



WELCOME TO THE YMCA OF GREATER DAYTON!

Deeply rooted in the Dayton community, our Y family is made up of people of all ages and from every walk of life, all working side-by-side to ensure that everyone, regardless of gender, income or background, has the opportunity to live life to its fullest. We value caring, honesty, respect and responsibility, and everything we do stems from this. Our staff and volunteers are kids, parents, grandparents, neighbors and local leaders who are all personally committed to understanding what our neighborhoods need.

Together, we use our knowledge to develop stronger, more integrated communities, provide support for people and families, and promote positive change overall.

This handbook has been designed to answer your questions and also to help you become more involved with the Y. Please don't hesitate to call upon one of our caring staff if you have additional needs or if we can be of assistance.

Welcome to the Y family!

Sincerely,

Dale Brunner, President & CEO

YMCA Branch Hours Of Operation

Mon-Fri 5am to 10pm
(Downtown closes at 9pm)
NDC hours: 7am to 9pm

Sat 7am to 6pm
NDC hours: 9am to 3pm

Sun 1pm to 5pm
(Downtown opens at 10am)
NDC: closed



YOU & THE Y



The Y is the unparalleled cause for strengthening community because we are the community. Together with you, your family and your neighbors, our movement strengthens America's towns and cities through promoting three things: youth development, healthy living and social responsibility.

With a presence in neighborhoods across the nation, the Y helps people of all ages and from all 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. Parents desire a safe environment in which children can learn practical and social skills and develop positive values. Kids want to exert energy, discover who they are and what they can achieve, and be accepted among each other. Adults want to learn more, do more, and live a healthier lifestyle. 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 neighborhoods.

Thank you for choosing the YMCA of Greater Dayton for your family's needs. We are here to serve you.

YOU "BELONG"

The YMCA of Greater Dayton 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 1870.

Today the YMCA of Greater Dayton offers the following member benefits:

- Unlimited access to all YMCA of Greater Dayton locations
- Free orientation and use of our Wellness Center. A Smart Start appointment with one of our qualified fitness counselors is available at no extra charge. Sign up at the Member Service Desk.
- Free group exercise classes
- Free child watch while you are in the facility with family membership
- Free family fun nights (Locations vary)
- Free open swim for adults and families
- Free open gym time
- Free use of our "Family Gym" (Locations vary)
- Free ActivTrax program
- Member only classes and reduced rates on programs
- Priority program registration and the ease of online registration
- AWAY privileges (Always Welcome at Y's)
- Nationwide YMCA Reciprocity Program Member

FITNESS ORIENTATION

During this appointment, our fitness counselor will introduce you to our wellness center and explain the proper use of the equipment for maximum benefit.

FITNESS EVALUATION

What a great way to start your fitness program. You don't know where you are going unless you know where you are. A fitness evaluation encompasses: blood pressure, body fat analysis, flexibility, muscular strength, muscular endurance and a cardiovascular fitness assessment. Contact your Member Service Desk to set up an appointment.

ACTIVTRAX

The ActivTrax system provides members with an easy and efficient way of scheduling workouts, meal plans and nutritional grocery

lists. The training program serves as your workout partner and understands your wants, needs and goals.

To start up an ActivTrax account set up an appointment with a wellness coach. Once enrolled, login to ActivTrax to begin planning your exercise experience, continue your training, and track your progress online.

With every visit to the Y, ActivTrax will provide you with a new workout, maintaining your exercise routine while keeping things fresh and interesting. A nutritional component is included to compliment your healthy lifestyle.

KID FIT

The Kid Fit program was created as a fun way to get children between the ages of 9–15 moving! The program is designed to involve physical activities as well encourage activities that nurture spirit, mind and body. Each youth will be evaluated with his/her parent to determine his/her current level of fitness. A personalized program will be implemented from the evaluation results. Not available in all locations.

Make an appointment now at the Member Service Desk.

MEMBERSHIP CARD: YOUR PASSPORT

Your Y membership card is a passport. 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 at your Y for a nominal fee.

FINANCIAL ASSISTANCE

Every day, the YMCA of Greater Dayton offers quality, affordable programs and services designed to benefit people of all incomes and backgrounds. Through our fundraising efforts during our Annual Campaign, **we do not turn anyone away for their inability to pay.** 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 local branch Membership Director if you need financial assistance.

All records are kept confidential.

MEMBERSHIP CATEGORIES

The YMCA of Greater Dayton has four categories of membership:

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 up to age 18 residing at the same address and dependent children enrolled full-time in college up to age of 24.

ADULT – An adult membership is for an individual 28 years or older.

