

WELCOME TO THE YMCA

As a member of the Blair Regional YMCA I want to welcome you to our YMCA Family. Just like any family, we are here to support you where you are in life. The Y is a place where we promote healthier life styles, nurture the full potential of our youth, support our neighbors and just have fun. It's a place to socialize and meet up with old friends and foster new ones. It is a place of belonging and a place for all.

Our Y home is your home too and we're glad you are here. Welcome!

Sharon Jones
Executive Director

As a member, you are now part of a powerful community joined together by a shared commitment to nurture the potential of youth, promote healthy living, and foster a sense of social responsibility. The Y is a place that empowers everyone to reach their potential.

Throughout our 100+ year history, we have been proud to serve Blair County and the surrounding area with more than just health and fitness classes. The Y serves as the unofficial community center working side by side with our neighbors to make sure that everyone, regardless of age, income, or background, has the opportunity to learn, grow, and thrive...to make connections and become part of something bigger than themselves.

You see, strengthening the community is our cause.

We are the Blair Regional YMCA. We're more than a place, we're a cause.

Blair Regional YMCA

1111 Hewit Street

Hollidaysburg, PA 16648

Phone: 814.695.4467

Fax: 814.695.5748

www.BlairRegionalYMCA.org

For A Better Us



YOU BELONG HERE ♥

WE EXIST FOR EVERY MEMBER OF OUR COMMUNITY.

WE ARE YOUR Y

BLAIR REGIONAL YMCA MEMBER HANDBOOK

1111 Hewit St, Hollidaysburg, PA 16648 814.695.4467 BlairRegionalYMCA.org

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ACCESSIBILITY

The Blair Regional YMCA is a charitable organization dedicated to building healthy spirit, mind, and body. Part of a worldwide movement, it puts Christian principles into practice through programs that promote good health, strong families, youth leadership, community development, and inter-generational understanding. YMCA's are

open to adults, seniors, and youth of all ages, incomes, abilities, races, and reli-

HANDICAP/SPECIAL NEEDS ACCESSIBLE

The Y brings together people from every background to promote youth development, healthy living , and social responsibility. At the Y, we strive to welcome all who wish to join us. We offer facilities that are open and accessible– and in compliance with government standards in accordance with the Americans with Disabilities Act (ADA). If special accommodations are required, please see our Welcome Desk in

DISCLAIMER

Occasionally, the YMCA takes photos of our members and participants enjoying programs, special events, or facilities. These photographs may be used for YMCA publications, brochures, advertisements, or web pages and become the sole property of the YMCA. By acceptance of membership or by registration in a program, participants give their permission to the YMCA to use, without limit and obligation, photographs, and/or video recordings, which may include their image or voice for purpose of promoting the YMCA. ***It is the sole responsibility of the member to**

Is the Y handicapped accessible?

The Y facility includes handicapped parking with ramps to the side walk, front door push button handicapped access, chair lifts for pool accessibility, and handicapped accessible locker rooms. Wheelchairs are available at the entrance and in the Universal Changing Room.

What safety procedures are in place?

The Y has a safety committee that meets regularly and is comprised of staff dedicated to ensuring the safety of our members and guests. All of our land and aquatic fitness instructors are required to be CPR certified, as are our Wellness center trainers and Child Care workers. There is an Automated External Defibrillator in a designated area, and first aid kits are available throughout the facility.

I am not familiar with the equipment in the Wellness Center. How do I get started?

At the same time you sign up for your membership, you can schedule your consultation and orientation with any one of our Wellness Center staff. Personal training is also available.

How is the Y recognized as a charitable organization?

The Blair Regional YMCA is a non-profit organization, recognized by the IRS with a 501©3 charitable designation. All donations made to the Y are tax deductible. Each year the Y raises financial support through its Annual Campaign. The Campaign funds the YMCA's three areas of focus: youth development; healthy living; and social responsibility To donate or to volunteer as a Campaigner, please contact the Community Outreach & Fundraising office at extension 218 or email the Director of Community Outreach & Fundraising, Phyllis Baker at PBaker@blairregionalyymca.org.

