



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LIVING OUR CAUSE

MEMBER HANDBOOK
YMCA OF CENTRAL VIRGINIA



DOWNTOWN YMCA | JAMERSON FAMILY YMCA | YMCA ON OLD FOREST ROAD

WELCOME

TO THE YMCA OF CENTRAL VIRGINIA

Congratulations! You now belong to a powerful association of men, women and children joined together by a shared commitment to nurturing the potential of kids, promoting healthy living and fostering a sense of social responsibility. Every day we work side by side with our neighbors in the communities we serve to ensure everyone has the opportunity to learn, grow and thrive.

This handbook serves as your guide to learning the policies and procedures at the YMCA of Central Virginia. As a member, you can access various programs and services designed to help you strengthen your spirit, sharpen your mind, and build your body. Personal training, yoga, pilates, cycling classes, aquatic exercise, and swim lessons are just part of what you will find offered at the YMCA of Central Virginia. Regardless of age or fitness level, the Y has something for everyone.

As a community-based, charitable, collaborative organization that is volunteer-driven, the YMCA derives its strength from its community roots and volunteers. Through collaborations with schools, hospitals, and other non-profit organizations, we can further enhance and expand our programs and services. We encourage you to take full advantage of your membership and get to know the staff and members at your Y. Please stop by the Membership Services Desk if you have questions.

MISSION



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

VISION

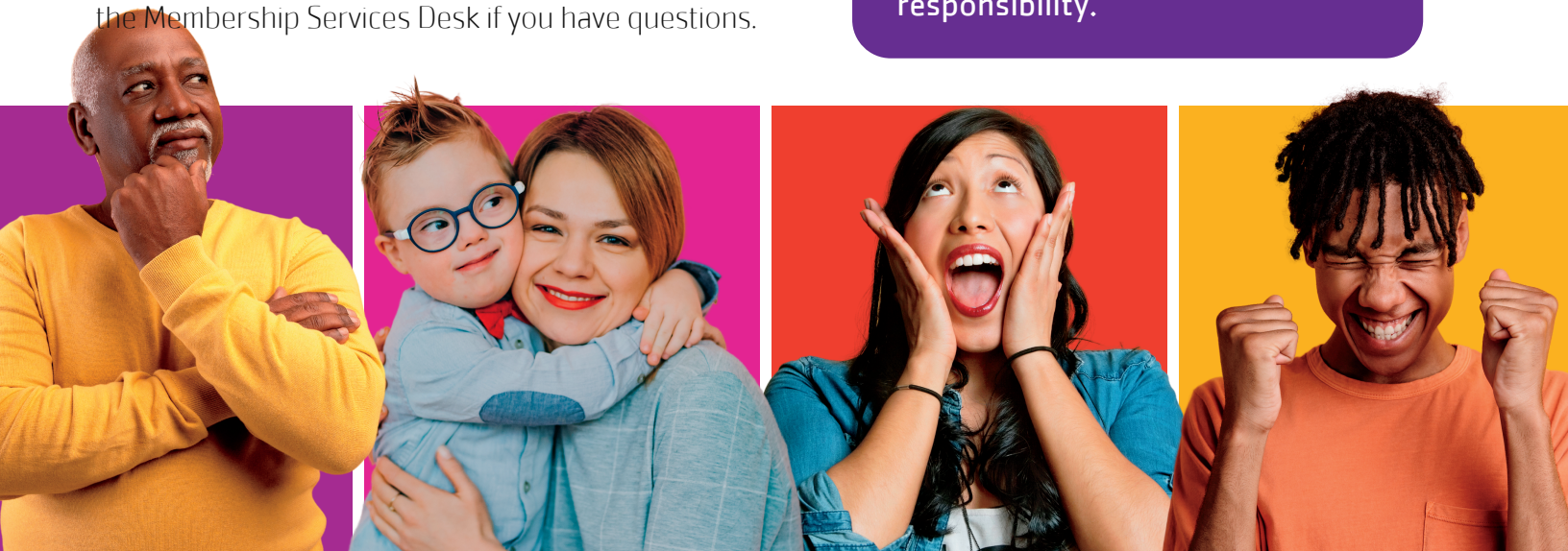


To be the leading community-based, charitable organization that embraces collaborations to building a better community for us all.

VALUES



To practice the principles of caring, honesty, respect, and responsibility.



