



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA of GREATER PITTSBURGH



MEMBERSHIP HANDBOOK

**CONNECT WITH
YOUR COMMUNITY**

pittsburghymca.org

YOUR JOURNEY STARTS HERE



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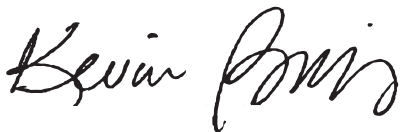
WAIVER OF LIABILITY

WELCOME TO THE Y

On behalf of the volunteers and staff of the YMCA of Greater Pittsburgh, I welcome you to our Y family. You will find that our facilities are equipped with state-of-the-art fitness equipment, program offerings that foster health and wellness and a wide variety of activities and planned events that promote positive engagement for youth and families. Our staff of well-trained and highly-skilled professionals are committed to assuring that your member experience is exceptional! With respect to your fitness level and personal needs, our dedicated staff will focus their diverse talents to assist you in achieving your individual goals. At the Baierl Family YMCA, 'WE ARE ALL IN IT TOGETHER!'

By joining the Y, you have not only made a decision to pursue a more active lifestyle, you have become part of one of the largest charitable organizations in the area. For more than 163 years, the YMCA of Greater Pittsburgh has extended its reach deeply into both urban and suburban neighborhoods to provide innovative programs and services to those who need our help the most. At every level of our organization, we have embraced the challenge to truly become "ONE Y FOR ALL." I hope you will take the time to learn more about our Y and to explore some of the many volunteer roles that are available.

Again, welcome to the YMCA Of Greater Pittsburgh!



Kevin Bolding

PRESIDENT & CEO
YMCA OF GREATER PITTSBURGH



WHY WE'RE HERE

DID YOU KNOW...THE Y IS A CHARITY?

IT'S TRUE! In fact, the Y is the leading nonprofit organization for youth development, healthy living and social responsibility. We work side-by-side with our neighbors every day to ensure that everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive. When you support the Y, you help bring about lasting personal and social change. Whether you want to nurture the potential of children and teens, improve you or your family's health and well-being or give back and support your neighbors...your involvement with the Y will positively impact those in your community.

YOUTH DEVELOPMENT

Nurturing the potential of every child and teen

Child care – Safe, nurturing environment for children to learn, grow and develop social skills.

Education & leadership – Knowledge, character development, guidance and encouragement to help youth develop and realize their potential.

Swim, sports & play – Positive, fun activities that build athletic, social and interpersonal skills.

Camp – Exciting, safe community for young people to explore the outdoors, build self-esteem, develop interpersonal skills and make lasting friendships and memories.

HEALTHY LIVING

Improving the nation's health and well-being

Family time – Bringing families together to have fun and grow together.

Health, well-being & fitness – Resources and guidance to maintain or improve physical activity, health and wellness.

Sports & recreation – Healthy lifestyle activities that bring together people with shared athletic and recreational interests.

Group interest – Social networks and activities that bring together people who share common passions and personal interests.

SOCIAL RESPONSIBILITY

Giving back and providing support to our neighbors

Social services – Training, resources and support to empower our neighbors to create change, bridge gaps and overcome obstacles.

Global services – Support systems that welcome, celebrate, educate and connect diverse demographic populations in the U.S. and around the world.

Volunteerism & giving – Voluntary contributions that fund, lead and support the Y's critical work.

Advocacy – Collaborations with policy makers, community leaders, and private and public organizations to develop youth, prevent chronic disease, build healthier communities and encourage social responsibility.



Programs offered by the YMCA of Greater Pittsburgh serve more than **90,000** individuals each year.

Closing the Achievement Gap

Eliminating Health Disparities

Providing Food Security and Aid to Financially Struggling Families



TOGETHER WE CAN BUILD A BETTER US

ANNUAL CAMPAIGN

As a Y member, you know the value of your membership and the many programs we offer. A large part of what makes the Y such a community asset is that we believe everyone should have the opportunity to belong and participate in our programs, regardless of their ability to pay. Therefore, we count on you and other friends of the Y to help by making a contribution to our Annual Campaign or to participate in an event that raises funds for the campaign. The YMCA's Annual Campaign is also supported through contributions made to the United Way. Please consider designating your United Way contribution directly to your YMCA branch. If you or someone you know is interested in becoming involved with the Annual Campaign, please contact your branch director.

OUR IMPACT

The Y is the nation's leading nonprofit committed to strengthening communities through youth development, healthy living and social responsibility. The YMCA of Greater Pittsburgh is a 501c(3) charitable organization dedicated to nurturing the potential of every youth and teen, improving the area's health and well-being and providing opportunities to give back and support neighbors. Programs offered by the YMCA of Greater Pittsburgh serve more than 90,000 individuals each year and include after-school care and childcare, outdoor camping, community outreach, sports, health and fitness, youth counseling and senior assistance. Every day, the Y works side-by-side with its neighbors to ensure that everyone regardless of age, income or background, has the opportunity to learn, grow and thrive.

HOW YOU CAN HELP

SO MANY WAYS TO GIVE

Whether it's time through volunteering, monetary donations or our matching gifts program, there are a lot of ways to help the YMCA of Greater Pittsburgh.

One of the very important campaigns that the Y runs is our Annual Campaign. Your donations go towards addressing our three main areas of focus in our communities - closing the achievement gap, eliminating health disparities and providing food security and aid to financially struggling families.