Can I volunteer at the Y?

As a Y Volunteer, you can help ensure access to resources, relationships, and opportunities for all. You can help empower everyone to learn, grow and thrive. By helping to bring together people from different backgrounds, perspectives, and generations, Y volunteers are a vital part of improving overall health and well-being, igniting youth empowerment, and demonstrating the importance of connections in Blair County and across more than 10,000 communities nationwide. Opportunities range from Youth Sports coaching, assisting the CWCS race series and other annual Y events, fundraising, and so much more.

I do I register for programs and classes online?

Go to blairregional.reliquecore.com and click "Log In—New Account." Once your account is created, you can register for programs and classes online.

Frequently Asked Questions

What is the Association Fee used for?

The Association Fees are accumulated to provide a source of Capital Project funds reserved for making improvements and upgrades to the building, equipment, and grounds of the Y. These funds in turn enhance the member experience.

Can I use my Y membership when I travel?

Yes, a benefit of the Nationwide program allows access to more than 900 YMCA's across the country, at either no charge, or half of the visiting Y's guest fee. Contact the Membership Department to assist you with the particular policies of the Y you will be visiting.

Can I make changes to my membership over the phone?

All membership changes must be done in writing at the Welcome Desk or Membership Office. This ensures that all changes are received, recorded, and noted correctly.

I lost my membership card, how do I replace it?

Lost cards may be replaced for a fee of \$5.00/. Please stop at the Welcome Center for assistance.

Does the Y offer financial Assistance?

Yes, thanks to the generosity of individual and corporate donations, the Y offers Scholarships, a reduced rate for membership and programs based on an income sliding-fee scale. It is easy to apply, and the Y does everything we can to make the Y a place for all. Applications are available at the Welcome Desk. All applicant information is strictly confidential.

What types of insurance benefits can I use at the Y?

The Blair Regional YMCA participates in Silver and Fit, Silver Sneakers, Active and Fit, Prime, and Renew Active. Members should contact their insurance company to inquire if their health plan covers any of those programs. For all other insurance coverage questions, please visit the YMCA Welcome Desk.

What about guests?

Members are encouraged to share the Y with friends and family and may request Guest Passes from the Membership Office. An individual guest is allowed 3 visits per calendar year and must be accompanied by a Y member while using the facility. All guests are required to check in at the Welcome Desk.

Does the Y provide child care while I work out?

Yes, the Y provides Child Watch during designated hours for children ages 6 months to 9 years old. Please see the Child Watch handbook for details and the monthly schedule.

MEMBER BENEFITS

Youth Membership

Youth memberships are available for individuals between 0–19 years of age. Youth members are entitled to the following benefits:

- Savings on youth program prices, as compared to Public rates.
- Member open gym and open swim times.
- Orientations offered to educate and familiarize teens with equipment.
- Youth Orientations are mandatory for all youth and teens wishing to use the fitness center, ages 12 years and older.
- Billing Categories include: Teen Monthly, 2 Youth, and 7th Grade Initiative

7th Grade Initiative

The Blair Regional YMCA 7th Grade Initiative offers any 7th grader in the region a free Youth membership at the Blair Regional YMCA. This essential and well-established initiative connects seventh graders with opportunities to deepen positive values, grow in self-esteem and enhance their potential to become productive members of the community.

Young Adult Membership

Young adult membership is classified as any single member 20–29 years of age. As a young adult member of the YMCA, you are entitled to the following benefits:

- Use of the wellness center during operation hours.
- Member open gym and open swim times.
- Value-added aqua aerobics and land group exercise/group cycling classes
- Savings program prices, as compared to Public rates.

Adult Membership

An adult membership is classified as any single member 30–61 years of age. As an adult member of the YMCA, you are entitled to the following benefits:

- Use of the wellness center during operating hours.
- Member open gym and open swim times.
- Value-added aqua aerobics and land group exercise/group cycling classes
- Savings program prices, as compared to Public rates.