MEMBERSHIP MEANS MORE

What's included in my YMCA membership?

As a Y member, you belong to a health movement. The Y makes a significant impact on individual lives and communities every day. The Y gives back to individuals in need through the Annual Campaign, which supports our donor-supported financial assistance program, ensuring that no one is turned away due to an inability to pay.

In addition to being a part of an amazing community of men, women, and children from all walks of life, you will have access to three different facilities for a total of 160,000+ square feet of health and wellness services.

- Child Watch services while you work out
- Access to EGYM Smart Machines
- FREE Fitness Orientations
- Unlimited Group Fitness Classes (over 100 each week)
- Kidz Gym Interactive Gym and Family Center
- Water Fitness Classes, Lap Swimming and Family Swimming
- Indoor Cycling
- Basketball Court with Open Gym
- Showers and Locker Rooms
- Three Racquetball Courts
- No Contracts or Hidden Fees
- Nationwide Membership Privileges
- Senior Programs including health seminars, wellness activities and engaging clubs
- Special Member Rates for Premier Programs and Classes, Summer Camp, Before & After School Care, Swim Lessons, Youth Sports and more!

STATEMENT OF DIVERSITY AND INCLUSION

The YMCA of Central Virginia is an organization of people joined together by a shared commitment to ensure that everyone has the opportunity to learn, grow and thrive. By prioritizing diversity and inclusion, we seek to ensure that all segments of society have access to the YMCA and feel welcome and fully engaged as participants, members, staff and volunteers.



VISITORS & GUESTS

Since the YMCA is a membership organization, we strive to better serve our dues paying members. We do welcome guests and encourage members to bring a guest to visit the Y to see the facility and amenities we offer. Guests are asked to adhere to the following policies and procedures.

IN-TOWN GUESTS

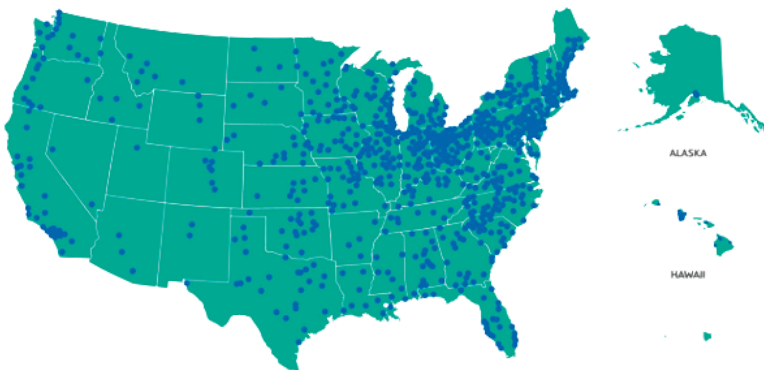
Guests are allowed to come with a member. Guests over the age of 18 must pay \$15.00 for the day. Guests 17 years and younger must pay \$10.00 for the day. All guests must be with a member 18 years or older. All guests must show ID and complete a guest registration form and be identified as such. *In-Town guests are limited to 3 visits per calendar year.

IN-TOWN GUESTS WITHOUT A MEMBER

Guests are not permitted to use the facility without a member. The YMCA of Central Virginia does not allow day passes.

OUT-OF-TOWN GUESTS

Any out-of-town guest will be allowed use of the facility if accompanied by a member at no charge for one week (7 CONSECUTIVE DAYS). The guest must have proper out of town identification and must reside 60+ miles from a YMCA of Central Virginia facility. Member must accompany the guest every visit.



OUT OF TOWN GUESTS WITHOUT A MEMBER

If an out-of-town guest that is in the area on business/vacation and is not a current member of another Y, and wishes to use the YMCA of Central Virginia, they will need to purchase a ONE WEEK OUT OF TOWN

GUEST PASS (7 CONSECUTIVE DAYS) for \$35/week.

*Guests are not allowed to participate in adult basketball.

*Members are limited to a MAX of 3 guests per visit.

NATIONWIDE MEMBERS

Nationwide Membership is valid for all YMCAs in the US.

Nationwide Members traveling for business or vacationing in the area are subject to the rules of the Nationwide Membership policy. National members are not permitted to bring guests to the YMCA of Central Virginia.

Visitors to other Ys must present a valid YMCA membership card and photo ID upon the first visit and complete a visiting member waiver or standard membership application form with a liability waiver. YMCA Members participating in the Nationwide Membership program must use their home YMCA facility at least 50% of the time. Access may be denied if this rule is broken.

