



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WELCOME TO THE Y



MEMBERSHIP HANDBOOK

GREENSBURG YMCA

OUR MISSION

To put Christian principles into practice through programs that build healthy spirit, mind, and body for all.

A NOTE FROM OUR STAFF

New YMCA Member,

Thank you for becoming a member of the Greensburg YMCA! We encourage you to take advantage of the unique opportunity to become involved in our wide variety of programs and classes.

The purpose of this packet is to inform you of important information regarding the benefits of becoming a YMCA member, including our Health and Wellness options, available programming, facility amenities and our Code of Conduct. For the most up to date information, we encourage you to visit our website at www.greensburgymca.org.

As a non-profit, charitable, volunteer-led organization, we are much more than a fitness facility. We acknowledge that most of our members are here to become healthier in spirit, mind and specifically, body. We also want Members to know they are a part of a much larger organization that offers an Early Childhood Learning Center, Adult Training Facility, Before and After School Enrichment, scholarships for programming, membership and child care. Our enclosed Program Brochure details all that the Y has to offer.

Listed below are the names and email addresses of our employees in leadership roles within our YMCA. If you have general questions regarding their departments, please contact them directly. Please note that we are always looking for feedback from our members and program participants to ensure we are meeting your needs. Suggestions can be made online or on the comment cards located in the lobby and throughout the facility.

YMCA Staff

OUR STAFF

Tyler Liebmann – Executive Director
Debby King – Director of Membership
Stephanie Sites - Director of Early Childhood Learning
Brenda Willett—Director of Aquatics, Sports and Wellness
Tammy Carota—Director of ACS

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NEW MEMBER CHECKLIST



Schedule a Tour (if you haven't had one yet.)

Get familiar with your Y facility, programs and services and meet the people who will help you transform your life.



Get Connected and Stay Informed

Visit the Greensburg YMCA website at www.greensburgymca.org to sign in to your online account, register for programs, check schedules and find out what's happening at the



Sign-Up For Remind Notices

Text @gbgalerts to 81010 to sign-up for Greensburg YMCA alerts that inform members of any cancellations or urgent notices.



Review Policies and Procedures

Review the Policies and Procedures literature provided in your New Member Packet. This packet provides you with important information regarding things like membership dues, cancellation policy, equipment use and more.



Code of Conduct

We want everyone to have an enjoyable experience when visiting the Y. Please Review the Code of Conduct document provided in your New Member Packet and familiarize yourself with our expectations.



Scan your barcode tag!

We ask that each and every member entering our facility scan their barcode tag. This is done for safety purposes and to prevent theft of service.



Group Exercise Schedules

We offer a wide variety of group exercise classes! Schedules are available online and at the Welcome Center. Check out a class today!

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QUESTIONS? Contact the Welcome Center at: 724-834-0150

OUR POLICIES

MEMBERSHIPS

1. Memberships are non-refundable and non-transferrable.
2. Teen Memberships under 18 and draft information must be signed by the Teens's parent or legal guardian.
3. Members must be current on their dues to be considered a member in good standing and gain access.
4. Members must scan their membership card in order to enter our facility.
5. Members must have their picture taken for identification purposes.
6. To ensure we have a safe and secure facility, members are NOT permitted to hold doors for anyone or give entry to non-members without first checking in at the Welcome Center. Allowing non-members entry without staff approval is considered theft of service and will result in forfeiture of membership.
7. Any member lending his/her membership card will forfeit their membership, and no refund will be given.
8. All credit card and EFT draft returns will be assessed a fee of \$30.00 per transaction returned.
9. A non-refundable joiners fee is charged at time of registration.
10. Memberships will not be refunded or extended due to lack of usage/business/travel.
11. The Greensburg YMCA has a zero tolerance policy in regard to those persons who are convicted sex offenders.

CHILD PROTECTION

The Greensburg YMCA reviews all members, non-members and guests against the National Registry of Sex Offenders and cross reference the Pennsylvania Megan's Law registry. All new members and guests over the age of 18 must present a valid photo ID to use our facilities or participate in programming. Failure to present a valid ID upon request may result in denied access until a valid photo ID is produced.

GUESTS

1. Adult Members are permitted two (2) guest passes per year. **MEMBERS UNDER 18 ARE NOT PERMITTED GUESTS.**
2. Guests are permitted to visit only two (2) times per year.
3. Guests must be accompanied by the member at all times.
4. Adult guests who have used their two (2) free passes may purchase day passes for \$10 each.
5. Guests are subject to the Code of Conduct as outlined on page three (3).

CANCELLATION OF MEMBERSHIP

1. Memberships must be cancelled in person through the Welcome Center Staff or by using the online form.
2. Cancellations done on or after the 1st of the month will be terminated on the last day of the month. The Member will be billed for the current month and will have access to the facility through the end of the month.

CODE OF CONDUCT

The Greensburg Y strives to provide a safe and welcoming environment for all members, guests, and program participants. To promote safety and comfort for everyone, all individuals are asked to act appropriately at all times when in our facilities or participating in our programs.

