

## WELCOME TO THE SEWICKLEY VALLEY YMCA

We consider it our privilege to serve you as a member of the Y. You are now a member of one of the finest and largest human service organizations in the world. We became a leading nonprofit by helping people everywhere develop the skills and relationships they need to be healthy, confident and connected to others.

While our programs and facilities are always based on the unique needs and interests of our communities, every Y has one thing in common: our people.

The volunteers, members, staff and donors of the Y are all united by a deep commitment to strengthening our communities.

This guide has been designed to answer your questions and to help you become more involved in the YMCA. Please don't hesitate to call upon one of our staff if you have additional needs or if we can be of assistance in any way.

Thank you for joining the Sewickley Valley YMCA.

Trish Hooper  
Chief Executive Officer

### OUR MISSION

To build a healthy spirit, mind and body based on Christian principles and to improve the quality of life for children, individuals and families in the Ambridge Area, Cornell, Moon Area, and Quaker Valley school districts.

### CORE VALUES

Our four core character development values of Caring, Honesty, Respect and Responsibility are shared beliefs and essential principles that guide our behavior, interactions, programs, curriculum, and decision-making at the Sewickley Valley YMCA.

### OPEN TO ALL

Services shall be provided without regard to race, religious creed, color, disability, ancestry, national origin, age or sex. Services shall be made accessible to individuals with disabilities through the most practical and economically feasible methods available. The Sewickley Valley YMCA will make every effort to accommodate non-English speaking individuals.

### HOURS OF OPERATION

Monday – Friday, 5 a.m. – 9 p.m.

Saturday, 6:45 a.m. – 5 p.m.

Sunday, 8 a.m. – 5 p.m.

Please note that all members must exit the building at closing time.

\*In inclement weather, the Y will post closings and delays on our website, social media and the welcome phone message.

### HOLIDAY HOURS

The Y is closed on Easter Sunday, Christmas Eve, and Christmas Day. The Y is open from 8 a.m. to 2 p.m. for recreational use on the following holidays: New Year's Day, Good Friday, Independence Day, Thanksgiving, Martin Luther King, Jr.'s Birthday, Memorial Day and Labor Day.

\*During the holiday hours of operation, Kid Zone will be closed. Please consult the website for pool hours and availability. All programs will resume on the following business day. Hours are subject to change when the holiday falls over the weekend.

### PARKING

Members are permitted to use the YMCA parking lots only when using the YMCA facilities. Parking stickers for members should be visible on or in the car. Illegally parked vehicles will be towed at the owner's expense.

- Healthy adults and teens are asked to park in the upper lot located above the YMCA tennis courts. Please show courtesy to our disabled, elderly and members with young children by allowing them to park in the lower lot closest to the facility.
- For convenience, 15-minute parking spaces are located at the YMCA entrance.

### ACCIDENTS

Should an accident, injury or incident occur while you are at the Y, contact a staff member immediately.

### THUNDER AND LIGHTNING STORMS

When thunder or lightning is present, all members and staff will be cleared from the water and pool decks. Individuals should not re-enter the pools or spa area until 20 minutes after the last sound of thunder or the last sighting of lightning.

### FIRE

If the fire alarm sounds, all patrons must evacuate the facility immediately. Please note the location of the emergency exits throughout the facility and follow the directions provided by the YMCA staff during an alarm or evacuation. We do not practice facility-wide fire drills.

### CAMERAS AND MOBILE DEVICES

Cameras or recording devices of any kind are strictly prohibited in the YMCA locker rooms. This is to ensure the privacy of all members and guests. Use of a camera or recording device of any kind may result in the loss of your membership. Additionally, members may not photograph or include others in photos or video recordings without their consent.

### SCENT POLICY

Our YMCA strives to create a pleasant and healthy environment for all. The YMCA encourages members, guests and staff to be mindful of their use of scented products, including lotions, oils, colognes, perfumes, sprays and products intended to be smoked or inhaled. These products may be irritants to others and create health issues for people with allergies or respiratory issues.

The YMCA can refuse access to anyone whose added scents are overpowering or irritating to others. This includes odors of tobacco products and marijuana use. The YMCA is a tobacco-free and drug-free campus.

We appreciate your efforts to help us create a pleasant and healthy environment for all.

### THIRD-PARTY SERVICES

Non-YMCA staff are prohibited from conducting personal/group training, swim instruction, sports-specific training and all other instruction of others at the Sewickley Valley YMCA. Those leading and participating in the non-YMCA training will be asked to leave the property immediately and prohibited from using the facility.

### CODE OF CONDUCT

The YMCA is an inclusive, family-friendly organization. We expect all our members, guests and staff to model our four values of caring, honesty, respect and responsibility in their conduct and language. Anyone who is uncomfortable should report the behavior to a staff person or the building supervisor on duty. Members and guests should not hesitate to notify a staff member if assistance is needed.

The Sewickley Valley YMCA has the right to terminate a membership at its discretion if actions or behaviors are not deemed in the best interests of the organization.