Participating YMCAs reserve the right to restrict facility or program access. Agencies or Group Usage Agreements exclusive to the YMCA of Central Virginia do not qualify for Nationwide Membership.

MEMBER AGREEMENT

The YMCA of Central Virginia aims to provide a safe environment and programs for you, your family, and your guests. The YMCA offers exciting, life-enhancing programs that involve exercise, travel, engagement, recreation, learning, and sports.

We have developed guidelines and policies for members and guests to follow to maintain a safe and pleasant environment. These guidelines apply to any premises that any YMCA of Central Virginia program operates. These guidelines are meant for YMCA of Central Virginia members, guests, and volunteers.

We appreciate your partnership in creating a safe place for all.



PLEASE NOTE THAT THE FOLLOWING ACTIONS
MAY RESULT IN YOUR MEMBERSHIP OR GUEST
PRIVILEGES BEING REVOKED OR SUSPENDED

MEMBERSHIP

- Allowing someone else to use your membership card or assisting unauthorized non-members in entering the YMCA.
- Two returned bank drafts or closed accounts.
- The Y reserves the right to deny access or membership to any person who has been convicted of any crime involving sexual abuse or has been registered as a sex offender.
- The Y also reserves the right to suspend access or membership to any person accused of criminal behavior and the above pending the outcome of any charges or court proceedings.
- All members 18 years and older will be screened through a sex offender registry.

CAMERAS

- Camera usage is prohibited in the locker rooms—use of any camera or other recording device.

YMCA PROPERTY

- No soliciting or loitering.
- Stealing. This includes removing any YMCA property from the building.
- Deliberate destruction or abuse of YMCA equipment or facilities. Member will be responsible for expenses.
- Remaining on the YMCA premises after closing.
- Possession of any weapon including those permitted to carry concealed weapons.

COACHING, INSTRUCTING, OR PERSONAL TRAINING

- Unauthorized coaching, instructing and/or training is not allowed within the YMCA.

CONDUCT

- Threatening members or staff either physically or verbally.
- Use of profanity towards staff or other members.
- Being under the influence of, having possession of, or selling drugs and alcohol.
- Sexual advances, activity, or harassment.
- Continued violation of YMCA rules.

DOWNTOWN YMCA


FREE WEIGHT AREA

- Ages 13 and up may utilize the free-weight area without adult supervision.
- Ages 11 - 12 may utilize the free weight area after a Y Fit orientation.
- Level 2 Orientation with adult supervision on Y Fit-approved equipment.
- Wear proper athletic footwear and attire.
- Place personal belongings in a designated area.
- Spotters are recommended.
- Collars on barbells are recommended.
- Refrain from resting plates on the floor, machines, or walls.
- Re-rack plates on assigned racks.
- Dropping weights is not permitted.
- Leave weight benches in assigned areas.
- Clean equipment before and after usage with provided cleaning supplies.
- Be respectful with language and actions toward others.

LOCKER ROOM GUIDELINES

- Camera/Video phone usage is NOT ALLOWED within the YMCA.
- The YMCA is committed to protecting members and guests from unauthorized photos.
- Ages 18 and up must use the adult Men's & Women's locker rooms.
- Ages 18 and under must use the universal locker rooms or boys and girls (youth) locker rooms. Members and guests ages five years and older should use their same-gender youth locker room or bathroom facility.
- Universal locker rooms are available for parents/supervising guardians with opposite-gender children. The universal locker rooms are also available to those who require special assistance or desire privacy.
- Lockers are day use only.

FAMILY POOL GUIDELINES

- Running and horseplay are not permitted. 
- Swimming is permitted only when the lifeguards are in position and rescue ready.
- Food, gum, and glass are not permitted in aquatic areas.
- Appropriate swimwear is required. Refrain from wearing cut-offs, t-shirts, or disposable diapers.
- Personal floatation devices are only allowed with direct in-water supervision by a parent or guardian. Direct In-water supervision - parent/guardian in the water within arm's reach of the child.
- All children 12 & under without in-water supervision must pass a swim test. A swim test is required each visit.
- Please exit the pool at the sound of one long whistle blast.