Please consider a donation to Our Annual Campaign in one of these suggested amounts:

\$100

Provides a safe place for a child to go after school

\$250

Provides a child one week of summer camp

\$400

Provides financial aid for a Family Membership



FINANCIAL ASSISTANCE

MEMBERSHIP FOR ALL – YMCA FINANCIAL ASSISTANCE

Everyone is welcome at the Y. We provide membership and program services to everyone desiring to participate regardless of race, religion, gender, marital status, national origin, disability or income. The YMCA of Greater Pittsburgh provides financial assistance for children, teens, adults and families who cannot afford the full cost of a Y membership.

We use a sliding fee scale based on total household income, which requires supporting documentation to. Recipients are expected to be responsible for a percentage of the membership cost. Qualification for YMCA financial assistance for membership is reviewed every year.

If you need financial assistance, please ask for an application and talk with a Member Services representative.



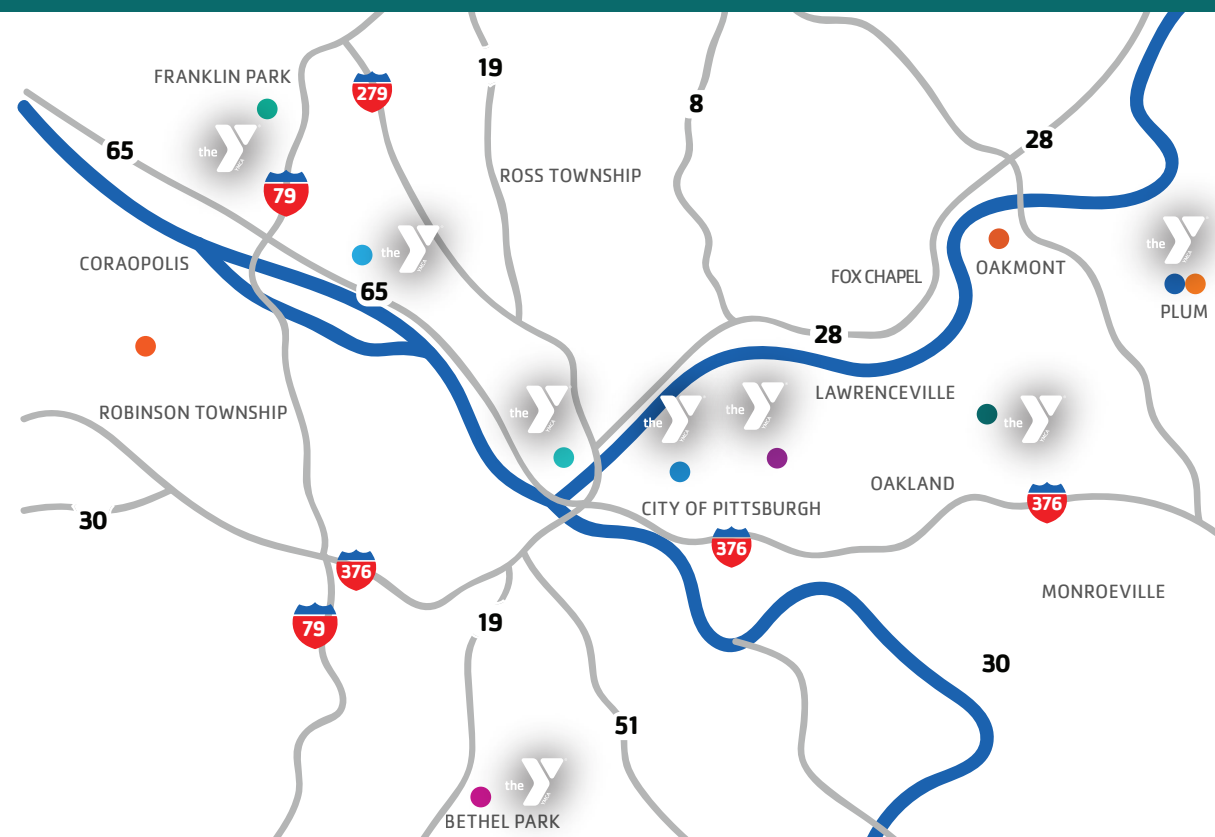
VOLUNTEER OPPORTUNITIES

The Y has a rich tradition in volunteerism. Volunteers help make us who we are; they are the strength and stability of the YMCA. Our Board of Directors, advisory boards, program leaders and fundraisers all make a difference through their voluntary service. Without their countless hours and dedication, we could not provide the vital programs and services that nurture the potential of kids, promote healthy living and foster a sense of social responsibility. As an organization serving a diverse population, we also strive to have a diverse volunteer base. If you are interested in becoming a Y volunteer and being part of continuing the efforts of the Y, please contact your branch for a volunteer application.



[CLICK HERE FOR MORE INFORMATION REGARDING TOGETHERHOOD](#)





BRANCH LOCATIONS

- **ALLEGHENY YMCA**
600 West North Avenue
Pittsburgh, PA 15212
- **BAIERL FAMILY YMCA**
2565 Nicholson Road
Sewickley, PA 15143
- **HOMEWOOD-BRUSHTON YMCA**
7140 Bennett Street
Pittsburgh, PA 15208
- **NORTH BOROUGH YMCA**
629 Lincoln Avenue
Pittsburgh, PA 15202
- **YMCA AT U.S. STEEL TOWER**
600 Grant Street, Concourse Level
Pittsburgh, PA 15219
- **SAMPSON FAMILY YMCA**
2200 Golden Mile Highway
Pittsburgh, PA 15239
- **SPENCER FAMILY YMCA**
305 Church Road
Bethel Park, PA 15102
- **THELMA LOVETTE YMCA**
2114 Centre Avenue
Pittsburgh, PA 15219

YOUTH DEVELOPMENT

- **DUQUESNE UNIVERSITY**
1315 Bluff Street
Pittsburgh, PA 15219
- **SAMPSON FAMILY YMCA**
2200 Golden Mile Highway
Pittsburgh, PA 15239
- **STRAWBERRY PATCH**
378 Delaware Ave
Oakmont, PA 15139

YOUR HEALTHY LIVING JOURNEY

Your journey starts with a complimentary Wellness Consultation with one of our certified trainers including acclimation to the fitness equipment, understanding your healthy living goals, and scheduling of future programs.