Our Member's Code of Conduct outlines below a list of behaviors considered inappropriate in our facilities or programs, including but not limited to:

- Smoking or vaping on YMCA property; the YMCA and its property are smoke-free environments.
- Using or possessing illegal substances (or alcohol) on YMCA property, in YMCA vehicles or at YMCA-sponsored programs.
- Verbally abusive behavior, including angry or vulgar language, swearing, name-calling or shouting.
- Harassment or intimidation by words, gestures, body language, or any type of menacing behavior.
- Physical contact with another person in an angry, aggressive or threatening way.
- Sexually explicit conversation or behavior; any sexual contact with another person.
- Inappropriate, immodest, or sexually revealing attire.
- Loitering within or on the grounds of the YMCA.
- Theft or behavior that results in the destruction or loss of property
- Carrying or concealing a weapon or any device or object which may be used as a weapon.

### CHILD SAFETY

All members are screened through a national sex offender registry upon entry to any of our local Ys. Our membership database is regularly screened, and results are reviewed by Y staff.

### DRESS CODE

- In all areas of wellness, clothing must cover body parts normally covered by a bathing suit for women and, men must also wear a shirt. Any apparel that has inappropriate, vulgar, or profane language or gestures is prohibited. Appropriate footwear includes athletic shoes that cover the entire foot. Clogs, Keens, sandals, flip flops, slides, socks and bare feet are not permitted in the gyms, Free Weight room or Wellness Center.
- Appropriate swimwear must be worn in the swimming pools and hot tub. Infants are required to wear a swim diaper. Members must shower before using the swimming pools and hot tub.
- Street shoes are prohibited in hot tub, steam room, or sauna areas. This is to prevent bringing in dirt, debris, or bacteria. For your safety, please wear non-slip shoes throughout the Y; floors may be wet, so caution is urged at all times.

## LOCKER ROOM FACILITIES

The Sewickley Valley YMCA is fortunate to have many locker rooms to accommodate the needs of our members.

Lockers are available for daily use during your visit to the Y.

- Members are asked to leave their valuables at home.
- If you bring valuables, please use the wallet lockers on the first floor next to the elevator or the wallet lockers next to the indoor track, or secure your belongings in a locker in the appropriate locker room.
- The Sewickley Valley YMCA is not responsible for lost or stolen property
- Locks are strongly advised but are not provided by the Y.
- The Y will keep several locks available for members who forgot to bring their locks.

**ADULT LOCKER ROOMS** are for women and men aged 18 and over.

- The Women's locker room is on the first floor, just beyond the Welcome Desk.
- The Men's locker room is on the lower level at the base of the stairs.
- Please note the adult locker rooms are for those 18 and over.

**YOUTH LOCKER ROOMS** are for use by youth ages 6 through 17.

- The Girls' Locker Room is located adjacent to the Women's locker room on the first floor.
- The Boys' locker room is located beside the Men's locker room on the lower level.
- Parents or guardians may use the appropriate youth locker room when accompanying their same-sex child age eight or under.
- Parents and guardians may bring an opposite-sex child, age 24 months or younger, into the youth locker room when attending to their same-sex child, age eight or under.
- Adults or guardians are not permitted in the youth locker rooms at any time without their children.

**THE FAMILY LOCKER ROOM** is reserved for parents with children who require assistance to change and for adults who need the assistance of another adult to change.

An adult changing table in the Family Locker Room provides safer transfers, comfortable positioning, and a secure space for caregivers to aid adults who may need assistance.

## DIAPER CHANGING

- Diaper changing facilities are in the girls' locker room, Family locker rooms and Kid Zone.

## YOUTH & TEEN FACILITY GUIDELINES

### CHILDREN AGED OF 7 & UNDER

Must always be under the direct supervision of a parent/guardian unless enrolled in a staff-supervised program or activity.

### CHILDREN, AGES 8-13

Must always be under the direct supervision of a parent/guardian unless enrolled in a staff-supervised program or activity during the following days and times.

Monday - Friday: 5 - 11 a.m.

Saturday: 6:45 - 9 a.m.

Sunday: 8 - 5 p.m.

### TEENS, AGES 14 & OVER

Teens ages 14 and older may use the Sewickley Valley YMCA during all regularly scheduled hours and participate in group, aquatic, and lap swimming.

### HEALTH & WELLNESS CARDIOVASCULAR EQUIPMENT

Youths ages 10-13 may use age-appropriate cardiovascular equipment without the supervision of a parent. We strongly recommend attending a safety/proper use orientation.

### STRENGTH TRAINING

Teens 14 and over are permitted to use the free weights and selectorized weight equipment.



# MAKING EVERY DAY GREAT

A guide to making every visit to the Y safe and enjoyable.

SEWICKLEY VALLEY YMCA

For a full list of membership guidelines and policies, please visit us online at [www.sewickleymca.org](http://www.sewickleymca.org)