YOUNG ADULT – A young adult is defined as an individual ages 18 – 27.

YOUTH/TEEN – A youth membership is available for adolescents ages 6–17. Children ages 9 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 10 and over may, at the parents discretion, utilize the Y facility for up to three hours at a time in youth approved program areas.

MEMBERSHIP DUES

Your membership dues can be paid in one of two ways:

MONTHLY AUTOMATIC DRAFT

Under the Electronic Funds Transfer monthly payment plan, you make a down payment to cover your first month of membership. You then authorize your bank to honor pre-authorized drafts drawn by the Y on your account for membership payments and/or contributions. It is understood that your bank or credit card draft membership will be continuous until 10 days after written notification has been received by the Y. When the bank or credit card carrier honors the draft by charging your account, such drafts constitute your receipt for the payment. If at any time there is to be a change, deletion or cancellation of your membership, it is to be submitted in writing on the appropriate form, by the primary member, to the branch Y where membership was purchased, along with membership card(s) at least 10 days prior to bank draft date.

ANNUAL PAYMENT

Annual payments in full may be paid by using cash, check, or credit card (Visa, MasterCard, American Express or Discover).

CONDITIONS OF MEMBERSHIP

- Sales tax is included at the time of transaction.
- Membership dues are non-refundable.
- Membership dues and similar payments are not deductible as charitable contributions.
- Membership rates are subject to change; notice of change in membership rate will be mailed out 30 days in advance.
- A third party agency will make multiple attempts to re-draft all EFT payments returned due to “Non-Sufficient Funds” (NSF). A fee of \$25 will be collected by the third party agency for the “NSF”.
- A \$25 late fee will be assessed to your account if returned payments are not resolved within the time period stated on your invoice.

- For each return, the YMCA of Greater Dayton will collect a separate \$10 fee to cover bank and administrative cost.
- Monthly membership dues and other fees (Join fees, program cost, etc) are each separate transactions and therefore drafted separately.
- All membership and/or program balances must be paid prior to membership termination being accepted.
- All accounts must be in good standing to register for programs or renew membership.
- The YMCA of Greater Dayton reserves the right to modify, cancel or deny memberships due to criminal background, past due balances or member account status.
- Accounts must be terminated at least 10 days prior to the scheduled draft date.

GUEST PRIVILEGES

Y facilities are provided for the use of Y members. Members are always invited to bring in friends and encourage them to join.

Each guest is limited to three visits in a 12-month period. All guests must bring a valid photo ID. Members are provided complimentary guest passes when they initially join. We reserve the right to limit guest usage.

Guest privileges and times vary by Y location.

TRANSFERRING MEMBERSHIPS TO THE DAYTON Y

Members will be allowed to transfer their membership with the benefit of an adjusted joiner’s fee rate if they registered within 60 days of the transfer.

CORPORATE MEMBERSHIP PLAN

A healthy, happy and productive workforce is key to every successful business. Through Corporate Membership at the YMCA of Greater Dayton, employees can get fit, stay fit and save money—all while helping your company improve its fiscal fitness. All members are city-wide members with access to all YMCAs associated with the YMCA of Greater Dayton which includes locations in Montgomery, Preble, Greene and Warren counties. Please contact the Membership Director at your Y if you are interested in corporate membership for your company.

Is your company facing large health insurance increases? Do you have a plan to offset the proposed increases? Ask how the Y can help! Contact Josh Sullenberger at (937) 223-5201.



MEMBERSHIP NOTEBOOK

YMCA CODE OF CONDUCT

The YMCA of Greater Dayton is committed to providing a safe and welcoming environment for all members and 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 or sexual 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

To ensure the safety and well-being of all employees, members and other visitors, the YMCA of Greater Dayton reserves the right to inspect and/or search all areas of the YMCA of Greater Dayton and your belongings in appropriate circumstances, such as:

- Using or possessing illegal chemicals or alcohol on Y property or in Y vehicles
- Any other conduct of an inappropriate, threatening, or offensive nature

Also, please be aware that:

- Video recorders, cameras, or any other visual recording devices are not allowed within the Y without the written consent of the Executive Director. Anyone caught taking pictures of another person without their permission and knowledge will be prosecuted to the full extent of the law by the Y and their membership may be terminated. Some cellular phones have the ability to take pictures. For your own safety and the safety of others, please be aware if someone is using a cell phone within your vicinity.
- The YMCA conducts regular sex offender screenings on all members, participants, and guest. If a sex offender match occurs, the YMCA reserves the right to cancel membership, end program participation and remove visitation access.