WELLNESS CONSULTATION

Your consultation will include the following, based on your needs:

- **Discussion of wellness goals and obstacles to achieving them**
- **Fitness assessment**
- **Plan for achieving goals/improving identified areas of need**
- **Overview of healthy living department programs/services/equipment**

30-MINUTE FREE WORKOUT SESSION

Your trainer will lead you through a workout customized to your current fitness level. Components will include exercises that are key to your goal attainment!

After your 30-minute session you will be instructed on how to continue your Healthy Living Journey to reach your goals.



Spirit, Mind, Body

At the Y, being healthy means more than being physically fit. It's also about maintaining a healthy balance between Spirit, Mind and Body.

This contributes to lifelong health in combatting chronic disease through our prevention programs.



Sports Programs

The Y's sports and recreation programs provide a perfect opportunity to get active, get social, and get connected with a sport you love. Children and adult programs include karate, basketball, competitive swimming, hockey, t-ball, & more.



Unlimited Group Exercise Classes

From Zumba and Pilates to Barre and Group Cycle, the Y offers more than 5,000 group exercise classes per year. It's all part of our pioneering approach to help everyone—regardless of age or ability to get up and get moving.



Personal Training

Work with a trainer individually or in small groups, complete an assessment and determine how to progress toward your goals. Try a specialty fitness class. Get all this and more from our expert Personal Training Team.



Aquatics Programs

Few things are more inviting than a bright blue, sparkling pool. At the Y, we have multiple indoor and outdoor pools ready for year-round swim lessons, water aerobics, family fun, competitive swimming and more.



Youth Development Programs

The Y's groundbreaking after-school and summer camp programs emphasize reading and helping kids close the achievement gap. They also teach values and wellness, while reducing stress on busy families.

YOUR ACCESS TO ALL

As a member of the YMCA of Greater Pittsburgh, you now have access to all 13 of our Family Centers in the Greater Pittsburgh area. Along with these facilities, the Y also provides fitness programs for communities not near a YMCA so they can learn healthy living principles in their own community. These events will be updated on our website at ymcapgh.org and are open to all.

Saunas and steam rooms are available at select branches, and are available for use by any YMCA member 18 years or older. Please see health restrictions before entering a sauna or steam room.

If your Y does not have an aquatic center, swimming lessons for children and adults, as well as aquatic exercise programs are available at the locations that do. Please contact your Y's Welcome Center for more details.



- Community Garden
- Residence
- Volunteer opportunities
- Climbing wall
- Youth enrichment
- Stair climbers
- YMCA children's academy
- Day camp
- Handicap accessible equipment
- Meeting rooms
- Multi-purpose gymnasium
- Elliptical machines
- Indoor pool
- State-of-the-art fitness
- Locker rooms
- Family pool/splash pad
- Adaptive programs
- Steam room
- Adult enrichment programs
- Indoor track
- Sauna
- Strength/cardio equipment
- Exercise bikes
- Free weights
- Outdoor pool
- Swim lessons
- After school child care
- Group cycling
- Personal training
- Teen programs
- Before / after school enrichment
- Group exercise classes
- Pre-school
- Treadmills
- Child watch
- Gymnasium

Allegheny Y	
Baierl Family Y	
Homewood-Brushton Y	
North Boroughs Y	
Sampson Family Y	
Spencer Family Y	
Thelma Lovette Y	
YMCA at U.S. Steel Tower	

SAFETY AND MEMBER POLICIES





CODE OF CONDUCT

Following with our values of caring, honesty, respect and responsibility as a guide, the Y's Code of Conduct ensures that all who enter our facility enjoy a safe, welcoming and comfortable environment. We ask individuals to act in a manner that upholds these values at all times when they are in our facility or participating in Y programs. The safety and protection of Y members and guests is a paramount concern of the YMCA of Greater Pittsburgh; therefore, we reserve the right to deny access or membership to any person registered for sex offenses against children.

The Y is a family-oriented organization; please refrain from:

- Using offensive language, wearing revealing clothing and exposing inappropriate tattoos. Please wear your swimsuit only in the pool area and locker rooms. Shoes, shorts or pants and shirts are required in other areas of the facility. "Heelys" or shoes with wheels are not allowed.
- Making physical contact with another person in any angry or threatening way.
- Engaging in sexual activity or inappropriate contact with another person.
- Harassing or intimidating by words, gestures, body language or any other menacing behavior.
- Stealing or other behavior that results in the loss or destruction of property.
- Carrying or concealing any weapon, device or object which may be used as a weapon.
- Abusing or defacing the YMCA building or its equipment.
- Using or possessing illegal drugs or alcohol on YMCA property or in YMCA vehicles.
- Smoking. All YMCA facilities and grounds are smoke-free environments - this includes electronic cigarettes.
- Displaying threatening, inappropriate or offensive conduct.
- Posting unapproved materials. Ask the Member Services Director for permission to post flyers in the YMCA facility or on the surrounding property.
- The use of cameras and cell phones is not allowed in the locker room or bathroom areas.
- Conducting or participating in paid personal training or other instructional sessions with an instructor not employed by the Y.

