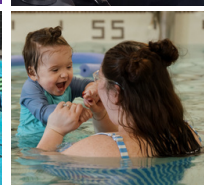
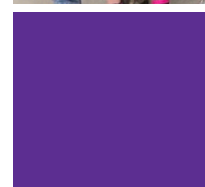




FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# WELCOME TO OUR FAMILY!

Member Handbook  
Scioto Valley YMCA

REV. January 2026



# WELCOME TO THE YMCA

As a new member of the Scioto Valley YMCA, you have joined something much larger than a gym or a program. You are now part of a powerful association of men, women and children committed to making our community a place where everyone has the opportunity to learn, grow and thrive.

The Scioto Valley YMCA has been guided by its mission and values to strengthen the foundations of our community and nurture the potential of the men, women and children who call our region home. We are a leading nonprofit, dedicated to meeting community needs.

We've compiled this handbook as a quick reference for you. Please refer to this information to learn about policies, programs and the purpose behind our organization. We want to do whatever we can to help you make the most of your YMCA membership.

Thank you for being a part of the Y!

Sincerely,

**Samantha A. Daniels** Branch Director- Ross County



# THE YMCA AND YOU

The Y is committed to strengthening community because we are the community. Together with you, your family and your neighbors, our movement strengthens America through promoting three things: youth development, healthy living and social responsibility. Our presence helps people of all ages and backgrounds to grow and thrive. We became America's leading nonprofit by helping people everywhere develop the skills and relationships they need to be healthy, confident and connected to others. We nurture life lessons in kids, foster health and well-being among people of all ages, bring people together to pursue passions old and new, and provide mutual support for everyone in our communities.

The Scioto Valley YMCA is a membership organization. "Belonging" to the Y means sharing in the values and mission the Y has offered its members since it originated in 1851.

## OUR MISSION

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

## OUR VALUES

Core values of caring, honesty, respect, responsibility, and faith will guide all of our interactions and decisions.



## STATEMENT OF DIVERSITY AND INCLUSION

The Scioto Valley YMCA 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.

## THE YMCA ANNUAL CAMPAIGN

Each year YMCA members and friends donate tax-deductible contributions to help fund programs for youth and provide scholarship assistance to those in the community who are in need.

The Y believes that no one should be turned away because of inability to pay. We count on you, our members and special friends of the Y, to help those who may otherwise not be able to participate in our programs. Donations to the Annual Campaign allow more kids to be involved in YMCA programs. Please consider making a tax deductible donation.

# MEET OUR DIRECTORS



**Steve Clever-**  
**Executive Director**  
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# MEMBERSHIP

## MEMBERSHIP CATEGORIES

**YOUTH-** A youth membership is available for adolescents up to age 18. Children ages 10 and under in the Y building or on the grounds are required to be under the supervision of a parent or guardian who is 16 or over, or registered and participating in a Y program. Youth ages 12 and over may, at parents discretion, use the Y facility for up to three hours in youth approved program areas as long as their behavior is acceptable.

**FAMILY-** A family is defined (solely for the purpose of classifying Y membership) as any two adults living in one household and any dependent children under the age of 21 residing at the same address.

**SINGLE PARENT FAMILY-** One adult and any dependent children under the age of 21 at the same address.

**ADULT-** An adult membership is for an individual 26+ years of age.

**COUPLE-** Any two adults living in one household.

**YOUNG ADULT-** For any individual member between the ages of 18-25.

**SENIOR** - For any individual member ages 65+

**SENIOR COUPLE-** Two adult members over the age of 65.



## MEMBERSHIP BENEFITS

- Access to both Scioto Valley YMCA locations (Pike County and Ross County- must use your home branch 50% of the time)
- Free orientation and use of our Wellness Center
- Free group exercise classes
- Free child watch while you are utilizing the facility with a family membership (Ross branch only)
- Free family fun nights
- Free open swim for adults and families
- Free open gym time
- Reduced rates on youth programs
- Nationwide YMCA Reciprocity

### ACCESS TO FACILITIES

Membership cards are nontransferable and remain the property of the Y. You will be expected to present your membership card to the Member Service Desk each time you enter the facility and when registering for programs. Lost cards may be replaced for a nominal fee. Alternatively, you can use your YMCA app to check in. Scan the QR code below to get the app.



**Apple Users  
Scan Here**



**Android Users  
Scan Here**

# MEMBERSHIP DUES

## MONTHLY PAYMENT PLAN –

Under the monthly payment plan you make a down payment to cover your first month of membership. Payments may be made by bank draft or debit/credit card (Visa, MasterCard or Discover).