Couple Membership

A couple membership is classified as any 2 individuals who want to share a membership. As a couple of the YMCA, you are entitled to the following benefits:

- Use of the wellness center during operating hours.
- Member open gym and open swim times.
- Value-added aqua aerobics and land group exercise/group cycling classes
- Savings program prices, as compared to Public rates.

Senior Membership

A senior membership is classified as any single member 62 years of age and older. As a senior member of the YMCA, you are entitled to the following benefits:

- Use of the wellness center during operating hours.
- Member open gym and open swim times.
- Value-added aqua aerobics and land group exercise/group cycling classes at no additional cost.
- Savings program prices, as compared to Public rates.

Family Membership

A family membership consists of one/two adult(s)* and their dependents under the age of 24 who live with them.

Members with family memberships are entitled to the following benefits:

- Adult members receive all adult benefits.
- Savings on youth and adult program prices, as compared to Program Member rates.
- Free use of our Child Watch and Teen Program, “The Spot”

College Membership

College memberships must be paid for one year at sign-up. To qualify you must be a full-time college student, 18-24 years of age, at an accredited college or university.

Short Term Membership

A short-term membership is classified as any 3-month membership. Pricing is determined by age/couple/family etc. As a short-term member of the YMCA, you are entitled to the following benefits:

- Use of the wellness center during operating hours.
- Member open gym and open swim times.
- Value-added aqua aerobics and land group exercise/group cycling classes at no additional cost.
- Savings program prices, as compared to Public rates.

Scholarship

Everyone is welcome at the YMCA. The Blair Regional YMCA believes in providing membership and program services to all who desire to participate. The YMCA's scholarship program provides funds for those in need within our available resources. Our sliding fee scale makes it easy to determine your scholarship amount. All information is confidential. See your Membership Services Associate, Chrissey Wagner, for more information.

Pickleball

Pickleball is the Nation's fastest growing sport among seniors and it's FREE for

CHILD WATCH

The Blair Regional YMCA provides free supervision of children ages 6 months to 9 years in the Child Watch room. This service is only for family and youth members participating in the YMCA classes or programs for a maximum of 90 minutes a day. Parents must remain in the building during this time. All children under the age of 9 are REQUIRED to be placed in Child Watch if the child is not under DIRECT supervision of an adult.

The following guidelines and procedures apply:

- Check with Child Watch staff on sign-in/sign-out procedures.
- The person signing the child in must be the same person signing the child out, unless permission is given for another person to sign out that child.
- YMCA staff is not permitted to change diapers, but will locate the parent in the facility when a child needs a change. Please change your child's diaper or take your child to the restroom before entering Child Watch.
- **Sick children are not permitted in Child Watch.** A sick child is defined as a child who has a fever within the last 24 hours, diarrhea, vomiting, rash or open sores, cough, cold symptoms, lice, etc.
- Child Watch staff will not administer medication to your child.
- There is at least one staff person on site trained in first aid, CPR, and rescue



CODE OF CONDUCT

The Blair Regional YMCA as an organization is committed to the principles of caring, respect for others, personal responsibility, integrity and honesty. All members and guests are expected to reflect these values in their personal conduct toward staff and other members and guests. The YMCA retains the right to deny access, or suspend or cancel a membership when a member's conduct is determined to endanger the safety of others or interfere with another member's enjoyment and reasonable use of YMCA facilities.

Grounds of Denying Access or Membership

The Blair Regional YMCA reserves the right to deny access or membership to any person who:

- Has been convicted of any crime involving sexual abuse or other sexual offense. Is a registered sexual offender or sexual predator.
- Is intoxicated or exhibits signs of misusing narcotics or dangerous drugs.
- Has been convicted of any offense relating to the use, sale, possession, or transportation of narcotics or habit forming and /or dangerous drugs.
- Is currently suspended or terminated per the "Grounds of Suspension or Termination" listed below.

Grounds for Suspension or Termination

The Blair Regional YMCA does not tolerate inappropriate, threatening, or harassing behavior including but not limited to

- Destruction of property
- Sharing membership card with others
- Theft
- Being in possession or under the influence of alcohol or drugs.
- Disorderly conduct and/or physical/verbal fights
- Any behavior that is determined to be unacceptable by the YMCA and detrimental to those we serve.