Members and guests should not hesitate to notify a staff person with any concerns or questions.

In order to carry out these policies, we ask that members and guests identify themselves when asked. The Executive Director will investigate all reported incidents. Suspension or termination of Y

membership privileges may result from a determination by the Executive Director if, in his or her discretion, a violation of the Code of Conduct has occurred.

YOUR YMCA – A HOME AWAY FROM HOME

The YMCA of Greater Dayton is a proud member of the YMCA of the USA's Nationwide Reciprocity Program. When you travel you may want to use a Y in another city on a short-term basis. Use your Y card at more than 2,000 Y's nationwide. Guest fees and privileges may vary. Stop by our Member Service Desk for more information about the AWAY program.

The YMCA of Greater Dayton is also a member of the Nationwide Reciprocity Program. This program allows YMCA members free access to almost every Y in Ohio – please see your Membership Director for complete details.

PROGRAM MATERIALS AND INFORMATION

We recommend downloading our app from your smart phone's app store. Brochures, program schedules, and flyers describing Y services and programs may be obtained from your local Y as well as at www.daytonymca.org.

If you want information about a special program or about Ys in other states or countries, contact the Membership Director at your Y.

PROGRAM FEES

Program fees are set to provide quality services and represent the cost of providing activities or services not included in your membership dues. However, members receive a reduced rate on almost all programs!

Specific program fee information is available at your Y. Program fee refunds are made only when there is a cancellation of the activity due to insufficient enrollment or verified medical illness.

ANNUAL CAMPAIGN

In support of the Y mission, an Annual Campaign is conducted each year from January through March. This campaign raises funds to provide kids with the opportunity to participate in Y programs such as summer day camp, child care, youth sports and swim lessons. These kids would otherwise be unable to participate due to an inability to pay. We believe every kid deserves a Y!

As a Y member, you have the opportunity to participate in the Annual Campaign. Please consider a donation to the campaign and/or volunteering to help raise funds. All Y campaigners (storytellers) are volunteers helping others within the Y family. Training is provided and new storytellers are always welcome. Contact your Executive Director for more information.

Will you join in our commitment to strengthen our neighborhoods by becoming a partner in our efforts to help others? You may never know the impact you will make on your community.

SPECIAL INFORMATION



If you or someone you know is in need of financial assistance, please contact one of our member service representatives. All requests are confidential.

VOLUNTEERS

Every year thousands of volunteers support the YMCA's overall purpose of helping people reach their God-given potential in spirit, mind, and body. Volunteers are needed today in:

- Special Events
- Leading Programs
- Branch Boards of Advisors
- Teaching Skills
- Special-Interest Committees
- Office Work
- Fund-Raising
- Maintenance
- Youth Sports Coaches and Referees

Become a vital part of the Y community—your special talents will really make a difference!

ACCIDENTS

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.

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.

SMOKING POLICY

Y facilities and grounds are smoke-free environments. This includes the use of electronic smoking devices.

SUGGESTIONS/COMMENTS

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.

If you have a specific concern which has not been resolved by our membership service staff, you should ask to speak to the Executive Director. After doing so, if you still have a concern you should speak with the YMCA of Greater Dayton office at (937) 223-5201.



MEDICAL CHECKUP

A pre-participation medical checkup and an annual medical evaluation by your physician, although not required, are strongly recommended for participation in Y fitness activities. A medical release is required for certain programs.

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.

ATTIRE

Appropriate shirts, shorts, and footwear are required during exercise in the workout rooms, gyms, or racquetball courts. Sport bras alone are not permitted in the Y. Street shoes are not permitted in the fitness center or gymnasium. In the swimming pool and whirlpool, proper swimming suits are required. Cut-offs and gym shorts are not permitted in the pool. For racquetball play, it is strongly recommended that eye guards be worn.

SPECIAL INFORMATION

FOOD AND BEVERAGES

Food and beverage services are provided for sale to members in some of our facilities and are restricted to certain areas.

Please do not bring food or drinks into locker rooms, gyms, and activity areas. We appreciate your help in keeping your Y safe and clean.

LOCKERS

Lockers are available for daily use during your visit to the Y. We strongly advise the use of locks to protect your personal items, as the Y cannot be held responsible or liable for articles damaged, lost, or stolen.

Please bring your own lock to secure your clothes and valuables in your "day use" lockers while you are working out at the Y. Locks left on overnight may be removed to allow use by other members. Permanent locker service is available for an additional charge at some Ys.

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 throughout our community.

YMCA LOCATIONS

1 COFFMAN YMCA

(937) 886-9622
Springboro · 88 Remick Blvd.