We expect persons using the Y to act maturely, to behave responsibly, and to respect the rights and dignity of others. Our Code of Conduct lists examples of prohibited actions. Such actions include, but are not limited to, the following:

- 1) Using, possessing, buying, selling, or delivering alcohol or illegal substances on Y property, in Y vehicles, or at Y sponsored programs;
Smoking on Y property – the Y and its property is a smoke-free environment;
- 2) Carrying or concealing a weapon and/or any device or object that may be used as a weapon, exception for qualified law enforcement;
- 3) Harassment or intimidation by words, gestures, body language or any type of menacing behavior;
- 4) Physical contact with another person in an angry, aggressive, or threatening way;
- 5) Verbally abusive behavior, including profanity, angry or vulgar language, name-calling or shouting;
- 6) Sexually explicit conversation or behavior; any sexual contact with another person on Y property, in Y vehicles or at Y sponsored programs;
- 7) Unsafe or inappropriately distracting, immodest, or sexually revealing attire;
- 8) Theft or behavior that results in the destruction or loss of property or injury to a person;
- 9) Loitering within or on grounds of the Y;
- 10) Engaging in conduct that unreasonably interferes with another member or staff person's enjoyment of the Y;
- 11) Use of cell phone cameras and other electronic camera devices in restrooms, showers, and locker rooms at all Y facilities.

Members, guests and program participants are encouraged to take responsibility for their personal comfort and safety by kindly asking any person whose behavior threatens their comfort or unreasonably interferes with their enjoyment of the Y to refrain from such behavior. Anyone who feels uncomfortable in confronting a person directly should report the behavior to a staff person. Y staff members are ready to be of assistance.

In order to carry out these policies, we ask that members, guests and program participants identify themselves to staff when asked. The Director of Membership will investigate all reported incidents. **The Y reserves the right to deny access, revoke membership, and/or remove any person from the facility who violates any of the above behaviors, or engages in any other behavior that may be detrimental to others.**

THREE STRIKES RULE

While the Y staff have the right to deny access at any time. The following disciplinary policy has been put in place for Code of Conduct violations not warranting immediate termination:

1st Offense: Verbal Warning

2nd Offense: Suspension of Membership for a minimum of three (3) days

3rd Offense: Termination of Membership for a minimum of one (1) year.



GENERAL INFORMATION

YOUR Y IS EVERY Y

Greensburg YMCA Members have access to YMCA's across Pennsylvania at no extra charge through the PA Reciprocity Agreement. Members must use the Greensburg YMCA as their main Y at least 50% of the time.

AWAY PROGRAM

As a Greensburg Y Member, when you're traveling, you can enjoy AWAY (Always Welcome at the Y) privileges at over 2,000 YMCAs across the country (outside a 50-mile radius of your home YMCA). To find a participating Y anywhere in the country, call 888-333-YMCA or go to www.ymca.net.

SOCIAL MEDIA

facebook

We strongly encourage Members to LIKE us on Facebook to get up to date information on new programs, special events, postponements, cancellations, etc. Visit us at www.facebook.com/gbgymca

remind

Remind is a free, safe, and simple messaging tool that helps us share important updates and reminders with our Members. To receive messages, text @gbgyalerts to 8010. You can opt out of messages at any time by replying, 'unsubscribe @gbgyalerts'.



Visit our website at www.greensburgymca.org for a detailed look at all aspects of our YMCA. Our Quick Links section on our home page has the most sought out information including: Membership Information, Group Exercise, Pool and Gymnasium Schedules, Program Information and much more!

FINANCIAL ASSISTANCE

The Greensburg YMCA offers quality affordable programs and services designed to benefit people of all incomes and backgrounds. The Greensburg Y provides financial assistance as funds are available to individuals and families who otherwise might not be able to participate in membership or programs. The YMCA's financial assistance program is made possible through contributions to our Annual Campaign.

GIVE TO THE Y

ANNUAL CAMPAIGN

Give the gift of possibility by donating to our Annual Campaign which provides financial assistance to individuals and families who might not be able to participate in membership or programs due to financial difficulty or temporary need. Every dollar raised goes directly to help children, individuals and families in need. Visit our website or inquire at the Welcome Center for more information. Please consider a donation today, any amount helps!

VOLUNTEER

We have opportunities within four committees including our Facilities, Program, Membership & Marketing, and the Fund Development Committee. Each committee meets up to 10 times per year to assist the Y Board and management with decisions to improve our Y and community. In addition to committee volunteer opportunities, we are always looking for individuals interested in service projects, internships, volunteer, coaching, custodial/maintenance, administrative work, and collaborative projects.

OUR POLICIES

LOCKER ROOMS

We offer four (4) total locker rooms with plenty of lockers and showers.

1. Ladies/Girls Locker Room.
2. Men's Locker Room.
3. Family Changing Locker Rooms: Our 2 Family Changing Locker Rooms are located in the main pool area and are intended for families with young children and individuals with disabilities.

FOOD

Food is not permitted in the Cardio, Cybex, Free Weight and other Fitness Areas, other than water and small work out drinks.

