



# ALWAYS HERE FOR OUR COMMUNITY

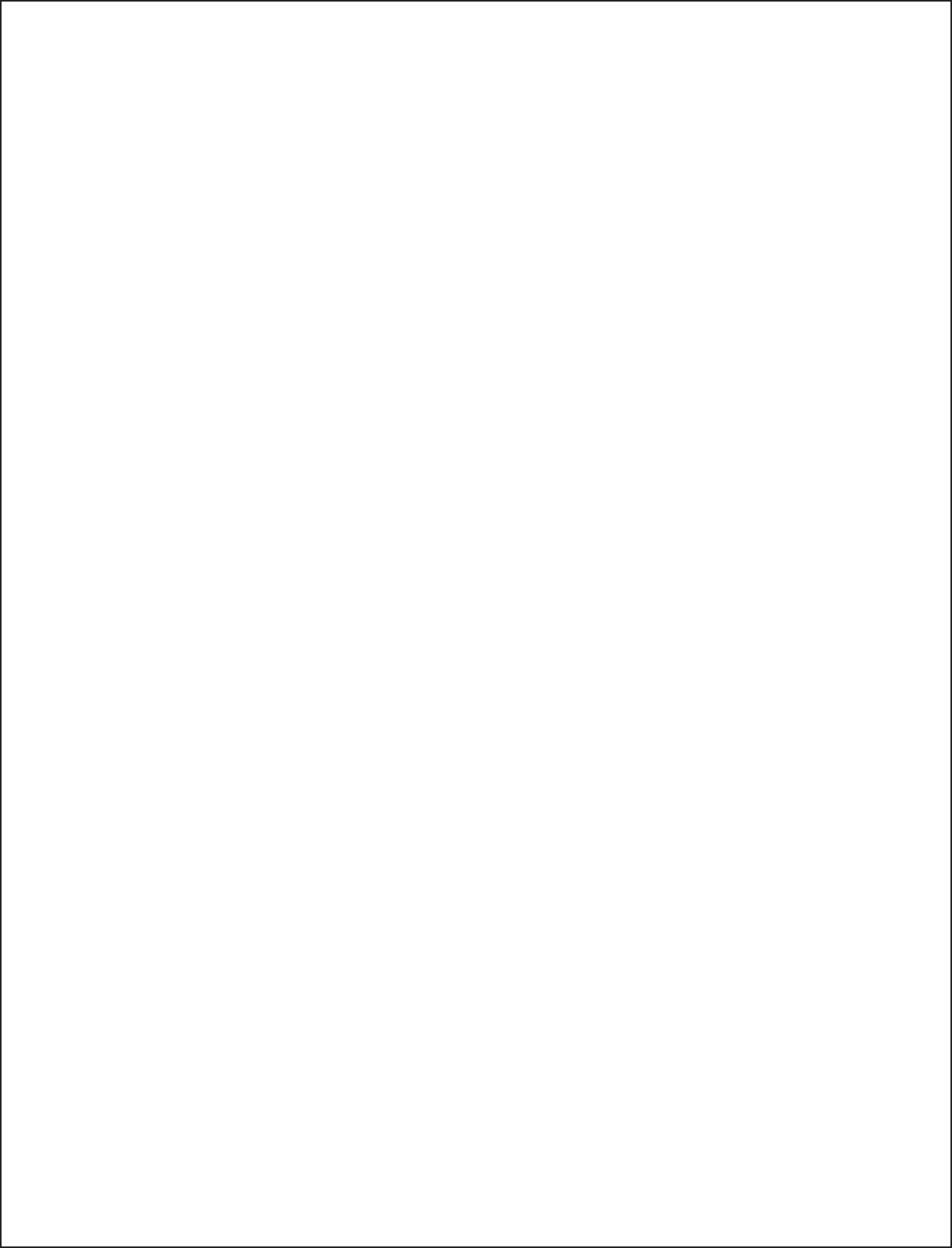


## MEMBERSHIP HANDBOOK

**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 here, 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

Every time you enter the YMCA, please scan your membership card. If you have a family membership, please have your children scan their cards too. If you forget your card, ask the Membership Desk staff to check you in. If you haven't yet received your card, please stop at the Membership Desk and let the staff know you need to get your membership card. For your security, we will take your photo on your first visit. Key tags are non-transferable.