WELLNESS CENTER

- Ages 13 and up may utilize the wellness area without adult supervision.
- Ages 11 -12 may utilize the wellness area with adult supervision and a Y-Fit Orientation on approved equipment.
- Wear proper athletic footwear and attire.
- Return all equipment from machines upon completion.
- Limit time on cardio equipment to 30 minutes during times when others are waiting.
- Be courteous and allow others to work in during sets.
- Abuse of equipment is not tolerated.
- Cell phone usage in the following ways is not permitted.
 - Talking or texting while on a machine, while others are waiting to work in.
 - Any use of phone cameras, video, or photography.
 - Usage that is disruptive to others such as conversation or music.
- Please use only drinking bottles with sealable lids.
- Please wipe down equipment before and after each use with the cleaning supplies provided; do not spray electronic consoles directly.

AQUATIC CENTER GUIDELINES

Ages 13 and up

- May use the pool without a parent or guardian present in the building.

Ages 11-12

- May use the pool if they pass a swim test and a parent or guardian is present on YMCA premises.

Ages 7-10

- Must have a parent or guardian present in the pool area.

Ages 6 & under

- Must have a parent or guardian present in the water.

The Hot Tub is for ages 16 & up only

- Age requirements for the hot tub may be adjusted based on the discretion of the Family Center Executive Director for the safety of our members, guests, volunteers, and staff.

Swim Test Required for Ages 12 & under

- If a child does not pass or does not want to take the test, they must remain in the zero-entry area or have a parent in the water within arm's reach.
 - Jump feet first in deep water.
 - Swim front crawl half the length of pool.
 - Turn around and swim front crawl back to the start.

SAUNA & STEAM ROOM GUIDELINES

- Minimum age is 18 years old
- If you have a history of health problems, you must consult your doctor before using the sauna/steam room.
- Please shower before using the sauna/steam room.
- Please do not exercise, shave or groom in these areas.
- No electronic devices or paper products are permitted in the sauna/steam room.
- Please sit on a towel and use a towel or bathing suit to cover private areas when using the sauna/steam room.
- Pool shoes are allowed.
- Outside shoes and clothes are not permitted in the sauna/steam room.
- Allow a five (5) minute cool down period after exercising before you enter the sauna/steam room.
- Limit your exposure to ten (10) minutes per sitting.
- Avoid dehydration and drink plenty of water before entering and after using the sauna/steam room.



HOT TUB GUIDELINES

- Minimum age 16 years old.
- 15 & under not permitted within 1 ft of the hot tub.
- Limit your exposure to ten (10) minutes per sitting.
- Allow a five (5) minute cool-down period after exercising before you enter the hot tub.
- If you are pregnant or have a history of health or medical problems such as high blood pressure, heart disease, and respiratory problems you should avoid exposure to high heat.
- You should consult your doctor before using the hot tub.
- Drink plenty of water before and after using the hot tub.
- Appropriate swimwear is required.
- The hot tub is for relaxing, please do not exercise.
- Electronic devices, newspapers, books, or other paper products are not permitted in the hot tub.
- Please exit the hot tub at the sound of one long whistle blast.



CHILD WATCH

- Child Watch is intended to be a drop-in service for Y members and guests.
- Staff is CPR/First Aid/Emergency Oxygen certified and trained in child abuse prevention. The YMCA is a mandated reporter.
- Children are eligible to use Child Watch with a family membership only.
- There is a 2-hour time limit per morning OR evening session and a 3-hour time limit per day.
- Parents MUST remain inside the Y while children are checked in.
- There is a 15-minute cry limit.
- Comforting items from home are encouraged.
- Child Watch is for ages 8wks - 5yrs old.
- We are not permitted to change diapers. Parents will be notified and must change children with wet or soiled diapers.
- Children should not participate in Child Watch if one or more of the following conditions exist:
 - A fever higher than 100 degrees. The child must be fever free for at least 24 hours without fever-reducing medication before they can return.
 - Continuous and/or colored nasal drainage.
 - Diarrhea
 - Vomiting within the last 24 hours
 - Any communicable diseases (pink eye, head lice, skin rash, chicken pox, whooping cough, cold sores)
 - Any condition that makes the child uncomfortable or disallows the staff to care for the child safely.