- Your membership will automatically continue on a month-to-month basis until cancelled with the Welcome Center.
- If at any time there is to be a change in membership status please request a change through the Welcome Center at least 30 days prior to the draft date.
- The YMCA reserves the right to cancel membership due to unpaid returned payments.
- Members, both current and past, who cancel a membership with an outstanding balance will be unable to register for programs or renew their memberships until the account is in good standing.
- Should the account be terminated as a result of past due balances, the entire amount will be owed in full. (payment plans also accepted)
- Sales tax is added at time of transaction.
- Membership dues are not refundable.
- Membership dues and similar payments are not deductible as charitable contributions.
- Membership rates are subject to change; notice of any change in membership rates will be mailed or emailed 30 days in advance.
- All drafts that are returned will acquire a \$10 return fee.

**ANNUAL PAYMENT** – An annual payment plan is available for purchase as well.

# FINANCIAL ASSISTANCE

Every day, the Scioto Valley YMCA's offer quality, affordable programs and services designed to benefit people of all incomes and backgrounds. The Y uses contributed funds to ensure that those unable to pay the stated amount are able to participate.

Those unable to pay the full fee may receive financial assistance based on their demonstrated ability to pay and the Y's ability to fund the subsidy. Check with your branch if you need financial assistance.

**All records are kept confidential.**

# RECIPROCITY

Members may visit other National Ys as often as they like, as long as they use their home Ys, on average, more than fifty percent (50%) of the time. If nationwide members have a family membership or some other inclusive membership arrangement and regularly use two Ys with the same frequency, they need to belong to the Y that is used the most frequently by the family. Members wishing to end their membership must do so at their home Y.

# SPECIAL NEEDS

The YMCA provides opportunities for people with physical and mental disabilities to participate in our programs. So that we may provide a positive experience, please contact the Y about any accommodations needed for participation.

We encourage individuals who require assistance while using our facility to bring their own caregiver. The caregiver will be required to sign the Assumption of risk release and Waiver of liability at the time of visit and may only enter with the member.

Caregivers who wish to use the facility for their own personal use must have a valid membership.



# FACILITY USAGE

The Scioto Valley YMCA is committed to the principles of caring, respect for others, personal responsibility, integrity and honesty. All members and guests are expected to reflect these values in their personal conduct toward staff and other members and guests.

The Scioto Valley YMCA retains the right to deny access or suspend or cancel a membership when a member's conduct is determined to endanger the safety of others or interfere with another member's enjoyment and reasonable use of YMCA facilities.

In order to carry out the policies outlined in this handbook, we require that members and guests identify themselves when asked. Suspension or termination of membership may result due to a violation of the Code of Conduct.

## YMCA CODE OF CONDUCT

**The Scioto Valley YMCA is committed to providing a safe and welcoming environment for all guests.**

To promote safety and comfort for all, we ask individuals to act appropriately at all times when they are in our facility or participating in our programs. Our Code of Conduct does not permit any language or action that can hurt or frighten another person or that falls below a generally accepted standard of conduct.

**Specifically, this includes**

- Inappropriate attire – Suitable family attire must be worn at all times.
- Angry or vulgar language, including swearing, name-calling or shouting.
- Physical conduct with another person in an angry or threatening way.
- Any demonstration of sexual activity/contact with another person.
- Harassment or intimidation by words, gestures, body language, or any other menacing behavior.
- Theft or behavior that results in the destruction of property
- Carrying or concealing any weapons, devices, or objects which may be used as weapons.

## GROUPS FOR DENYING ACCESS OR MEMBERSHIP

**The Scioto Valley YMCA regularly verifies the sex offender registry and reserves the right to deny access or membership to any person who:**

- Has been convicted of any crime involving sexual abuse or other sexual offense.
- Is a registered sex offender or sexual predator.
- Is intoxicated or exhibits signs of misusing narcotics or dangerous drugs.
- Is currently suspended or terminated per the Code of Conduct.

## CELL PHONE POLICY

Phone calls should only be made or taken away from program areas, healthy living centers, pool areas, classrooms, child activity center areas and locker rooms. If you do need to make or take a phone call, please do so in the lobby, speak quietly, and be respectful of other members.

# FACILITY POLICIES

## OPEN GYM POLICIES

YMCA members may use the gymnasium during open gym times. Due to facility and program needs, open gym time may be changed without notice.

- No dunking or hanging from the basketball rims and/or nets.
- No food, beverages or gum are permitted in the gym unless prior authorization from the Welcome Center. Water is permissible.
- Athletic shoes with non-marking soles are the only footwear allowed on the gym floor.
- No heelies, scooters, bikes, etc.
- Youth under the age of 10 must be under the direct supervision of an adult at all times.