Members and guests are encouraged to be responsible for their personal comfort and safety. If any person exhibits behavior which threatens another person's comfort or safety, the behavior should be reported to staff. Please do not hesitate to notify staff if assistance is needed. In order to be able to carry out these policies, we ask that members and guests identify themselves to staff when asked. The Y investigates all reported incidents. Suspension or termination of YMCA membership privileges may result if a violation of this Code of Conduct has occurred.

MEMBER SCREENING POLICY

The YMCA conducts regular sex offender screenings on all members, participants, and guests. If a sex offender match occurs, the YMCA reserves the right to cancel membership, end program participation, and remove visitation access.

POLICIES FOR YOUR YMCA

MEMBERSHIP DUES AGREEMENT

Members understand that all changes affecting their monthly draft, (i.e. billing information, holds, downgrades, termination) require a 15 day written notice before their next draft date. Any error must be identified no later than 60 days from the posted bank statement date. The YMCA is not responsible for errors occurring later than 90 days from the date of the initial error. The YMCA draft is a continuous membership plan. Memberships will remain in effect until properly terminated with the YMCA. The YMCA may, at their discretion, adjust the monthly membership rate applicable to the category of membership. Members will receive at least a 30 day notice of the change before a debit occurs at the new rate. The primary membership holder is fully responsible for their membership and for all persons associated with their membership including their knowledge of the aforementioned policies and liability waiver. Member is responsible for providing accurate contact information including updated address, phone number, email address and billing information including expiration date and account information.

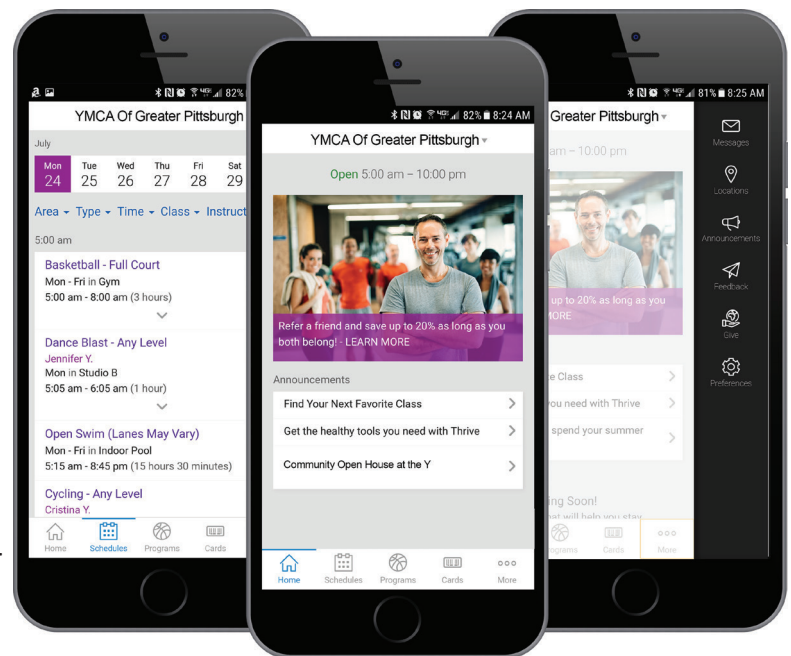
CHILD PROTECTION

YMCA of Greater Pittsburgh reviews members and guests against the National Registry of Sex Offenders. All new members and guests over the age of 18 must present a valid photo ID to use a YMCA of Greater Pittsburgh facility or participate in a program. Failure to present a valid ID upon request may result in denied access until a valid photo ID is produced.

MEMBERSHIP CARDS

Upon joining, members are required to have their photo taken for identification purposes and will receive a membership scan card. You must present it each time you enter the building for access to the facility. Lost membership cards should be reported to the Welcome Center. Replacement cost for a lost membership card is \$5. Membership cards are to be used by the assigned member only; your membership privileges are at risk if you allow others to use your card. You may be asked to present photo ID at any time to verify your membership. A photo must be connected to a membership card to be valid.

Download our official YMCA of GREATER PITTSBURGH app today and have your membership card right on your phone! Plus, access group exercise class schedules, discover programming options including youth sports and wellness, be alerted to any changes in the facility and more. Visit the Welcome Center today for more details, or download now through the App Store or Google Play.



MEMBERSHIP PAYMENT OPTIONS

BANK DRAFT – Monthly dues are automatically withdrawn from your checking or savings account each month. Outstanding balances must be reconciled upon rejoining. Fifteen (15) days written notice, prior to your next membership draft, is required for bank draft changes.

CREDIT CARD DRAFT – Monthly dues are automatically withdrawn from your credit or debit card each month. Outstanding balances must be reconciled upon rejoining. Fifteen (15) days written notice, prior to your next membership draft, is required for credit card changes.

SEMIANNUAL & ANNUAL PAYMENTS – Payments are equal to the total of six or twelve monthly payments. These payments are non-refundable.

RETURNED PAYMENTS

A \$35 returned payment fee will be applied for any item returned by a financial institution.

REQUEST FOR MEMBERSHIP HOLD

We offer membership holds to our members who, due to medical need, financial reasons or other unforeseen circumstances, are not able to use their membership. Memberships can be placed on temporary hold for up to 3 months in a calendar year. There is a 15-day notice needed to stop the bank draft. Membership will automatically resume after the hold ends. The one-time administrative fee to place your membership on hold is \$10. Members also have the option of designating their membership dues to the YMCA Annual Campaign while on temporary hold. The benefit to the member is a charitable tax deduction and the administrative fee will be waived.