GYMNASIUM GUIDELINES

- All patrons must check in at the membership services desk.
- Anyone under the age of 11 MUST be accompanied by an adult.
- Wear proper athletic non marking footwear and attire.
- Any type of food or drink is prohibited in the gym. Plastic water bottles are permitted.
- Alcohol and other illicit drugs are prohibited.
- Basketballs are available for check-out at the Member Services desk and should be returned after use.
- No outside music or music sources may be used in this area.
- No dunking or hanging on the rim.
- Full court pick-up games may not take place during designated times. The YMCA has the right to discontinue a pick-up game if deemed necessary.

- All gymnasium rules and regulations are subject to change at the discretion of the YMCA. This will only be done for the safety of members, guests, and staff.
- Please lock all gym bags in the designated lockers.
- Gym bags are not permitted in the gymnasium.
- Basketballs are used for basketball play and shoot only and should not be kicked or thrown at others or the wall.
- Emergency exits are used for emergencies only. Anyone using the exits for any other purpose will be asked to leave the facility and membership may be revoked.
- Cell phone use should be limited in gym. Use of cameras, video and photography equipment is not permitted.
- Rough play, fighting and/or profanity are not permitted. Be courteous and respectful to fellow members, staff, and guests. You will be asked to leave, and membership will be revoked if not followed.

JAMERSON FAMILY YMCA

FREE WEIGHT AREA

- Ages 13 and up may utilize the free-weight area without adult supervision.
- Ages 11 - 12 may utilize the free weight area after a Y Fit orientation.
- Level 2 Orientation with adult supervision on Y Fit-approved equipment.
- Wear proper athletic footwear and attire.
- Place personal belongings in a designated area.
- Spotters are recommended.
- Collars on barbells are recommended.
- Refrain from resting plates on the floor, machines, or walls.
- Re-rack plates on assigned racks.
- Dropping weights is not permitted.
- Leave weight benches in assigned areas.
- Clean equipment before and after usage with provided cleaning supplies.
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- Please exit the pool at the sound of one long whistle blast.



WELLNESS CENTER



- Ages 13 and up may utilize the wellness area without adult supervision.
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- Wear proper athletic footwear and attire.
- Return all equipment from machines upon completion.
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Ages 7-10

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Ages 6 & under

- Must have a parent or guardian present in the water.

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- Age requirements for the hot tub may be adjusted based on the discretion of the Family Center Executive Director for the safety of our members, guests, volunteers, and staff.

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 - Jump feet first in deep water.
 - Swim front crawl half the length of pool.
 - Turn around and swim front crawl back to the start.

SAUNA GUIDELINES

- Must be 18 years old
- If you have a history of health problems, you must consult your doctor before using the sauna.
- Please shower before using the sauna.
- Please do not exercise, shave or groom in these areas.
- No electronic devices or paper products are permitted in the sauna.
- Please sit on a towel and use a towel or bathing suit to cover private areas when using the sauna.
- Pool shoes are allowed.
- Outside shoes and clothes are not permitted in the sauna.
- Allow a five (5) minute cool down period after exercising before you enter the sauna.
- Limit your exposure to ten (10) minutes per sitting.
- Avoid dehydration and drink plenty of water before entering and after using the sauna.

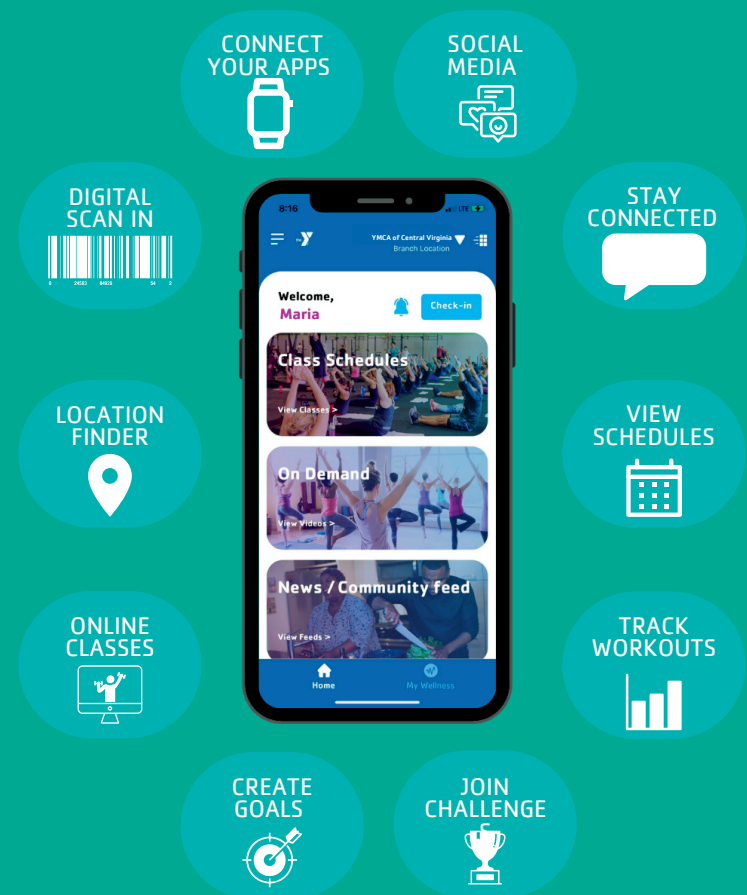
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MAXIMIZE YOUR EXPERIENCE!

