



We build strong kids, strong families, strong communities.

WWW.BEDFORDYMCA.ORG

Bedford Area Family YMCA
1111 Turnpike Road
P.O. Box 1026
Bedford, VA 24523
540-586-3483 phone
540-587-5310 fax

Moneta Area Family YMCA
1039 Mayberry Crossing Drive
Moneta, VA 24121
mail to Bedford P.O. Box
phone 540-296-1059
fax 540-296-1063

Welcome to the Bedford and Moneta Area Family YMCAs!

Thank you for joining the Bedford and Moneta Area Family YMCAs. Your membership enables us to continue to fulfill our mission of helping children, families and the community. We encourage you to get involved in the many programs available to you and your family.

Our staff will be happy to familiarize you with the YMCA and it's many programs, classes and fitness machines. We have fitness staff that can show you the correct usage of our fitness equipment and help you set up a fitness program specifically for you. **Please schedule an appointment with them through our membership desk.**

Below is a list of our director/leadership team. If you have any questions or concerns, please feel free to contact one of us.

- Mary Jo Boone - Executive Director / CEO
- Kristen Graham - Director of Operations
- Dwayne Abbott - Sports / Outdoor Adventure Director
- Josh Raney - Fitness Director
- Elizabeth Creasy - Aquatics Director
- Nancy Mineo - Child Care Director
- Reece Martinez - Teen Program Director
- Mary Beverley - Moneta Program Director/Marketing
- Melanie Stern - Membership Director/Gymnastics Director
- Kelly Longstreet - Preschool Childcare Director
- Kitty Tomkinson - Fitness/Housekeeping Director

Hours of Operation
Bedford Branch

Monday-Thursday	6:00a.m.-9:00p.m.
Friday	6:00a.m.-7:00p.m.
Saturday	9:00a.m.-5:00p.m.
Sunday	12:00p.m.-5:00p.m.

Pool

Pool is closed EVERY weekday from 1:30-3:45 for maintenance.

Monday-Thursday	6:00a.m.-1:30p.m. 3:45p.m.-8:30p.m.
Friday	6:00a.m.-1:30p.m. 3:45p.m.-6:30p.m.
Saturday	9:00a.m.-4:30p.m.
Sunday	12:00p.m.-4:30p.m.

Pool may also be closed for swim meets and/or lanes may be closed at various times for swim team, home-school physical education, swim lessons, water aerobics, etc. Pool schedule is updated on a monthly basis from September through June. To ensure that pool is open and available for member use, please call our membership desk at 586-3483 and speak with a member services individual.

Teen Center

The teen center closes 15 minutes before branch closing.

Childwatch

Monday through Thursday	8:30a.m.-8:00.m.
Friday	8:30a.m.-5:00p.m.
Saturday	9:00a.m.-1:00p.m.

Hours of Operation
Moneta Branch

Monday-Thursday	6:00a.m.-8:00p.m.
Friday	6:00a.m.-6:00p.m.
Saturday	9:00a.m.-3:00p.m.
Sunday	1:00p.m.-4:00p.m.

Inclement Weather Policy

Please go to www.wset.com for any closings or delays for inclement weather.

Guest Policy

The YMCA encourages guests to use our facilities. We offer a Free Day Pass to anyone who is interested in trying our programs, classes or facilities. Each person will be allowed one Free Day Pass per year.

Non-Member Policy

If you are not a member of the Bedford or Moneta Area Family YMCA, you must purchase a Day Pass if you would like to use our YMCA. Day Passes can be purchased at any time and as many times a year as you like. The cost is \$5.00 per day pass for ages 0-18 and \$10 per day pass for ages 19 and up.

AWAY Guest Policy

A.W.A.Y. Guests (**Always Welcome at YMCAs**) Program.

The Bedford and Moneta Area Family YMCAs participate in the national A.W.A.Y. Program and honors visiting YMCA members in good standing as a guest. A.W.A.Y. guests are afforded the full and unrestricted use of our premises and facilities at no charge for a maximum period of seven consecutive days. To be eligible as an A.W.A.Y. guest your home YMCA must be at least 60 aerial miles from the Bedford or Moneta Area Family YMCA, and you must be a member in good standing with your home YMCA. If your home YMCA is within 60 miles of the Bedford YMCA (i.e. Jamerson, Lynchburg) you may visit the Bedford or Moneta YMCA once a week.