Administrative fees are not charged to members who use this option due to continuation of draft.

CANCELLATION OF MEMBERSHIP

As a member of the Y, you do not have to sign a membership contract and you may end your membership at any time with 15 days written notice, prior to your next scheduled membership draft. All members wishing to terminate need to do so in person by completing the termination form. Terminations will not be accepted by phone. If you are terminating due to financial reasons, please ask to speak with our Member Services Director about financial assistance through the Membership For All program. Members who are being bank-drafted or credit card-drafted have 90 days past their last anticipated draft day to notify the Y of any discrepancy. The YMCA of Greater Pittsburgh is unable to issue refunds or credits for non-usage of the facility. Memberships are non-transferrable.

GUEST POLICY

Members are encouraged to bring guests. There is an annual limit of two visits per guest per year. An adult member (age 18 or older) must accompany all guests; photo ID is required, and guests must complete a waiver.

MEMBERSHIP STATUS

Membership status changes – Changes to your membership, including additions and deletions and change in membership type must be processed at the Welcome Center in writing. Bank draft changes or cancellations must be processed in writing 15 days prior to your draft date.

Family Memberships apply to households with a maximum of two adults residing at the same address and children residing at the same address who are up to the age of 24 if a full time student and up to the age of 18 if not a student. Photo ID may be required.



PAYMENT FOR CLASSES / PROGRAMS

Most classes offered at the YMCA are included with your membership; however, some classes have additional fees that require payment at the time of registration. Cash, check, money order, Visa, MasterCard, Discover or American Express are accepted at most locations.

REFUND ON FEE-BASED CLASSES

Class cancellation – If a fee-based program or class is cancelled by the YMCA, or the member cancels one week prior to the start of the program, a full refund or credit (member's choice) will be offered. Credit will be given to participants who cancel their registration prior to the second fee based class or program. No credits can be given after the program begins.

Medical cancellation – If a participant withdraws from a fee-based program due to a medical reason, a refund or credit for the unused portion of the program will be offered.

Bad weather policy – Classes cancelled due to bad weather or unforeseen circumstances will be made up if the schedule allows. These policies exclude Childcare and Day Camp programs.

MY Y IS EVERY Y IN PENNSYLVANIA

The membership reciprocity program opens doors to all Y's in Pennsylvania with your active YMCA facility membership. The reciprocity program allows you to visit other YMCAs that are most convenient to you and help you to meet your goals. You are able to utilize all areas and programs of the facility that are available to and included in a facility membership. We just require that you utilize your home branch YMCA 50% of the time. We urge you to check the specific Y's policies if you are visiting a Y outside of the YMCA of Greater Pittsburgh locations, as some restrictions do apply. In regards to program pricing if you are a member of a YMCA of Greater Pittsburgh location then facility member rates for programs will apply within all YMCA of Greater Pittsburgh locations. When you visit outside of the YMCA of Greater Pittsburgh or are a guest to us from outside of the Y of Greater Pittsburgh then program pricing and additional fees will be treated as a non-member. **Policies may vary by branch.**

ACCIDENT, INJURY OR INCIDENT

We do our best to keep you safe, but if an accident, injury or unusual incident does occur, please report it to the Director or Supervisor on duty or the Member Services staff immediately. The Y recommends all members and participants consult a physician prior to starting an exercise program. The Y assumes no responsibility for injuries incurred while participating in YMCA activities; it is expected that all members who use YMCA facilities carry their own medical insurance.

NATIONWIDE MEMBERSHIP

NOW EVERY Y IS YOUR Y

At the Y, we believe that positive, lasting personal and social change can come about only when we all work together to invest in our kids, our health, and our neighbors. This strengthening of community and the realization of a Y's full potential—has the most impact when all Ys are open to all Y members and provide safe and welcoming environments for everyone.

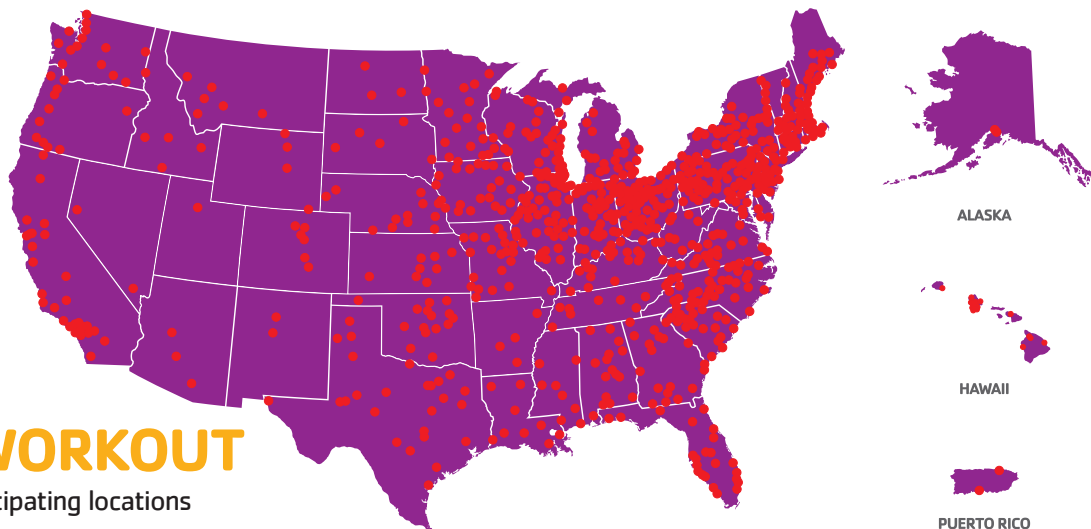
With Nationwide Membership, members can visit any participating Y in the United States and Puerto Rico through membership at their home Y, at no additional cost. Nationwide Membership is an essential part of our cause to strengthen communities.