Such conduct will be grounds for the immediate suspension or termination of membership. No refund will be issued.

The campus is equipped with a video surveillance system (Indoor & Outdoor).

Association Fees

The Y charges an Association Fee of \$39 for enhancing the membership experience through equipment, facilities, and services maintenance as well as improvements to the building.

Nationwide Programs

The Nationwide program, allows access to more than 900 YMCA's across the country, at either no charge, or half of the visiting Y's guest fee. Contact the Membership Department to assist you with the particular policies of the Y you will be visiting.

Membership Cancellation

YMCA members may cancel their membership at any time with a **30 day written notice received by the membership department**. Please keep in mind there will be one last draft on your account. Members who rejoin the YMCA more than 30 days after their membership was terminated are subject to paying another association fee. **There are no refunds on pre-paid memberships.**

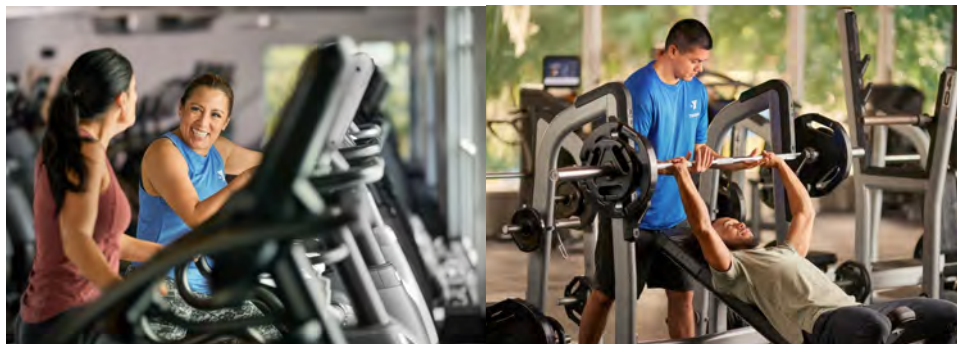
A fee will be charged for all returned checks. Members will be placed on financial suspension until their obligations are fulfilled. Changes to e-pay must be made 7 days prior to draft date.

3 Month Hold

Members have the option to temporarily place their membership "on hold" for up to 3 months. On hold status requires a 30-day notice. Members may place their membership on hold for a time frame of one to three months, but they must be consecutive months.

Membership Cards

For your protection a valid membership card must be presented to gain entry at the facility. No one except the member may use the card. A \$5.00 fee will be charged to replace lost or damaged cards.



FACILITIES

Wellness Center/ Weight Room

All new members are encouraged to schedule a wellness orientation with a Wellness Center Staff member. We strongly recommend all members participate in a fitness orientation prior to using any fitness equipment. We care about your health and safety; please respect yourself, other members, and staff by following the rules below:

Wellness Center Policies

- Sneakers and shirts must be worn at all times.
- Wipe down equipment after use. Disinfectant and paper towels are provided for your convenience. Do not spray equipment directly.
- Be considerate. Limit use of cardiovascular equipment to a maximum of 30 minutes when others are waiting.
- When using the strength equipment please be courteous to other members and do not sit on the machine between sets. Be considerate and allow members to "work-in".
- Please return weights, magazines, mats, and other equipment to their designated spaces.
- Report any malfunctioning or broken equipment to a staff member immediately.
- No food. Only beverages in a spill-proof container is permitted.
- Youth under the age of 12 are not allowed to be in or use the Wellness Center or Free Weight equipment at any time.
- Teens ages 13-17 do not need direct parental supervision if they have completed the Teen Fitness/Weight Room Orientation class and submitted a waiver signed by a parent. Please see the Wellness Center staff for policies dealing with teens and free weight equipment.
- The YMCA is a family place, so please refrain from the use of inappropriate or profane language.
- Only Members and registered guests are permitted in the weight room.

Open Swim

YMCA members Are welcome to use both our Lap Pool and Warm Water Pool during Open Swim times. Due to facility needs, open swim times may change without notice. Youth under 12 must be accompanied by an adult in the water unless they pass a swim test.

