



# **Bloomsburg Area YMCA**

Member Handbook

## Welcome

Welcome to the Bloomsburg Area YMCA! We strive to serve the community through services and programs. As a non-profit, charitable organization, we are diligent in engaging with individuals and families of all backgrounds.

## About Us

### **Mission:**

The Bloomsburg Area YMCA is a cause-driven Columbia County organization that is dedicated to Youth Development, Healthy Living, and Social Responsibility. The Bloomsburg Area YMCA addresses these needs through our facilities, programs, and community collaborations with like-minded organizations.



### **Vision:**

To nurture every child and teen, to improve the health and well-being of our community residents, and to support fellow cause-driven Columbia County Associations.

### **Core Values:**

Our core values are essential principles that guide our behavior, interactions with each other, & every decision we make. Caring: show a sincere concern for others; Honesty: be truthful in what you say and do; Respect: follow the golden rule; Responsibility: be accountable for your promises and actions

## **Code of Conduct:**

The YMCA is committed to providing a safe and welcoming environment for all members and guests. To promote safety and comfort for all, all individuals are asked to act appropriately at all times when in our facility or participating in our programs. We expect persons using the YMCA to act maturely, to behave responsibly, and to respect the rights and dignity of others. In addition, the YMCA reserves the right to deny access or membership to any person who has been charged with or convicted of any crime involving sexual abuse, is or has been a registered sex offender, or is presently or habitually under the influence of dangerous drugs or chemicals, narcotics, or intoxicating beverages.

## Benefits of Membership

- Open 7 days a week
- Free group exercise classes
- Free child care while you exercise
- Member-only promotions
- Reduced program fees
- Nationwide membership
- Personal Training
- Youth & Senior Fitness center
- Fitness evaluations
- Wellness programs
- Open gymnasium
- Professional strength & cardio equipment



## [Hours](#)

(May be subject to Change-Check our social media and website)

BAY Hours
Monday to Thursday 5am - 9pm
Fridays 5am-7pm
Saturdays 8am-4pm
Sundays 11am-3pm

## [Policies](#)

### **Weapons:**

It is the policy of the YMCA to maintain a positive, safe & secure environment. In striving to attain such an environment, the YMCA takes the position of no tolerance for weapons in our building. All weapons or instruments that have the appearance of a weapon are prohibited within all YMCA property. Weapon means any firearms, chemical substance, device or instruments capable of threatening or producing harm. YMCA members & non-members will be expelled from the YMCA.

### **Cell Phone/ Video:**

The YMCA reserves the right to videotape or photograph YMCA members & participants for advertising purposes. Members are NOT allowed to videotape or photograph unless they have permission from all of the individuals involved. Video/camera phones are NOT allowed to be used in childcare areas or locker rooms. Please be respectful of phone usage in the fitness centers.

### **Inclement Weather:**

If the Bloomsburg Area School District has a delay, closes, or has a virtual learning day (due to severe weather), all morning group exercise classes will be cancelled. The regular schedule will resume at 11:00am. Evening programs, group exercise classes and child watch will be determined by 2pm. Please check our social media page for updates and tune into WHLM Radio or contact the front desk at 570-784-0188.

### **Attire:**

Appropriate athletic attire is required when using the fitness centers, including classes, orientations & personal training. Appropriate shoes must be worn at all times in the interest of hygiene & safety.

### **External Privacy Notice:**

This privacy policy will advise you about our guidelines concerning the use of your personal information, including the reasonable efforts we make to protect your personal information in accordance with the guidelines and about what choices you have concerning our use of such information. You can ask for a copy of our policy at the front desk or find it on our website at [www.bloomsburg.org](http://www.bloomsburg.org)

### **Sex Offender Screenings:**

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

## Membership Types

- Youth
- Teen
- College
- Adult
- Single Parent Family
- Family
- Senior
- Senior Family
- Silver Sneakers/  
Silver&Fit/ Prime

### **Adult**

A person between the ages of 18 and 61

### **Family**

2 Adults, which are 18 or older, and those in the household who are under 18 or are in school/college

### **Senior**

A senior is someone 62 years old or above

### **Senior Family**

A senior family is 2 seniors and children living in the household under 18 or are in school/college

### **Single-parent Family**

A person 18 or above with children living in the household under 18 or are in school/college

### **College Student**

Must be enrolled in college and present ID upon signing up for membership

### **Teen**

A person between the ages of 13 and 17

### **Youth**

A person from birth to 12 years old

## **Nationwide Membership:**

The Bloomsburg Area YMCA participates in a reciprocity program. If you're traveling, keep your workouts going! Note: each YMCA is independent, local policies apply

## **Guest Passes for non-members:**

Teen & under \$5

College/ Seniors \$7

Adult \$10

## Payment

The YMCA offers different payment plans for membership fees:

- Monthly Draft- Your payment is deducted monthly from checking, savings or credit card. A 30 day written notice is required for cancelling the monthly draft.
- There is a \$30 service charge on any return from bank or credit card
- Quarterly, semi-annual or full annual payment options are available
- Joining Fee must be paid if rejoining after 30 days of cancelling membership.