Regional Membership Pilot (testing through 3/31/10)

As a member of the Bedford and Moneta Area Family YMCAs, you will now have **unlimited** access to the facilities of the Franklin County and Roanoke County YMCAs for no additional charge*. (If there is a charge for participation in a program, those fees still apply). This is a pilot program and will be reviewed at the end of March 2010 to see if we will continue. You must be a member in good standing or you will not be allowed entrance into the Franklin or Roanoke County YMCAs.

Centra Program

Both branches of the Bedford Area Family YMCA partner with Centra to make available to you personalized attention from one of Centra's Exercise Physiologists or RN's. These programs are Cardiac, Pulmonary, Disease, or Wellness and are available with additional cost payable to Centra. The programs provide a safe way to exercise as you are medically supervised and monitored. For heart patients, exercise lessens the risk and severity of another cardiac event. For more information on these programs, please contact Chris at Bedford at 586-3483 or Jessica at Moneta at 296-1059.

YMCA Programs and Events

Aside from providing a great place to get involved in your community, meet people or get a great workout, the YMCA provides many opportunities that you may not be aware of. For more information on anything listed below, please see our membership desk or talk to the director in charge.

- *Soccer, Basketball, Gymnastics and Swim team sports
- *Summer Camp
- *Before and After School Care at various locations throughout the county
- *Daycare/Preschool
- *Outdoor Adventure Program for team and confidence building
- *Outdoor basketball
- *Disc Golf course
- *Playground area
- *Pavilion
- *Birthday party packages available
- *Teen Center
- *Nursery
- *Mom and Me Playtime
- *Children's Dance Class
- *Funtastic Family Fridays (quarterly)
- *Adult Noon Hoops
- *Indoor Traversing Wall
- *Membership Appreciation Days
- *Peaks of Otter Christmas Classic run
- *Moneta Spunky Spring run
- *Girl Scout Day
- *Healthy Kids Day

Personal Training

Did you know that we offer personal training sessions? Need that "extra push" to help you achieve the results you are looking for? The Bedford and Moneta Area Family YMCAs offer personal training sessions with certified personal trainers for \$33.00/hour or a package of 10 for \$300.00. Please see Josh at the Bedford Y or Mary at the Moneta Y for more information.

Youth Policy

Youth members are allowed at our facilities without supervision on premises if they are 13 or older. Members age 8-12 may be left unsupervised **if and only if** a parent or adult guardian remains in the facility and as long as the youth follows all rules and policies.

*On a case by case basis, and with pre-approval from a director, a babysitter may act as the youth's guardian. Members under 8 years old are not allowed unsupervised inside the YMCA. If an adult is in the facility working out and you have children that are with you, they have to be members, pay the daily guest fee, or pay to be in the nursery.
**Nobody should be in the facility without being a facility member, program member, a guest, or in the nursery.

Youth Fitness Room/Teen Center Rules

- *No food or drink allowed on any of the equipment inside the Youth Center.
- *Everyone must be trained on the pin-set machines before using equipment. (See membership desk to sign up for appointment)
- *This equipment should be used by youth ages 8-16 years old and /or in the appropriate height range to use the equipment which is 4'6" to 5'8".
- *Nobody under the age of 8 should be on any fitness equipment at any time.
- *NO HEAVY LIFTING (only lift what you can repeat 12-15 times)
- *You must wear your "youth trained" badge at all times.
- *Please practice safe lifting techniques. YMCA staff is available if you have questions or need help.
- *Proper attire must be worn at all times. Shirts are required. Please keep shoes on at all times. No cleats allowed.
- *Do not abuse the equipment in any way.
- *Please remove all sharp object from pockets or other items on clothing that could damage upholstery.
- *Follow posted guidelines, for example: no feet above the red line on the traversing wall.
- *The Carilion Youth Fitness & Recreation Center closes 15 minutes before the facility is scheduled to close.
- **Please adhere to all other items as detailed on the YMCA Code of Conduct.

VIOLATION OF ANY OF THE ABOVE may result in membership termination and/or loss of use privileges of the entire YMCA facility & programs.