2 DOWNTOWN YMCA

(937) 228-9622
Dayton · 316 N. Wilkinson St.

3 FAIRBORN YMCA

(937) 754-9622
Fairborn · 300 S. Central Ave.

4 Y AT THE HEIGHTS

(937) 236-9622
Huber Heights · 7251 Shull Rd.

5 KLEPTZ YMCA

(937) 836-9622
Englewood · 1200 W. National Rd.

6 PREBLE COUNTY YMCA

(937) 472-2010
Eaton · 450A Washington Jackson Rd.

7 SOUTH YMCA

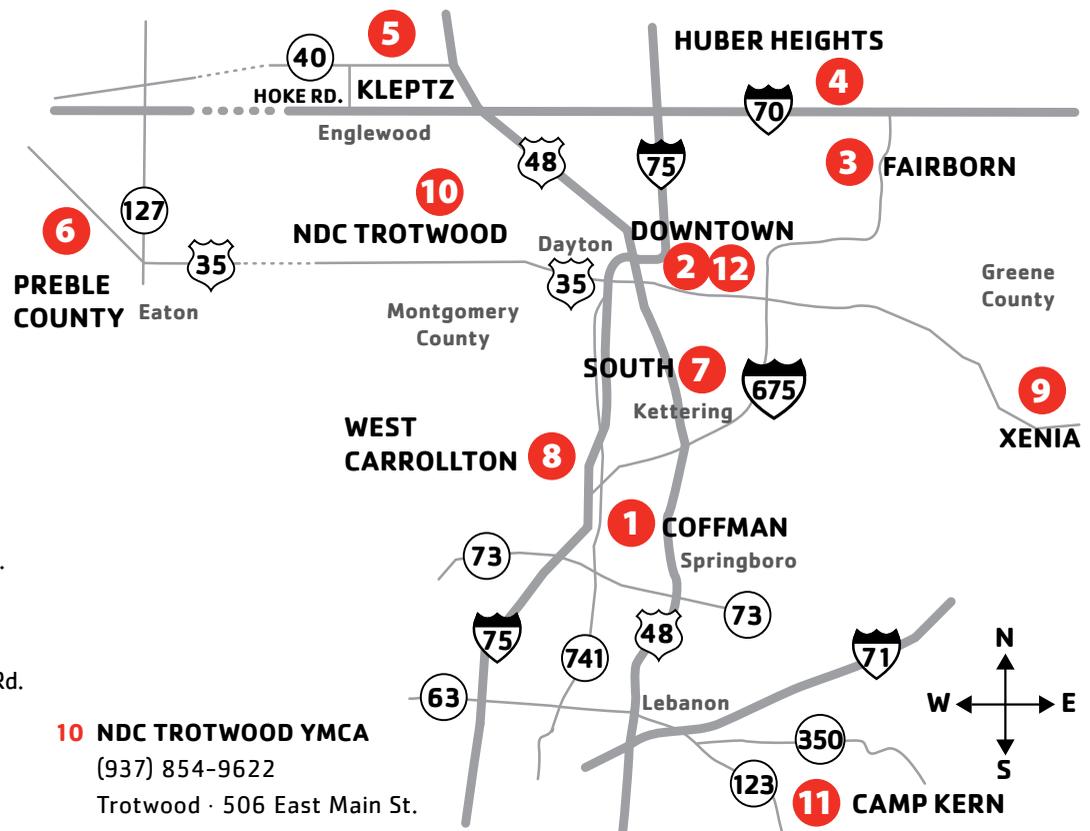
(937) 434-1964
Kettering · 4545 Marshall Rd.

8 WEST CARROLLTON YMCA

(937) 866-9622
West Carrollton · 900 S. Alex Rd.

9 XENIA YMCA

(937) 376-9622
Xenia · 336 S. Progress Drive



10 NDC TROTWOOD YMCA

(937) 854-9622
Trotwood · 506 East Main St.

11 YMCA CAMP KERN

(513) 932-3756
Oregonia · 5291 State Route 350

12 YMCA ASSOCIATION SERVICES OFFICE

(937) 223-5201
Dayton · 118 W. First St., Ste. 300

YMCA EARLY LEARNING AND PRESCHOOL EDUCATION PROGRAMS

YMCA Early Learning and Preschool Education Programs are designed to meet the developmental needs of young children in a caring, structured environment. We provide experiences that enhance and enrich each child's cognitive, language, social, emotional, physical, and creative development. Please check at your Y to see if this program may be right for you and your child.