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GYMNASIUM GUIDELINES

- All patrons must check in at the membership services desk.
- Anyone under the age of 11 MUST be accompanied by an adult.
- Wear proper athletic non marking footwear and attire.
- Any type of food or drink is prohibited in the gym. Plastic water bottles are permitted.
- Alcohol and other illicit drugs are prohibited.
- Basketballs are available for check-out at the Member Services desk and should be returned after use.
- No outside music or music sources may be used in this area.
- No dunking or hanging on the rim.
- Full court pick-up games may not take place during designated times. The YMCA has the right to discontinue a pick-up game if deemed necessary.

- All gymnasium rules and regulations are subject to change at the discretion of the YMCA. This will only be done for the safety of members, guests, and staff.
- Please lock all gym bags in the designated lockers.
- Gym bags are not permitted in the gymnasium.
- Basketballs are used for basketball play and shoot only and should not be kicked or thrown at others or the wall.
- Emergency exits are used for emergencies only. Anyone using the exits for any other purpose will be asked to leave the facility and membership may be revoked.
- Cell phone use should be limited in gym. Use of cameras, video and photography equipment is not permitted.
- Rough play, fighting and/or profanity are not permitted. Be courteous and respectful to fellow members, staff, and guests. You will be asked to leave, and membership will be revoked if not followed.

JAMERSON FAMILY YMCA

CHILD WATCH



- Child Watch is intended to be a drop-in service for Y members and guests.
- Staff is CPR/First Aid/Emergency Oxygen certified and trained in child abuse prevention. The YMCA is a mandated reporter.
- Children are eligible to use Child Watch with a family membership only.
- There is a 2-hour time limit per morning OR evening session and a 3-hour time limit per day.
- Parents **MUST** remain inside the Y while children are checked in.
- There is a 15-minute cry limit.
- Comforting items from home are encouraged.
- Child Watch is for ages 8wks - 5yrs old.
- We are not permitted to change diapers. Parents will be notified and must change children with wet or soiled diapers.
- Children should not participate in Child Watch if one or more of the following conditions exist:
 - A fever higher than 100 degrees. The child must be fever free for at least 24 hours without fever-reducing medication before they can return.
 - Continuous and/or colored nasal drainage.
 - Diarrhea
 - Vomiting within the last 24 hours
 - Any communicable diseases (pink eye, head lice, skin rash, chicken pox, whooping cough, cold sores)
 - Any condition that makes the child uncomfortable or disallows the staff to care for the child safely.

KIDZ GYM



- KidzGym is intended to be a drop-in service for Y members and guests.
- All members and guests must check into Kidz Gym at the time of drop-off.
- Adults 18+ must be present at the time of pick up.
- Children are not permitted in the Kidz Gym area without a YMCA staff member present.
- Children ages 5-13yrs old are welcome in Kidz Gym.
- Kidz Gym is a YMCA family member benefit.
- The child's guardian/adult must stay on the premises of the YMCA while the child is in Kidz Gym.
- Please do not leave the YMCA while your child is in Kidz Gym.
- Close-toed shoes are required for all Kidz Gym participants.
- No outside food or drink, except a water bottle, is allowed in Kidz Gym.
- Members may use Kidz Gym for up to three hours total daily, but not consecutively - two hours maximum for any consecutive period.
- We encourage kind language and behavior at all times.
- No name-calling, profanity, or obscene language.
- No pushing, shoving, kicking, or any other violent behavior.
- Safety is our priority; kids who pose harm to others will be asked to leave.
- This is a screen-free zone! We encourage kids to be active when they are in Kidz Gym. Personal electronic devices are not permitted.