## LOST & FOUND

If you have lost or forgotten something during your visit, please ask our staff for help. The YMCA maintains a lost and found here, and we will gladly assist you. In addition, due to the large volume of lost items, the YMCA periodically cleans out our lost and found and donates unclaimed items to local charities after 30 days.

## FACILITY POLICIES

In order to provide a safe and positive experience for everyone, the following facility guidelines will apply:

- Youth under the age of eight must be under direct adult supervision at all times.
- Youth and teens are subject to age restrictions for specific areas.
- All youth must actively be engaged in a program area

## INFORMATION & UPDATES

Bulletin and whiteboards throughout the Y will contain information about current happenings. You can also visit our website or follow us on Facebook and Instagram. While using the Y, feel free to ask our staff about upcoming events and YMCA news. We are happy to help.

## MOVING? VACATIONING?

If you are relocating, you will likely find a Y in your new area. Many Ys waive the joining fee, but Ys operate independently, so policies vary. The membership staff will be happy to help you locate a new Y to ease the transition.

## CANCEL MY MEMBERSHIP

You must give the Y written notice 5 business days before your next scheduled withdrawal date to terminate your membership. Memberships are non-refundable and non-transferable. Memberships not renewed within 30 days of expiration will be assessed a joining fee upon future reinstatement of the membership.

## PROGRAM REGISTRATION

The YMCA offers programs for seniors, families, teens, adults, and young children. Most YMCA programs run in sessions that are seven or eight weeks long. Current program and session information and upcoming registration dates are available on our website and in our current program guide. In addition, your class instructors will remind you of upcoming registration dates. You can register for a program at the YMCA Membership Desk, by phone, or on line. We ask all members to register for their class, even those with no fee, so we can ensure enough equipment and supplies to make your experience the best possible.

# GETTING TO KNOW YOUR Y

## HOURS

### Fall – Spring Session Hours

Monday through Thursday	5:00 AM until 9:00PM
Friday	5:00 AM until 7:00 PM
Saturday	7:30 AM until 7:00 PM
Sunday	11:00 AM until 7:00 PM

### Summer Session Hours

Monday through Thursday	5:00 AM until 9:00PM
Friday	5:00 AM until 7:00 PM
Saturday	7:30 AM until 7:00 PM
Sunday	11:00 AM until 6:00 PM

## CLOSINGS

The YMCA is closed on the following holidays:

New Year's Day  
Easter  
Memorial Day Weekend (Sunday & Monday)  
Independence Day  
Labor Day Weekend (Sunday & Monday)  
Thanksgiving Day  
Christmas Day  
Christmas Eve and New Year's Eve  
(The YMCA closes at 1:00 p.m.)

## FACILITY POLICIES

### BABYSITTING

Babysitting is a membership benefit offered to members at no additional cost for children 6-weeks old through 8 years old. Members may take advantage of this service for up to 2 hours per visit. Guests are welcome to take advantage of this service at a rate of \$3.00 per hour per child. Current available times are posted at the babysitting facility. Members and guests must be using YMCA programs or exercising to babysit.

### POOL

An adult must accompany children under the age of 8 and non-swimmers in the water who is within arm's reach at all times while using our pool. Children in diapers must wear a pool-friendly swim diaper in the water. Lifeguards may require a swim test before allowing any member or guest in deep water.

### LOCKER/SHOWER FACILITIES

The Berwick Y offers men's, women's, girls', boys', and family locker room facilities. Children under the age of 8 need a supervising individual in the boys', girls', and family locker rooms. Anyone under 18 is not permitted in the women's or men's locker rooms, steam rooms, or saunas. Any member allowing individuals under 18 in the men's or women's locker rooms may be subject to membership termination without notice.

Lockers are available for day use. Please remember to lock your locker. If you forget your lock, you can borrow one at the Membership Desk. If you prefer to keep your clothing and supplies here, a limited number of lockers are available for rent on a monthly or annual basis. Belongings in lockers no longer rented will be kept for 30 days before discarding.

## WELLNESS CENTER YOUTH/TEEN ORIENTATION

Members ages 10 and 11 must be accompanied by a parent or guardian who is a member and at least 18 years old. The responsible adult must agree to supervise the youth at all times during their visit and must remain within arm's length. Youth in this age group are only permitted to use cardio equipment, including treadmills, ellipticals, AMTs, bikes, and the rower.