## Programs

Program information is available on bloomsburgy.org or by request from the front desk. Some examples of the programs we have include:

- Gymnastics
- Youth sports
- Swim Team
- Y-Care
- Preschool
- Livestrong
- And more!!!

\*If the Bloomsburg Area YMCA has to cancel a scheduled program, we will attempt to schedule a makeup. If we cannot schedule a makeup, we will issue credit towards the program.

### **Program Refund Policy** (Does not pertain to childcare programs)

#### **Before the first meeting of the program:**

- 25% of the cost kept as an administrative fee
- 75% refund initiated either as Bloomsburg Area YMCA credit or in the form of the original payment

#### **After the first meeting of the program:**

- No refunds unless a doctor's note is presented



### [Active Older Adults](#)

It is never too late to feel great and be part of something! Our active older adults program is designed for men & women in their 50's & older. We encourage our members to grow in the areas of physical, emotional & social well-being. We offer Silver Sneakers classes, which are innovative national exercise classes specifically designed for the unique health & physical needs of older adults. Our social events include luncheons, coffee hours, day trips and more!

### [General Information](#)

#### **Smoking/Vaping:**

Smoking or vaping is not allowed on the premises. Your YMCA is a smoke, tobacco and vaping free environment.



## **Updating Personal Information:**

Please let our membership staff know of a change in address, email or phone number to ensure prompt receipt of brochures and other information

## **Insurance:**

It is hereby announced that the YMCA activities, programs, and facilities are made available & utilized on the basis of "at your own risk". Members should not assume that the YMCA is responsible in the event of an injury.



## **Valuables:**

Members are encouraged to rent a locker if intended for long-term use. We do have a lost and found basket behind the front desk if you want to check for something you lost. The YMCA cannot be responsible for lost or stolen items.

## **Volunteers:**

The YMCA is always looking for volunteers throughout the areas of the Y including; childcare, front desk & custodial. Join our team of volunteers & become involved in great programs with great people!

## **Facility Rentals**

Birthday Party Rentals at the Y include half the gymnasium, with or without an activity and one hour in the party room.

There is NO food or drink allowed in the gymnasium- All food & drink must be kept in the party room.

## Youth

### **Policies:**

All children under age 10 must be accompanied by an adult at all times unless registered in a program. If a youth is behaving inappropriately, YMCA staff will file a youth incident report.

### **Youth Incident Report:**

1st Report: Expulsion from the YMCA for the remainder of the day

2nd Report: Meeting with parents

3rd Report: Suspended membership for 6 months

**Membership fees will NOT be refunded if suspension occurs.**

### **Facility Age Requirements:**

- 9 year-olds and younger must be enrolled in a YMCA program or be accompanied by a member/guest that is 16+ years old.
- 10-11 year-olds may be in the facility (excluding the fitness centers and group exercise room) without a parent present for up to two hours.
- 12-14 year-olds may use the Youth & Senior Fitness Center after completing a Youth Fitness Orientation. A sign-up sheet will be posted aside this form.
- 15 year-olds may access the facility, including the fitness centers, and without supervision of an adult. A Youth Fitness Orientation must be completed to use the upstairs weight room. A sign-up sheet will be posted aside this form.

## [Child Care](#)

### **Child Watch:**

Child watch is available to members who wish to attend a group exercise class or use our fitness center for up to one hour. Contact the front desk for available hours and reservations.

### **Y Care:**

Y-Care is available Monday through Friday, before and after school. We also provide all-day care for scheduled, non-weather related school closings.

Y-Care gives young people an experience that can last a lifetime and inspire them to continue an involvement with the Y for years to come.

All Y-Care programs and special days off require a minimum number of participants for the program to run. You can view rates and more details at [bloomsburg.org](http://bloomsburg.org) or by contacting the front desk.



### **Preschool:**

We believe that all kids deserve the opportunity to discover who they are and what they can achieve. That's why, through the Y, millions of youth today are cultivating the values, skills and relationships that lead to positive behaviors, better health and educational achievement.

Our Preschool program is open to all children ages three to five. We are dedicated to providing educational, social, and recreational activities in an atmosphere of joyful learning and mutual respect. You can view rates and more details at [bloomsburg.org](http://bloomsburg.org) or by contacting the front desk.