Center.
- Adult member (18+) must stay within arm's length and supervise at all times
- May use all Wellness Equipment with the exception of EGYM
- After completing the Youth/Teen Fitness Orientation and passing the test, they can use equipment independently. Provided wristband must be worn.
- May use the pool area, gymnasium and other areas (with exception of the Wellness Center) of the facility without adult supervision

Ages 14+

- May use facility independently

****All members and guests must follow facility policies***



POLICIES

POOL

- Children under age 8 must be accompanied by an adult member.
- Non-swimmers must remain under the direct supervision of an adult (18+) in the water and within arm's reach of an adult in the water.
- Swim diapers are required for children in diapers.
- Lifeguards may require swim tests before deep water access.
- No Diaper changing is permitted on pool deck per CDC regulations.
- You must follow Pool Dress Code policy.



WELLNESS CENTER

- Follow all staff instructions. Staff has final authority regarding Wellness Center safety and usage.
- Members are encouraged to complete a free Wellness Center Orientation to learn safe and effective equipment use.
- Lower weights in a controlled manner. Dropping or slamming weights is prohibited.
- Wipe down equipment after each use using the provided disinfectant and paper towels.
- Store personal belongings in cubbies or lockers provided. The YMCA is not responsible for lost or stolen items.
- Be courteous and share equipment. Allow others to work in between sets when appropriate.
- Only water and sports drinks in closed, non-breakable containers are permitted in the Wellness Center.
- Personal music devices may be used with headphones. Phone calls, photography, and video recording are prohibited.
- Re-rack all weights and return equipment to its designated storage area after use.
- Use collars on Olympic bars and consider using a spotter when lifting free weights.
- Personal training by non-YMCA trainers is not permitted.
- Report equipment issues, injuries, or safety concerns to YMCA staff immediately.

DRESS CODE

Members must wear appropriate, safe, and non-offensive attire.

Not Allowed:

- Offensive or inappropriate messaging
- Clothing referencing drugs, alcohol, or violence
- Jeans with rivets (equipment safety)
- Midriff or chest exposure
- Weapons or weapon-like accessories

Required:

- Shirts at all times (except pool)
- Athletic shoes in fitness areas
- Proper swimwear in pool areas



POLICIES

SEX OFFENDER POLICY

All members and guests are scanned through our Raptor system regularly. Individuals on a sex offender registry are not eligible for membership, programs, employment, or volunteer service.

YMCA ETIQUETTE

Members are expected to:

- Treat others with respect
- Share equipment
- Maintain appropriate behavior
- Help create a welcoming environment
- Adhere to all facility policies in handbook or posted otherwise

EMERGENCIES

- Follow all staff instructions immediately
- Stop activity when directed
- Cooperate with emergency procedures

FOOD & BEVERAGES

Not permitted in:

- Pool area
- Locker rooms
- Gymnasium
- Activity spaces
- Wellness Center
- Fitness Studio

With the exception of closed top water containers.

Sports drinks may be used during programming.

LOST & FOUND

- Please check with staff for lost or misplaced items.
- Items are stored in the YMCA Lost & Found.

Unclaimed items are donated to local charities after 30 days.

WEATHER CLOSURES

- Check website and social media for updates
- Pool closes during a thunder/lightning storm
- Canceled classes will be rescheduled when possible

STAY CONNECTED

Stay informed through:

- Facility bulletin boards
- Facebook and Instagram
- YMCA website
- YMCA staff

Updates include:

- Closings and weather alerts
- Class changes
- Program registration
- Events and challenges



Berwick Area YMCA
www.berwickymca.org

LOCKER ROOMS & SHOWERS

Facilities Available

- Men's Locker Room (Members 18+) – Access Code 75#
- Women's Locker Room (Members 18+) – Access Code 31#
- Boys' Locker Room
- Girls' Locker Room
- (2) Family/Handicap Changing Rooms

Youth Guidelines

- Children under age 8 must be supervised in the youth or family locker rooms. Only children age 4 and under may use the opposite sex locker room.
- Individuals under 18 are not permitted in adult locker rooms, steam rooms, or saunas.
- Violation of this policy may result in membership termination.

Lockers

- Day-use lockers are available at no charge while in the facility.
- Members should provide their own lock or borrow one if available.
- Rental lockers are available monthly or annually for a fee.
- Items left in expired lockers are held for 30 days before disposal.
- Small lockable cubbies are available outside of Wellness Center to store dry items while in facility. See front desk for access.
- Lockers in pool area for temporary storage of items.

PROGRAM REGISTRATION

- Programs serve all ages and abilities.
- Most programs run in 7–8 week sessions.
- Registration is available online (except swim lessons), by phone, or at the Membership Desk.
- Registration dates will be posted.
- Registration is required for all classes, including free programs.



MEMBERSHIP

MEMBERSHIP AWAY FROM HOME

Nationwide Membership

- Access participating YMCAs across the United States
- Must be an active full-facility member
- Home YMCA must be used at least 50% of the time
- Facility use only; not eligible for programs
- Program-only memberships are not eligible
- Check with visiting YMCA for policies prior

20/20 MEMBER REFERRAL PROGRAM

How It Works

Refer a friend who joins the YMCA and both will receive 20% off monthly membership dues.

Eligibility

- Adult, Young Adult, Senior, and Family memberships
- Must be on monthly billing

Guidelines

- New members must not have been active in past 60 days
- Both members must remain in good standing
- Referral must be made before joining

Cancellation Rule

- If one member cancels, the other has 30 days to refer a new member or return to full rate.



- Each member may receive one discount
- Members may refer multiple friends
- Retroactive referrals are not permitted

BABYSITTING

Babysitting is a free membership benefit for children ages 6 weeks to 8 years.

Guidelines

- Limit of 2 hours per visit.
- Members must remain in the facility using YMCA services or exercising.
- Guests may use babysitting for \$2.00 per hour per child.
- Children who are sick with a fever (*in past 24hrs*), productive cough, runny nose (*green/yellow nasal drainage*), nausea, vomiting, diarrhea, unknown rash or illness are not permitted in the room.
- Babysitting hours are posted at the facility. Check our Facebook page for any updates.

FACILITY HOURS AND HOLIDAY CLOSINGS



FALL–SPRING HOURS

- Monday–Thursday: 5:00 AM – 9:00 PM
- Friday: 5:00 AM – 7:00 PM
- Saturday: 7:30 AM – 7:00 PM
- Sunday: 11:00 AM – 7:00 PM

SUMMER HOURS

- Monday–Thursday: 5:00 AM – 9:00 PM
 - Friday: 5:00 AM – 7:00 PM
 - Saturday: 7:30 AM – 7:00 PM
 - Sunday: 11:00 AM – 6:00 PM
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HOLIDAY CLOSINGS

The YMCA is closed on:

- New Year's Day
- Easter
- Memorial Day Weekend (Sunday–Monday)
- Independence Day
- Labor Day Weekend (Saturday–Monday)
- Thanksgiving Day
- Christmas Day



EARLY CLOSURES

- Christmas Eve: Closes at 1:00 PM
- New Year's Eve: Closes at 1:00 PM
- Employee Appreciation: Closes at 2 PM last Sunday in July



IT IS THE MISSION OF
THE BERWICK AREA
YMCA TO IMPROVE THE
SPIRITUAL, MENTAL,
SOCIAL, EDUCATIONAL,
AND PHYSICAL
CONDITIONS OF ALL
PERSONS.

berwickymca.org