Members ages 12 and 13 must be accompanied by a parent or guardian member who is at least 18 years old and agrees to be responsible for them at all times during their visit. The responsible party must remain within arm's length unless the youth has completed the Youth/Teen Fitness Orientation. While supervised, they may use all equipment in the Wellness Center. If a youth age 12 or 13 completes the orientation and passes the written test, they will receive a wristband that must be worn while in the Wellness Center, allowing them to work out independently.

Members who are 14 years of age and older are permitted to use the Wellness Center on their own.

All youth ages 10 to 13 must follow the Wellness Center guidelines. This includes, but is not limited to, wearing proper footwear and appropriate clothing, being courteous and respectful to other members, cleaning equipment before and after use, and using equipment appropriately without horseplay or goofing off.

Register for our Youth/Teen Fitness Orientation at the membership desk.

## VOLUNTEER INFORMATION

Volunteers are the strength of our organization. They make it possible to offer the wide range of quality programs and services that we do. Their contributions impact all aspects of the Berwick Area Y. We welcome volunteers in all areas from program staff and coaches to administrative support and mentors. The donation of one's time and self is one of the most endearing gifts one can give. If you are interested in becoming a Y volunteer, go to our website [berwickymca.org](http://berwickymca.org) and click about us in navigation menu.

## WELLNESS CENTER ADULT ORIENTATION

All members are welcome to participate in a FREE wellness orientation. The orientation is a FREE benefit of your membership and includes instruction on how to use equipment safely and effectively.

Our Wellness Center is now available 24/7 Stop by our membership desk for details.

## SOCIALMEDIA

Critical facility information about the building (including pool closures, snow days, etc.) can be accessed on the website or follow us on Facebook and Instagram.

Features:

- Closing Updates
- Notifications
- Class updates
- Sign up for challenges
- Program registration



# MEMBERSHIP & PROGRAM POLICIES

## NATIONWIDE MEMBERSHIP

Nationwide Membership enables you to visit any participating Y in the United States through membership at your "home" YMCA (your home location is the facility that enrolled you as a member and that collects your membership dues). We offer this because we want to help you reach your health and wellness goals wherever you live, work or travel. This is an essential part of our cause of strengthening communities.

### What You Need to Know:

Valid for active, full-facility Y members.

- Nationwide member visitors must use their home Y at least 50% of the time.
- Program-only participants and special memberships are not eligible for Nationwide Membership.

## BERWICK AREA YMCA IS NOW EVERY YMCA IN PENNSYLVANIA!

Pennsylvania YMCAs have gotten together to offer our members a fantastic benefit. Your Berwick Area YMCA membership can be used at any YMCA in PA. We realize that sometimes it's more convenient for our members to use another YMCA when traveling, near a workplace, or in another region. Now full-facility members have the flexibility to use other YMCAs throughout the state at no extra charge. Present your active membership card and photo ID at any participating YMCA and enjoy complimentary access to facilities.

### Program Guidelines:

The reciprocal membership program is only valid for Berwick Area YMCA full-facility members.

- The program is intended for facility use only. Program use and program discounts are for home YMCA members only. Visiting members may sign up for classes or programs at the program member rate.
- The program is intended as a benefit, and price shopping is not permitted. Berwick Area YMCA members must use their "home" YMCA at least 50% of the time. The Berwick Area YMCA monitors member use of other YMCAs.
- Participating YMCAs reserve the right to restrict facility or program access at times, and other restrictions may apply. Contact the Y you wish to visit for their specific policies to take full advantage of the program. If you like, we would be happy to contact them for you.

## GUEST POLICY

Members are welcome and encouraged to invite as many guests as they wish under the following guidelines:

### YOUNG ADULT, ADULT, AND SENIOR MEMBERS:

- Established Members of 60 days or more and 20 years or older are allowed two guests per visit.
- Members are not restricted in the number of guests they may bring in a calendar year.
- Each guest is allowed two free visits per calendar year (regardless of how many different members they accompany to the YMCA).
- After their two free visits, guests accompanied by a member may use the YMCA by paying the current daily adult guest fee.
- Daily passes for young adults, adults, and seniors are unavailable for walk-in use. A member **MUST** accompany all Young Adult, Adult, and Senior guests.
- All guests must fill out a non-member application form, sign a waiver, have a photo taken and provide a photo ID at the Membership Desk during the visit.