It enables members to:

- Reach their health and wellness goals wherever they live, work, or travel.
- Connect with the larger Y community in meaningful ways.

The goal of Nationwide Membership is to ensure that all nationwide members have access to and can use all the areas and programs of any Y they visit.

By participating in the YMCA Nationwide Membership Program, the member agrees to release the National Council of Young Men's Christian Associations of the United States of America, and its independent and autonomous member associations in the United States and Puerto Rico, from claims of negligence for bodily injury or death in connection with the use of YMCA facilities, and from any liability for other claims, including loss of property, to the fullest extent of the law.



NEVER MISS A WORKOUT

Visit ymca.net for a full list of participating locations

WEAPONS POLICY

At no time will YMCA staff or volunteers take control of or carry a weapon. If a member or guest enters an off-site program area and discloses they have a concealed weapon, they will need to return to their vehicle or residence and secure their weapon. It will not be allowed on site.

- Carrying or concealing any weapon or device/object that can be used as a weapon is strictly prohibited on YMCA properties.
- If a member or guest enters a YMCA off site program, all weapons must be secured in their vehicle.
- Excludes law-enforcement Personnel.

CHILD SAFETY

Members age 12 and above may be in YMCA facilities without a parent. Please see the Welcome Center for branch-specific rules and regulations for children in your local facility.

CAMERA USE

Use of cameras and cell phones is not allowed in the locker room or bathroom areas. Photos and videos must not be taken without permission.

LOST / STOLEN ITEMS

Please safeguard your belongings while on YMCA premises. Please keep items left in car out of sight and securely locked. The Y is not responsible for lost or stolen items.

INCLEMENT WEATHER

In the event of inclement weather, the YMCA will make every effort to continue services at our branches and throughout our programs. However, in certain conditions when safety becomes a concern, branch closures and program cancellations may be necessitated. Information regarding building closures will be publicized through the Y app, social media sites, email and TV.

EMERGENCY PROCEDURES

All emergency exits are clearly marked; please familiarize yourself with their locations. If the fire alarm does sound, please stop all activity and exit the building.



YMCA Of Greater Pittsburgh Resident Camps

Three great camps, one great mission

Our 3 great signature camps are designed to teach, delight and inspire the young campers with programs ranging from hiking, canoeing, fishing, archery, sports and other incredible outdoor adventures.

Our camps offer high quality staff, age- progressive programming and great opportunities to connect with the natural environment.

Discover more about our resident camps and other camps provided by the YMCA at ycamps.org.



126 Nagel Road Fombell, PA 16123
724 758 6238

Camp Kon-O-Kwee Spencer



134 Camp Soles Lane Rockwood, PA 15557
800 677 1811

Deer Valley YMCA Family Camp



254 Deer Valley Drive Fort Hill, PA 15540
800 962 2386

YMCA Camp Soles

WELLNESS AREA WHAT TO DO





WELLNESS AREA RULES

MEMBER SAFETY AROUND EQUIPMENT

- While performing workout sets, be mindful of others waiting. Allow other members to perform a set while you are resting.
- Use machines for their intended purpose only.
- Report any non-working equipment to the Welcome Center staff.
- Refrain from banging or dropping weights.
- Wipe off machines and equipment when you are finished.
- Be considerate of your neighbor. Please refrain from using profanity, making loud noises, or other inappropriate horseplay.
- Always use headphones when listening to music.

Personal Belongings – Bags, jackets and other items must be kept in a locker or cubby at all times. The Y is not responsible for lost or stolen items. Beverages must be contained in closed, plastic or metal bottles.

Please be considerate:

- Shirts, shorts, pants and closed-toe athletic shoes are appropriate attire for activity areas. Midriffs must be covered. No blue jeans allowed on the wellness floor.
- Members ages 12-14 must complete a Wellness Center orientation.
- Members must be 12 years of age or older to be in the wellness area.
- Remember to return plates and dumbbells to their racks after use.
- While using weight equipment, please remember to release the weight gently. It gives you a better workout and avoids damage to the equipment. No banging or dropping weights.
- Be courteous and disinfect equipment after use. Do not spray disinfectant directly onto the cardiovascular equipment or electronic devices.
- Respect others by limiting your use of cell phones in the Wellness Center. If you must take or make a call, please monitor your voice. Photos should never be taken of anyone without their expressed permission.
- For all YMCA members, the values of caring, honesty, respect and responsibility are to be modeled at all times.

SAUNA and STEAM ROOM

Saunas and steam rooms are available at select branches, and are available for use by any YMCA member age 18 or older. Bathing suits or shorts are required to be worn in these areas. Sauna suits or rubber suits are not allowed. Please see the posted regulations for the use of these at each location. No shaving in steam room or sauna.

MULTIPURPOSE GYMNASIUM

A variety of activities are held in gymnasiums at select branches; see the Welcome Center or ymcapgh.org for a schedule of activities. Shoes must be worn at all times.

- Inappropriate use of equipment (basketballs, nets, soccer balls, etc) is prohibited.
- No food or non-water drinks are allowed in the gymnasium.
- Dunking or hanging from rims and nets is not allowed.