YMCA SCHOOL AGE ENRICHMENT PROGRAMS

The Y is the largest provider of school age enrichment programs in the Miami Valley. Whether at the school site, local church, or the Y, children are given a safe and fun before-and-after school place to be. Many of our locations provide school age enrichment programs for the convenience of working parents. Check for this service at your Y.

SUMMER DAY CAMPS

If you are looking for summer activities for your school-aged children, check out our Summer Day Camps. Our structured programs are fun, educational, and full of adventure. Day Camping at the Y is a great alternative to those long breaks from school. Day campers have the opportunity to grow in spirit, mind, and body with other children.

ARRIVALS & DEPARTURES/ALL CHILD CARE

All children must be signed in upon arrival and signed out when departing. The staff will release children only to those persons designated by the parent 16 years of age or older. The staff requires proper photo identification from any person authorized to pick up a child.

YMCA CAMP KERN

What makes YMCA Camp Kern so special? Imagine the sights and sounds of a 485-acre natural wonderland to explore and appreciate: the cheers after a canoe race, the crackle of a campfire, the smell of toasting marshmallows, the breathtaking view of the landscape. Building leadership, relationships and values, developing skills that nurture the spirit, mind, and body and learning respect for nature and others—this is the spirit of YMCA Camp Kern. YMCA Camp Kern offers a variety of year-round programs designed to do all this and more.

PROGRAM OPPORTUNITIES INCLUDE:

Outdoor Education, Leadership Training, Ranch Camp, Boys and Girls Camps, Family Camps, and Year-Round Conference Facilities.

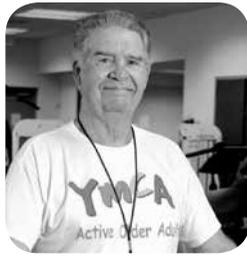
YMCA CAMP KERN OFFERS OZONE ZIPLINE ADVENTURES!

Riders will suit up and fly on ziplines breezing through and above the canopy of the Little Miami River valley. Tour guides will escort each group of participants from platform to platform while educating riders on the history of the land, ecology and basic physics. The tour will also have you traversing sky bridges, and zipping to and from a 45 foot tall multi-level central zip tower. Riders will zip at heights of up to 200 feet above the ground. For more information or to register, please visit www.ozonezips.org

YMCA Camp Kern is located in Oregonia, Ohio, less than one hour southeast of Dayton. For more information on all that YMCA Camp Kern has to offer, please call the camp at 1-800-255-5376.



FACILITIES & PROGRAMS



	COFFMAN (937) 886-9622	DOWNTOWN (937) 228-9622	FAIRBORN (937) 754-9622	Y AT THE HEIGHTS (937) 236-9622	KLEPTZ (937) 836-9622	PREBLE COUNTY (937) 472-2010	SOUTH (937) 434-1964	WEST CARROLLTON (937) 866-9622	XENIA (937) 376-9622	NDC TROTWOOD (937) 854-9622
Aerobic/Fitness Classes	●	●	●	●	●	●	●	●	●	●
Beginning Exercise Programs	●	●	●	●	●	●	●	●	●	●
Free Weights	●	●	●	●	●	●	●	●	●	●
Machine Weights	●	●	●	●	●	●	●	●	●	●
Gymnasium	●	●	●	●	●	●	●	●	●	
Family Gym	●			●	●		●			
Running/Walking Track	●	●		●	●	●		●	●	
Racquetball		●	●						●	
Indoor Play Center	●			●	●		●			
Athletic Fields	●		●	●	●	●	●	●		
Indoor Pool	●	●	●	●	●	●	●	●	●	
Steam Room/Whirlpool		●								
Sauna		●	●							
Therapy Pools	●				●			●	●	
Special Needs/ Family Locker Rooms	●		●	●	●	●		●	●	
Multipurpose Room	●	●	●	●	●	●	●	●	●	●
Nursery	●	●	●	●	●	●	●	●	●	●
Infant Programs	●	●	●	●	●	●	●	●	●	
YMCA Child Care Programs	●	●	●	●	●	●	●	●	●	●
Toddler Programs	●	●	●	●	●	●	●	●	●	
Youth Programs	●	●	●	●	●	●	●	●	●	●
Youth Sports	●		●	●	●	●	●	●	●	●
Teen Programs	●	●	●	●	●	●	●	●	●	
Teen Room				●	●	●		●	●	
Adult Sports	●	●	●	●	●	●	●	●	●	
ActiveTrax	●	●	●	●	●	●	●	●	●	●
Pickleball	●	●	●	●	●	●	●	●	●	

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