## CLOTHING & ATTIRE

Shirts and shoes are to be worn at all times, with the exception of in locker rooms and aquatic areas. All shirts must have a torso/midriff gap that is no greater than the width of your hand. However, athletic shoes or closed-toe shoes are required in all healthy living center areas. Shirts and shoes are not required where bathing suits are permitted. Appropriate swim-wear is required for all aquatic programs.

The YMCA is a family place. Inappropriate or offensive dress will not be tolerated. The YMCA staff reserves the right to deem what is appropriate clothing and attire.

## PHONES, PHOTOS & VIDEOS

The use of audio, camera and video recording devices, including cell phones, are prohibited in all YMCA facilities unless there is implied authorization. Implied authorization is when a person is taking a picture, using an audio device or taking video of a member of their family, family friends or other from whom prior permission has been obtained. Absolutely under no circumstance are cameras allowed in locker rooms or restrooms. YMCA staff have the right to ask members or guests, who they are taking pictures of or recording during programs or activities to determine if there is implied authorization.

## PHONES, PHOTOS & VIDEOS CONTINUED...

YMCA staff or authorized designees of the YMCA when given authorization shall be allowed to use cameras or video recording devices to create promotional, educational or advertising content. To communicate with members and the general public, signage may be posted when this occurs and written authorizations will be required in special cases when a person is going to be the focus of a marketing piece.

## GROUP FITNESS

Value-added land exercise classes and water aerobics are available to members at no cost. Additional fees may apply to specialty classes. Members ages 16 and above may participate in adult classes. Youth ages 15 and under may not participate in adult-level classes unless designated. Please keep talking to a minimum and refrain from using head phones while participating in a class.

## PERSONAL TRAINING

Personal training by individuals not employed by the YMCA is prohibited. All Personal Training sessions must be paid for at the Welcome Center Desk, through a Member Services representative. There are no exceptions. Advance payment is required for all sessions and packages.

Services exchanged in lieu of monetary payment and/or direct payment to the Personal Trainer are not permitted and may result in the termination of membership privileges.

## CANCELLATION OF CLASSES

To ensure a quality experience for all participants, the YMCA may choose to combine or cancel classes due to low enrollment. If the YMCA cancels a paid program or paid class, a credit will be issued.

## MAKE-UP CLASS POLICY

Due to the limited student-instructor ratio, there is not always make-up lessons/classes. A credit will be issued to those who miss class due to a medical necessity. Get in contact with the program director for specifics.



# WELLNESS CENTER POLICIES

We strongly recommend that all members participate in an orientation prior to using any fitness equipment.

Youth ages 10–14 may only use cardio machines and circuit strength machines in the Wellness Center under direct parent/guardian supervision.

Youth ages 15+ do not need direct parental supervision but may only use cardio machines and circuit strength machines in the Wellness Center.

Please see the branch Wellness Director for policies regarding teens using free weight equipment.

The YMCA is a family place, so please refrain from the use of inappropriate or profane language.

- Wipe down equipment before and after use. Cleaning supplies are provided in each room.
- Be considerate. Limit use of cardio equipment to a maximum of 30 minutes when others are waiting.
- When using the strength equipment please be courteous to other members and do not sit on the machine between sets. Be considerate and allow members to “work-in.”
- Please return weights, mats, and other equipment to their designated spaces.
- Report any malfunctioning or broken equipment to a staff member immediately.
- No food is permitted in the wellness centers or group exercise rooms. Only beverages in spill-proof containers are permitted.
- Please lock up all personal belongings in a locker room. Hang coats and bags on designated hooks on the wall.
- Wear appropriate work out attire. No boots or sandals are permitted.
- Cell phones are permitted in the Wellness Center just be considerate to other members and do not have music playing without headphones.
- Only Y staff are allowed to provide personal training instruction.
- Do not misuse the equipment

## LOCKER ROOM POLICIES

- Please secure your valuables and personal belongings in a locker. The Y is not responsible for lost or stolen items.
- Please bring your own lock and remove it each day. Items left in lockers overnight will be removed.
- Use of cell phones or any electronic device with camera capabilities is strictly prohibited in locker rooms.
- If you are accompanying children of the opposite gender please read posted signs on age appropriate locker rooms.
- Please remain properly covered while in public areas of the locker room.

The YMCA does not tolerate discrimination or harassment of any person on the basis of race, national origin, ancestry, color, creed, religion, sex, sexual orientation, gender, gender identity, age, disability, or any other basis protected by law. All members will have access to restroom and locker room facilities that correspond to their self-identified, self-reported gender identity to the extent permitted by applicable law. All members are expected to abide by the locker room guidelines and member conduct rules throughout the facilities. Questions regarding how this policy is applied should be directed to the YMCA Branch Executive. Some facilities are equipped with family/universal locker rooms. Please visit the Member Services Desk for assistance or questions.