- Participants must wear appropriate non-marking shoes. No black-soled or hard-soled shoes or flip flops may be worn on gym floors. No food or drink other than water allowed.
- Players will act in an appropriate manner; profanity, spitting, unsportsmanlike conduct, provocative language and/or actions are prohibited.
- The Y is not responsible for lost or stolen articles.

LOCKER ROOMS

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 secure your belongings in a locker in the appropriate locker room. Locks are strongly advised but are not provided by the Y.

- Adult locker rooms are for use by women and men age 18 and over. Please note that children and infants are not to use the adult locker rooms.
- Boys' and girls' locker rooms where available are reserved for use by minors age 6-17 and accompanying parent/guardian.
- Parents or guardians with children under the age of six or accompanied by an opposite-sex child 6 years of age or younger must use the family locker room (where available).
- Adults must use the Women's or Men's locker room if their child is over the age of 6 years. Men are not permitted in the boys' locker room or family locker room unaccompanied by their child. Women are not permitted in the girls' locker room or family locker room unaccompanied by their child.
- The family locker room is reserved for parents with children who require assistance to change, and for adults who require the assistance of another adult to change. Adults without children or those not assisting another adult in changing are encouraged to use the adult locker rooms.

GROUP EXERCISE CLASSES

A wide variety of group exercise classes are included at no additional charge as part of your YMCA membership. Individuals ages 12 and older at all fitness levels are welcome to participate. Registration is not necessary, and classes may be attended on a drop-in basis, except for specialty classes. Complete class schedule listings are available at the Welcome Center, online at ymcapgh.org or via the YMCA of Greater Pittsburgh app. Class sizes may be limited and are first-come, first-served. Registration is required for fee based classes. YMCA instructors may recommend the removal of a member for safety issues or disruptive behavior.



CLASS RULES AND REGULATIONS

- Class sizes may be limited and are first-come, first-served.
- Do not enter classroom before designated class start time.
- Do not enter a class late after the class has been in session for more than 15 minutes.
- Do not enter a class for equipment while a class is running and in session.
- Wear appropriate attire.
- Athletic shoes must be worn at all times unless directed by instructor.
- Do not wear earphones while class is in session.
- All conversation should be kept to a minimum or nonexistent while the instructor is leading a class.
- If you must leave early, please stay to the back of the classroom.
- You must be at least 12 years old to be in any classroom during class times. Exceptions include designated family and/or child classes.
- After class is completed, all weights/equipment should be put away in a neat and orderly fashion.
- Respect everyone's personal space. Be encouraging and positive to others in the room.
- Be respectful of the class being held; follow the instructor to the best of your ability.
- Let the instructor know in advance of any injuries or special considerations.
- Leave personal objects and bags in a locker. The Y is not responsible for your personal belongings.
- Y instructors may recommend the removal of a member for safety issues or disruptive behavior.

AQUATICS AT THE Y





AQUATICS SAFETY

- To ensure the safety of all members, YMCA lifeguards and YMCA directors reserves the right to remove patrons from the pool area if they are behaving in an unsafe or inappropriate manner. YMCA lifeguards and YMCA directors also reserve the right to prohibit behavior deemed unsafe or inappropriate.
- Obey the lifeguards' authority at all times. No swimming unless a lifeguard is present.
- Parents/Guardians are responsible for any minor's safety.
- Discontinue workout and notify staff if you or others notice pain, dizziness, shortness of breath or feel faint.
- Lifeguard chairs are off limits to all members and guests. Please refrain from unnecessary conversations with the lifeguards on duty.
- Do not enter the pool if you suspect you have or recently had a communicable disease, rashes, infections or an open cut or blister. Remove all band-aids before entering the pool.
- Wear family appropriate and clean swim attire only; lined swim trunks for men, swimsuits for women.
- Members are required to shower before entering the pool.
- Children not yet toilet trained need to wear a swim diaper and/or reusable plastic pants with snug elastic legs and waistband under the child's swim wear. Disposable diapers disintegrate in the water and make the child uncomfortable. Diaper changing in the pool area is prohibited, use locker rooms.
- Diving blocks are for instructional and swim team use only. These can only be used when an instructor or coach is present.
- Spitting, spouting water from mouth or blowing the nose in the pool is prohibited.
- Underwater lap swimming and breath-holding drills such as extended breath-holding or hyperventilation are not permitted.
- Be respectful of all YMCA property including lane ropes, deep water ropes and other pool equipment. Members are not allowed to hold onto lane lines.
- All non-swimmers must stay in the shallow end of the pool and/or wear a flotation device. Only U.S. Coast Guard approved lifejackets and wearable foam flotation devices are allowed. Users must remain within arm's reach of an adult. Flotation devices are not allowed in a deep end of the pool.
- Refrain from any horseplay including running, pushing, dunking or other unruly behavior in the pool areas and locker rooms. Refrain from using foul language.
- Do not bring pets, food, drink, chewing gum, alcohol or tobacco into the inside pool area. Only food and non-alcohol drinks are permitted in the outdoor pool; glass and shatter-able items are prohibited in the outside pool area.
- Pool toys must be approved by the aquatic staff prior to use in the indoor and outdoor pool. No face masks, snorkels or fins in the recreational swim areas. Equipment such as kickboards, fins, pull buoys and aqua exercise equipment are to be used for lap swimming, swim lessons and aqua exercise only.
- No goggles are permitted while using the pool slide. Only those children that pass the deep water test can use the pool slide. Children must go down the slide on their back, feet first.
- Lap lanes are for lap swimming only. If there are 2 swimmers, the lane can be split into halves with each swimmer in 1/2 of the lane. If there are 3 or more swimmers in the lane, use the circle method by swimming counter-clockwise using the center line as the divide.
- Swimmers may be asked to exit the facility during storms, fecal contamination, vomit; or inappropriate chemical levels. Patrons must be sent to the lobby area through the locker room doors. Before re-opening the pools, 30 minutes must be allowed from the last sight of lightning or sound of thunder.