Pool Policies

- Lifeguards have full authority over the pool and its activities. Please respect

Youth & Adult Programs

Program staff will contact you with any cancellations. Cancellations will also be posted on YMCA Social Media platforms (Facebook/Instagram).

Lost & Found Valuables

All items found are left in lost and found for two weeks. Any items not claimed after this time are given to charity. Inquire at the Welcome Desk if you have lost something.

Tobacco/Alcohol/Vaping Policy

The YMCA facilities are tobacco-free, alcohol-free, and vape-free environments. This includes parking lots and playing fields. We ask that if you need to use tobacco/vape products you leave the YMCA premises before doing so.

Teen Behavior Policy

- Be a good person
- Practice the YMCA Values
 - You're caring
 - You're honest
 - You're respectful
 - You're responsible
- Remember, the Y is for ALL members
- Access is limited to lobbies, gymnasium, locker rooms, restrooms, the lap pool, and "The Spot."
- Must follow YMCA Cell Phone Policy
 - The use of cell phones is limited too designated areas within the YMCA. Cell phone use is strictly prohibited in the locker rooms/restrooms. In order to protect the privacy of ALL members, the use of still and video cameras (including those on cell phones) is prohibited in all areas of the building.
- Wellness Center can only be used after an orientation with a trainer
- No loud voices or profanity is tolerated
- Bullying, of ANY kind, is not permitted
- Your cooperation is expected (and appreciated)



Inclement Weather Policy

To check on whether a decision has been made to open the facility late, not open at all, or to close the facility early: Check for announcements on WTAJ TV, call our facility–YMCA: (814)695-4467 and Early Learning Center: (814)695-3204, visit our website at BlairRegionalYMCA.org, or our Social Media platforms (Facebook/Instagram).

Land/Aquatic Fitness Classes

- If HASD schools are cancelled or on a delay due to snow or inclement weather, all morning Land/Aquatic classes (including Silver Sneakers) will be cancelled.
- In the event that inclement weather begins after school hours/on a weekend, the decision to cancel classes will be the responsibility of the Instructor. Participants are encouraged to check with the YMCA, or the YMCA's website.

Child Care

Before and After School Age Programs (ELC, Longer–Dysart, Foot of Ten)

- **HASD MORNING DELAY**
 - YMCA's Early Learning Center– If the ELC is open, the Before and After School Age Program will be open.
 - FOT and Longer/Dysart– Before and After School Age Program will open at 8:30am.
- **HASD EARLY DISMISSAL:**
 - YMCA Early Learning Center– If ELC is open, the Before and After School Age Program will be open.
 - FOT and Longer/Dysart– Before and After School Age Program will be open
 - *If any location decides to close early due to inclement weather, children must be picked up within 2 hours of the announcement to close.
- **HASD CLOSED:**
 - YMCA Early Learning Center– If ELC is open the Before and After School Age Program will be open all day and billed as an Inservice Day
 - FOT and Longer– Before and After School Age programs will be closed (Children may attend the ELC School Age program, if open, and space is available)

Pool Policies cont.

- All swimmers are required to wear swimsuits. Wet suits are only allowed in the pool area and changing rooms. Young children must wear swim diapers unless they are potty trained.
- Please shower before entering pools.
- No food or drinks, other than water, are allowed in the pool area (No glass bottles on deck)
- No playing on steps, lane lines, starting blocks, ladders, or other equipment in the pool area
- No diving unless directed by coach or instructor
- No horseplay in pool area: chicken fights, pushing, dunking, etc.
- No open wounds in the pools

CHILDREN IN POOL (Flotation devices available for use):

–Children under 11 must be accompanied by an adult guardian, in the water, unless they pass a swim test.

–Children under 8, who pass either swim test (Shallow or Deep), must have an adult guardian on the pool deck.

–Children between 8 and 11 who pass only the shallow water test, must have an adult guardian on the pool deck; who pass the deep water test must have an adult guardian in the facility.

–Children 12 and older are permitted to swim without an adult guardian; however, lifeguards reserve the right to determine the safety of a child swimming unaccompanied.