# FACILITY POLICIES, CONT.

## POOL POLICIES

YMCA members may use pools located at our YMCA locations during the scheduled hours. Due to facility program needs, open swim times may be changed without notice. Schedules may vary by branch. Please check Ross and Pike County hours.

- Parents are responsible for their children at all times.
- Children ages 12 and under must be actively supervised by an adult in the pool area.
- YMCA will test the swimming competency of any child who wants to swim in the deep end of the pool.
- Non-swimmers are not permitted in the deep end of the pool.
- Parents may work one-on-one with their child on their swimming skills in the shallow end without the use of a life vest as long as the child remains within arms reach.
- One adult can be responsible for no more than 3 non-swimmers.
- Lap swim is for continual lap swim only
- Only U.S. Coast Guard approved flotation devices are permitted.
- No diving is allowed. Enter the water feet first facing forward.
- Breath-holding activities are not permitted.
- The lifeguards have full authority and their word is final.
- No running or horseplay is allowed.
- No glass products of any kind are permitted in the pool area.
- Swimmers currently experiencing sores, infections, sickness, or diarrhea are not permitted to enter the pool.
- All swimmers must shower before entering the pool.
- Lap swimmers may be required to share lanes with other members and "circle swim" during busy times.

## STEAM ROOM POLICIES

- Please show respect to others and read posted rules before entering the steam rooms.
- May only be used by members age 18 and older
- Pregnant women, elderly and individuals with certain health conditions are advised to ask their doctor before entering the steam room
- Do not use while under the influence of alcohol or drugs
- No food or drink allowed
- Wear appropriate attire
- No electronic devices in the steam room as it can ruin them
- No paper products allowed
- Observe reasonable time limits. (recommendation is no longer than 15 minutes)
- Over exposure may result in nausea, dizziness or fainting.

# ADDITIONAL INFORMATION

## VOLUNTEERS

Every year hundreds of volunteers support the YMCA's overall purpose of helping people reach their potential in spirit, mind, and body.

Become a vital part of the Y community- your special talents will really make a difference! Reach out to your branches Executive Director for more information on volunteering.

## MEDICAL SITUATION

If a member is unable to temporarily participate at the YMCA due to medical/health reasons, the member may place their membership in a medical cancellation and resume their membership when they are cleared by a doctor to return. Members must present a doctor's note to cancel their membership for medical reasons; When the member brings a doctor's note clearing the member to return, we will reactivate the membership. Members who return from a medical cancellation with the proper documentation will not be subject to paying another joiner fee.

## SMOKING POLICY

Smoking or vaping any substance (whether or not legal) in or outside of Y facilities or programs or on Y property is prohibited at all times.

Smoking is defined as the act of lighting, smoking or carrying a lighted or smoldering cigar, cigarette, or pipe of any kind. Vaping refers to the use of electronic nicotine delivery systems or electronic smoking devices, such as but not limited to e-cigarette, e-pipes, e-hookahs and e-cigars

## ACCIDENTS OR INJURIES

Contact a Y staff person immediately if there is an accident, injury, or unusual incident. We are here to assist you. However, please be advised that you are participating in all activities at your own risk and are fully responsible for yourself, your children, and your guests.

## SUGGESTIONS

Your suggestions and comments are always welcome. Y staff are known for being friendly, responsive and caring people. Please feel free to contact any of our staff to ask questions as well as to make suggestions.

## LOST AND FOUND

The YMCA is not responsible for lost or stolen property. However, we do keep lost and found items whenever possible. Please check at your Y for the location of the lost and found. Items will be kept as space allows, then given to charity.

## SPECIAL SERVICES

Y facilities may be reserved for special occasions (birthday parties, meetings, etc.) Reservations should be made at your Y. Please review other available materials that explain the various facilities, activities, and program offerings at Y locations.

## GUEST POLICY

Members are always invited to bring friends and encourage them to join. Each member gets 2 guest passes sent through the mail at time of join. Each Y differs. Day pass rates are available at both branches.

We reserve the right to limit guest usage.

Guest privileges and times vary by Y location.

## CONTACT US

Ross County YMCA 740-772-4340  
Pike County YMCA 740-947-8862

Or visit [www.sciotovalleyymca.org](http://www.sciotovalleyymca.org)



# BRANCH HOURS

## PIKE COUNTY

Monday 5am–8pm

Tuesday 5am–8pm

Wednesday 5am–8pm

Thursday 5am–8pm

Friday 5am–8pm

Saturday 8am–6pm

Sunday 1pm–5pm

## ROSS COUNTY

Monday 5:30am–9pm

Tuesday 5:30am–9pm

Wednesday 5:30am–9pm

Thursday 5:30am–9pm

Friday 5:30am–6pm

Saturday 7am–5pm

Sunday 12pm–4pm