STRONG SWIMMER CONFIDENT KID

Deep Water Testing

Completion of a brief swim test is required for all children age 12 and under who will not be staying within an arms-reach of an adult. (The swim test consists of swimming freestyle one full length of the pool, tread water for one minute and jump into water over their head and resurface.) You will receive a GREEN necklace if the test is completed, a YELLOW necklace if you only complete a portion of the test or a RED necklace for all non-swimmers. If a necklace is lost or forgotten, you can buy a replacement for \$2 at the Welcome Center.

GREEN

The green necklace indicates an advanced swimmer who is permitted to swim alone in all areas of the pool and go down the water slide.

YELLOW

The yellow necklace indicates an intermediate swimmer and a parent/guardian needs to either be on the edge of the pool deck or in the water proactively supervising their child.

RED

The red necklace indicates a non-swimmer and a parent/guardian must be in arms-reach of the child. A parent/guardian must stay in the pool area during the time the child is swimming until the age of 12 years.



RELEASE AND WAIVER OF LIABILITY AND INDEMNITY AGREEMENT

In consideration for being permitted to utilize the facilities, services, and programs of the YMCA for any purpose, including but not limited to observation or use of facilities or equipment, or participation in any program affiliated with the YMCA, without respect to location, the undersigned, for himself or herself and any personal representatives, heirs, and next of kin, hereby acknowledges, agrees and represents that he or she has, or immediately upon entering or participating will inspect and carefully consider such premises and facilities or the affiliated program. It is further warranted that such entry into the YMCA for observation or use of any facilities or equipment or participation in such affiliated program constitutes an acknowledgement that such premises and all facilities and equipment thereon and such affiliated programs have been inspected and carefully considered and that the undersigned finds and accepts same as being safe and reasonably suited for the purpose of such observation, use, or participation.

IN FURTHER CONSIDERATION OF BEING PERMITTED TO ENTER THE YMCA FOR ANY PURPOSE, INCLUDING BUT NOT LIMITED TO OBSERVATION OR USE OF FACILITIES OR EQUIPMENT, OR PARTICIPATION IN ANY PROGRAM AFFILIATED WITH THE YMCA, WITHOUT RESPECT TO LOCATION, THE UNDERSIGNED HEREBY AGREES TO THE FOLLOWING:

1. THE UNDERSIGNED HEREBY RELEASES, WAIVES, DISCHARGES AND COVENANTS NOT TO SUE the YMCA, its directors, officers, employees, and agents (hereinafter referred to as "releasees") from all liability to the undersigned, his personal representatives, assigns, heirs, and next of kin for any loss or damage, and any claim or demands therefor on account of injury to the person or property or resulting in death of the undersigned, whether caused by the negligence of the releasees or otherwise while the undersigned is in, upon, or about the premises or any facilities or equipment therein, or participating in any program affiliated with the YMCA, without respect to location.
2. THE UNDERSIGNED HEREBY AGREES TO INDEMNIFY AND SAVE AND HOLD HARMLESS the releasees and each of them from any loss, liability, damage, or cost they may incur due to the presence of the undersigned in, upon, or about the YMCA premises or in any way observing or using any facilities or equipment of the YMCA or participating in any program affiliated with the YMCA whether caused by the negligence of the releasees or otherwise.
3. THE UNDERSIGNED HEREBY ASSUMES FULL RESPONSIBILITY FOR AND RISK OF BODILY INJURY, DEATH, OR PROPERTY DAMAGE due to negligence of releasees or otherwise while in, about, or upon the premises of the YMCA and/or while using the premises or any facilities or equipment thereon or participating in any program affiliated with the YMCA.
4. THE UNDERSIGNED HEREBY AGREES TO SUPERVISE AND BE RESPONSIBLE FOR MY MINOR GUESTS. THE UNDERSIGNED further expressly agrees that the forgoing RELEASE, WAIVER AND INDEMNITY AGREEMENT is intended to be as broad and inclusive as is permitted by the law of the State of Pennsylvania and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect.

THE UNDERSIGNED HAS READ AND VOLUNTARILY SIGNS THE RELEASE AND WAIVER OF LIABILITY AND INDEMNITY AGREEMENT, and further agrees that no oral representations, statements, or inducement apart from the foregoing written agreement have been made.

COMMUNITY AND FACILITY AGREEMENT

In consideration of gaining membership or being allowed to participate in the activities and programs of the YMCA and to use its facilities, equipment, and machinery in addition to the payment of any fee or charge, I do hereby waive, release, and forever discharge the YMCA and its officers, agents, employees, representatives, executors, and all others from any and all responsibilities or liability for injuries or damages resulting from my participation in any activities or my use of equipment or machinery in the above mentioned facilities or arising out of my participation in any activities at said facility. I do also hereby release all of those mentioned and any others acting upon their behalf from any responsibility or liability for any injury or damage to myself, including those caused by the negligent act or omission of any those mentioned or others, acting on their behalf or in any way arising out of or connected with my participation in any activities of the YMCA or the use of any equipment at the YMCA. I agree to adhere to all policies set by the YMCA as written in the YMCA Membership Handbook.



For a better us.