Locker Rooms and Lockers

- Parents with small children of the opposite sex may use the Universal changing room near the warm water pool. This locker room allows entire families and companions to change together.
- Locks may not be left on unrented lockers overnight.
- We strongly recommend securing all valuables. Please use a lock on your locker. The Y is not responsible for lost or stolen items.
- Use of cell phones is not permitted in the locker rooms
- Lockers are available for rent. Sizes available: 1/4 locker, 1/2 locker, or a Full Locker

Open Gym

YMCA members may use the gymnasium during scheduled open gym times. Due to facility and program needs, open gym times may be changed without notice.

Open Gym Policies

- No dunking or hanging from basketball rims/nets

PROGRAM INFORMATION

Program Policies

- All class fees must be paid in full at the time of registration.
- Payment accepted in cash, check, Mastercard, Visa, American Express, or Discover.
- The YMCA reserves the right to cancel any class due to scheduling conflicts or lack of participation. Advance notice will be given when possible.
- Program activities missed due to holidays, school closings, or bad weather will be made up only if the schedule permits.
- As our costs increase, we will make modest adjustments to program fees.
- No refunds or credit issued If you are asked to leave class or league due to bad conduct.

Credits/Refunds

A program credit or refund will be given only if the YMCA must cancel a program. Participants canceling due to medical reasons will be given a pro-rated or program credit. Written physician's verification is required. Credits expire after one year.

Cancellation of Classes

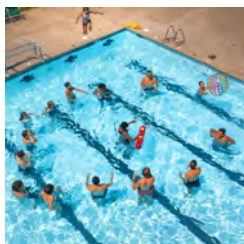
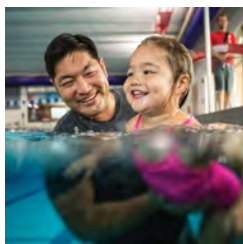
To ensue a quality experience for all participants, the YMCA may choose to combine or cancel classes due to low enrollment. If the YMCA cancels a class, a credit or refund will be issued.

Group Fitness

Value-added land exercise classes are available to members at no cost. Additional fees may apply to specialty classes. Members ages 12 and above may participate in adult classes. Unless specifically designated, youth ages 12 and under may not participate in adult level classes.

Water Aerobics

Value-added water aerobics classes are available to members at no cost. Addi-



POLICIES

Association Security

If you see any dangerous or inappropriate situations or behavior, please report it to any staff member. Please be aware that we have security cameras located throughout the facility (Inside & Outside).

Accidents, Insurance

The Blair Regional YMCA does not carry accident insurance on its members or program participants. All expenses incurred in the treatment of injuries due to accidents will be the responsibility of the participant or the insurance carrier.

Individuals with history of heart disease are advised to consult their physicians prior to participation in a physical program.

For the protection of all children, a child must be kept at home if he/she shows any of the following symptoms: fever, diarrhea, vomiting, rash, nasal, eye or ear discharge or other unusual symptoms. If the child has been exposed to a contagious disease, he/she absolutely must be kept at home.

Cell Phone Policy

The use of cell phones is limited to designated areas within. Cell phone use is strictly prohibited in the locker rooms. In order to protect the privacy of all members, the use of still and video cameras (including those on cell phone) is prohibited in all areas of the building.

Guests

All guests must check in at the Welcome Desk. Only YMCA Members are permitted to bring guests.

Hours of Operation

Spring/Summer Hours run Memorial Day-Labor Day and are subject to change

Fall/Winter	Spring//Summer
MON: 5AM-9PM	MON: 5AM-9PM
TUE: 5AM-9PM	TUE: 5AM-9PM
WED: 5AM-9PM	WED: 5AM-9PM
THU: 5AM-9PM	THU: 5AM-9PM
FRI: 5AM-7:30PM	FRI: 5AM-7:30PM
SAT: 7AM-6PM	SAT: 7AM-3PM
SUN: 10AM-5PM	SUN: 10AM-4PM

CLOSED: New Year's Day, Good Friday, Easter, Memorial Day, 4th of July, Labor