APPROPRIATE DRESS

1. Shirts, shorts, pants, and closed-toe athletic shoes are appropriate for wellness areas. Midriffs should be covered.
2. No bathing suits are permitted outside of the pool and locker areas.

Pool:

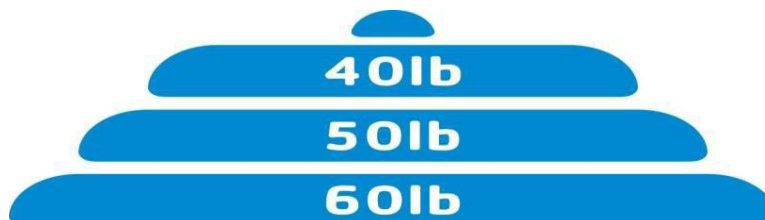
1. Modest bathing suits only and no cut offs, shorts or undergarments permitted.
2. Long hair must be tied back or in a bathing cap.

POOLS

1. The lifeguard has complete authority on the Pool Deck.
2. Swimming is permitted only during scheduled hours when lifeguard is on duty.
3. No running, pushing or shoving allowed in Pool Area.
4. No prolonged breath holding permitted.
5. Parents/Legal Guardians of non-swimmers must be within arm's reach at ALL times.

CARDIO, WEIGHT MACHINE & FREE WEIGHT ROOMS

1. Equipment is to be wiped down after each use.
2. Outside Personal Trainers are strictly prohibited.
3. Please limit cardio usage to two hour increments during peak times, no reservations.
4. Please re-rack weights and return equipment/accessories to proper location.
5. Staff are available to assist with equipment orientation, please ask at the Welcome Desk.



OUR POLICIES

GYMNASIUM

1. Refer to the gym schedule located online for open gym dates and times.
2. There are two Courts, Court A and Court B.
3. Basketballs, volleyballs and soccer balls are available for loan by trading collateral for the equipment. Unreturned equipment will be charged to the Member's account.

GROUP EXERCISE

1. Entering and leaving a class after it has started is at the discretion of the instructor. Members should inform the instructor prior to the start of class if they plan to leave early.

RACQUETBALL

1. YMCA Members may reserve the court, in person or over the phone, up to 24 hours prior.
2. Two hour maximum limit.
3. Wallyball reservations can be made 24 hours prior for a two hour maximum/limit.
4. Players must check in to the Welcome Center prior to playtime.
5. Goggles and proper footwear are required.
6. Black sole shoes are not permitted.

CHILDREN AND TEENS

TEEN GUEST POLICY

TEEN members under 18 ARE NOT permitted guest passes.

Safety Orientation

Teens and Children are required to have a safety orientation of the equipment. Wellness Staff will conduct these by appointment only. Contact the Welcome Center for more information.

FAMILY FUN NIGHTS

ALL members are encouraged to bring their family with them to the Greensburg Y on the THIRD FRIDAY of every month for fun activities! Call Member Services for more information.

CHILDREN AND TEENS

GENERAL RULES

1. **Children 12 and under must be accompanied by a Parent or Guardian in Locker Rooms.**
2. Children 10 and under must be supervised at all times while in the facility, unless participating in teams or programs.
3. Non-Members under 16 may not buy day passes unless accompanied by an adult and a waiver has been signed. Non-Members 16-17 may purchase day passes for themselves if a waiver signed by a parent or guardian is on file.
4. Members under age 18 do not receive guest passes.
5. Children and Teens are to abide by the Code of Conduct and are subject to the Three Strikes Rule.
6. Parents or Legal Guardian are to abide by the following chart which details accessibility and restrictions.

6 Months - 7 Years
Child Watch Gymnasium with Parent or Guardian Racquetball Court with Parent or Guardian Pools with Parent or Guardian* in Pool *Non-member parent/guardian must purchase a Day Pass
8 - 10 Years
Child Watch Gymnasium with Parent or Guardian Racquetball Court with Parent or Guardian Pools with Parent or Guardian Supervision Cardio Room with Parent or Guardian and Safety Orientation Weight Machine Room with Parent or Guardian and Safety Orientation Group Exercise Limited to Non-Weight Bearing Classes (and at Group Exercise Instructor Discretion)
11 - 12 Years
Child Watch Gymnasium Racquetball Court Pools Cardio Room with Parent or Guardian and Safety Orientation Weight Machine Room with Parent or Guardian and Safety Orientation Group Exercise Limited to Non-Weight Bearing Classes (and at Group Exercise Instructor Discretion)
13 - 15 Years
Gymnasium Racquetball Court Pools Cardio Room Weight Machine Room Free Weight Room with Parent or Guardian and Safety Orientation Group Exercise Limited to Non-Weight Bearing Classes (and at Group Exercise Instructor Discretion)
16 - 17 Years
Gymnasium Racquetball Court Pools Cardio Room Weight Machine Room Free Weight Room with Safety Orientation and Parent Signed Waiver Group Exercise Limited to Non-Weight Bearing Classes (and at Group Exercise Instructor Discretion)