YMCA ON OLD FOREST ROAD

FREE WEIGHT AREA

- Ages 13 and up may utilize the free-weight area without adult supervision.
- Ages 11-12 may utilize free weight area after a Y Fit
- Level 2 Orientation with adult supervision on Y Fit approved equipment.
- Wear proper athletic footwear and attire.
- Place personal belongings in designated area.
- Spotters are recommended.
- Collars on barbells are recommended.
- Refrain from resting plates on the floor, machines, or walls.
- Re-rack plates on assigned racks.
- Dropping weights is not permitted.
- Leave weight benches in assigned areas.
- Clean equipment before and after usage with provided cleaning supplies.
- Be respectful with language and actions toward others.

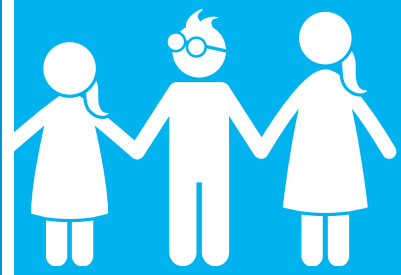
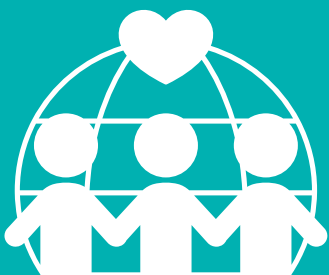
WELLNESS CENTER

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- Return all equipment from machines upon completion.
- Limit time on cardio equipment to 30 minutes during times when others are waiting.
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- Any use of phone cameras, video, or photography.
- Usage that is disruptive to others such as conversation or music.
- Please use only drink bottles with sealable lids.
- Please wipe down equipment before and after each use with cleaning supplies provided; do not spray electronic consoles directly.

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- There is a 15-minute cry limit.
- Comforting items from home are encouraged.
- Child Watch is for ages 8wks - 10yrs old.
- We are not permitted to change diapers. Parents will be notified and must change children with wet or soiled diapers.
- Children should not participate in Child Watch if one or more of the following conditions exist:
 - A fever higher than 100 degrees. The child must be fever free for at least 24 hours without fever-reducing medication before they can return.
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 - Vomiting within the last 24 hours
 - Any communicable diseases (pink eye, head lice, skin rash, chicken pox, whooping cough, cold sores)
 - Any condition that makes the child uncomfortable or disallows the staff to care for the child safely.



HOURS OF OPERATION

Y ON OLD FOREST ROAD

Mon - Thur: 5:30am - 8:00pm

Fri: 5:30am - 6:30pm

Sat: 7:00am - 4:00pm

Sun: 12:00pm - 4:00pm

DOWNTOWN & JAMERSON FAMILY YMCA

Mon - Thur: 5:30am - 9:00pm

Fri: 5:30am - 7:00pm

Sat: 7:00am - 4:00pm

Sun: 12:00pm - 4:00pm

DOWNLOAD OUR MOBILE APP

We know you're using your mobile phone more and more everyday. You can get YMCA info when you want it, where you want it, on the go!

- View group fitness schedules
- View the pool schedule
- Receive special announcements and offers
- Get important class, facility, program, and member updates.



App Store



Google Play



GET CONNECTED

Sign up for informative emails, follow us on Facebook, and Instagram. Upcoming events, promotions, program information, and special opportunities will be at your fingertips. Stay informed and engaged with your Y.

VISIT US ONLINE

Download the current program guide, register for programs online, learn about the impact your Y has on our community and more!

www.ymcacva.org



Y ON OLD FOREST RD
3408 OLD FOREST RD
LYNCHBURG, VA 24502
434.455.5996



DOWNTOWN YMCA
1315 CHURCH ST
LYNCHBURG, VA 24504
434.847.5597



JAMERSON FAMILY YMCA
801 WYNDHURST DR
LYNCHBURG, VA 24502
434.582.1900

ATTEND YOUR FREE NEW MEMBER ORIENTATION AND ASSESSMENT.

Have questions? It's time to learn all about your new Y. Get familiar with the facility, learn about programs and services, and meet the people that are passionate about helping you transform your life.

Work one-on-one with an expert from our health and wellness department to create a plan that is tailored to your specific needs. Appointments can be made with one of our healthy living coaches in the wellness center.



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