### TEEN AND YOUTH MEMBERS:

- A member need not accompany youth and teens to use the YMCA as a guest visitor.
- All youth and teen guests are subject to the current daily youth guest fee.

# MEMBERSHIP & PROGRAM POLICIES

## 20/20 MEMBER LOYALTY REFERRAL PROGRAM

**FRIENDS  
DON'T LET  
FRIENDS**

**PAY FULL PRICE!**

Refer a friend who joins the YMCA and you BOTH Reduce Your Membership Rate By 20%!

### PROGRAM GUIDELINES:

Young Adult, Adult, all Family categories and Senior members are eligible. All participants must use the monthly payment option for memberships.

- For the purpose of this program, a new member is defined as anyone who has not been an active member of the Berwick Area YMCA during the past 60 days.
- All participants must keep their membership in good standing.
- Members who refer a friend will receive their member loyalty rate at the next billing cycle. The new member receives the loyalty rate upon joining.
- Retroactive referrals are not permitted. Procedures for referring friends are available at the YMCA Membership desk.
- If either member cancels their membership, the remaining person will be notified they have 30 days to refer a new member, or their membership dues will return to the full rate.
- Members and their referrals are only eligible for one rate reduction in their membership.
- Members can refer as many friends as they would like. Although they will only receive one reduction in their membership dues, all their friends will receive the reduced rate. Of course, referring more than one member is beneficial, so if one of your referrals should decide to leave the Y, you have another referral attached to your membership and will continue receiving the reduced rate.
- Two or more friends who come in to join the YMCA together are also eligible. Both will receive the reduced rate as long as both comply with all program policies.



## **SEXUAL OFFENDER POLICY**

The Berwick Area YMCA is a leading advocate for protecting children in our community. For this reason, we monitor the registry of sexual offenders regularly. Persons on the registry are not eligible for YMCA membership, program participation, volunteer, or employment opportunities at the Berwick Area YMCA.

## **ATTIRE**

As a family organization, The Berwick Area YMCA encourages members and their guests to maintain an appearance that is not disruptive, distracting, or offensive. In addition, clothing that poses health or safety concerns will not be permitted.

- Clothing and jewelry that carry sexual, vulgar, or offensive messages or references, including pictures of the use of alcohol, tobacco, drugs, and gang affiliation, will not be permitted.
- Any apparel used as a weapon is not permitted at the Y.
- Closed-toe athletic shoes and workout wear are required.
- Shirts are required. Exposed midriffs are not permitted.
- To preserve our equipment, jeans or apparel with rivets are not permitted.
- Eye guards must be worn on the racquetball and squash courts.
- Proper full coverage swim attire is required in the pool.

## **ETIQUETTE STATEMENT**

The YMCA is a shared experience at a place where people come together in the spirit of making our community a better place to live, work and grow. Each of us can contribute to this effort to strengthen our community by being considerate of others. Therefore, YMCA staff, volunteers, and members pledge to be respectful and considerate of others in the YMCA facilities and when participating in YMCA programs.

## **WEATHER CANCELLATIONS**

Please check our website and social media pages or call the Membership Desk for information regarding weather cancellations. All swimming pools will be closed in the event of lightning. The Y will make every effort to make up canceled classes in these situations.

## **EMERGENCIES**

We want everyone who enjoys the YMCA to be safe during their experience here. Our staff is specifically trained in the handling of emergencies. If an alarm sounds in the facility or you are notified by staff that an emergency has occurred, please stop all activity and wait for instructions from our staff. Members are expected to cooperate with all staff requests during an emergency fully.

## **FOOD & BEVERAGES**

Food and beverages are restricted to certain areas. Please do not bring food or drinks into the pool, locker rooms, gymnasium, and activity areas. We appreciate your help in keeping our Y clean and safe.



# SUGGESTIONS OR COMMENTS?

Your suggestions, comments, and concerns are always welcome. Y staff is known for being friendly, responsive, and caring. Please contact any of our staff to ask questions or voice concerns. In addition, should you have a concern that our staff has not resolved, please feel free to speak with one of our Directors.



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

**[berwickymca.org](http://berwickymca.org)**