Free Weight & Wellness Room Rules

- *No food or drink allowed on any of the equipment EXCEPT FOR RESEALABLE WATER BOTTLES.
- *Proper attire must be worn at all times in center.
- *Please remove sharp objects in pockets or other items on clothing that could damage upholstery.
- *No sandals, open-toed shoes or boots allowed.
- *Scheduled orientations are highly recommended for first-time users or new members to our facilities.
- *All dumbbells, plates, and other accessory pieces must be returned to racks and weight trees after use. RESTACK YOUR WEIGHTS.
- *No dropping or throwing the weights at the end of the set. PLACE on floor or bench.
- *No one under the age of 15 allowed on equipment unless authorized by YMCA or Centra personnel.
- *Proper use of the equipment enhances results and protects users from injury.
- *Always use spotter when attempting to lift maximum weights. (YMCA staff is available for assistance)
- *Please wipe down equipment seats, upholstery and handles after each use.
- **Please adhere to all other items as detailed on the YMCA Code of Conduct.

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Pool Rules

- *Shower before entering the pool.
- *Proper swimming attire must be worn: no cut-offs.
- *No running, pushing, dunking or horseplay.
- *No flips or jumping off starting blocks.
- *No food, drink, glass or metal objects in the pool area EXCEPT FOR RESEALABLE WATER BOTTLES.
- *Non-swimmers must remain in the shallow end.
- *Adult supervision required for all non-swimming children under 10 years of age.
- *Parents must be in the water and within arms reach of his/her child if the child cannot touch the bottom.
- *Children 10 & up must pass a swim test in order to stay by themselves in the pool area. The swim test includes swimming the length of the pool without touching the side or the bottom and treading water for one

minute.

*No sitting or hanging on lane lines.

*No playing on the ladders.

*Emergency equipment is for use by the lifeguards only.

*No air mattresses or inner tubes allowed without the permission of the lifeguard or aquatics director.

*Masks, snorkels and fins allowed only with permission of the lifeguard or aquatics director.

*Personal flotation aids not allowed in deep water.

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Spa/Sauna Rules

*Physician's consent recommended for persons with heart conditions, high blood pressure, pregnancy or on medication.

*First time users are not to exceed 5 minutes.

*Continuous use should not exceed 15 minutes.

*You should discontinue use if you become faint or dizzy.

*No one under the age of 18 is allowed in the spa or sauna.

*Maximum capacity is 3 adults.

*Please turn off spa when done.

*No shaving!

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Gymnasium Rules

*No food or drink allowed in the gym EXCEPT FOR RESEALABLE WATER BOTTLES.

*Proper attire must be worn at all times in the gym: no sandals open-toed shoes or boots allowed and shirts must be worn.

*No profanity or inappropriate behavior allowed.

*No rough or unsportsmanlike conduct or behavior.

*No hanging on rims.

*Balls are available at the YMCA Membership Desk.

- *When the gym is crowded for pick up basketball, no one can play more than 2 consecutive games-win or lose.
- *When class or program is in progress, only those participating are allowed in the gym.
- *Please see membership desk for gym schedule of events and closings.
- *Please stay off gymnastics equipment.
- **Please adhere to all other items as detailed on the YMCA Code of Conduct

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Childwatch Rules

Our child watch area is intended to be a non-structured drop-in child care service for the convenience of YMCA members while exercising or participating in a YMCA program.

- *Everyone must sanitize your hands and your child's hands each time you enter the nursery.
- *The nursery is for children ages 6 weeks through 8 years old.
- *There is a 1 and $\frac{3}{4}$ hour limit per session per child and a limit of a total of 15 children in the nursery at a time.
- *Parents or guardians must stay in the building while your child is in the nursery and you will be asked to notify the nursery attendant where you will be in the building should we need you.**
- *Only YMCA staff, nursery participants and their parent/guardian will be allowed in the nursery.
- *Children must be signed in and out of the nursery. If someone other than the person who signs the child in will be picking the child up, the nursery staff will need to be notified ahead of time and a photo ID will be required for the person picking up the child.
- *Parents/guardians will be called back to the nursery for the following: diaper changes, illness, crying longer than 10 minutes and/or discipline problems. Your timely response is appreciated.
- *Drinks must be in a plastic spill-proof container with a lid with your child's name on it.
- *The YMCA is not responsible for member's/guest's belongings.
- *Non members will be accepted only if space allows. The nursery charges \$2.00 per child per hour and non-member space is limited to 8.
- **Please adhere to all other items as detailed on the YMCA Code of Conduct

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Sick Child Policy

*Do not bring a sick or contagious child to the Childwatch area or YMCA.

*If your child has a runny nose combined with fever, rash, diarrhea, or have lice or pink eye, he/she will not be admitted to the nursery.

*If your child's condition is questionable, please check with your pediatrician.