

24 -HOUR ACCESS(24/7) GUIDELINES

As a Y member with 24/7 access, you may use the Adrian L. Shuford, Jr. YMCA Fitness Center at any time. Other areas of the Y will be staffed during advertised hours of operation, but once the Y closes, there will be no Y staff on hand to assist members. After staffed hours of operation, ONLY YMCA of Catawba Valley adult members who have signed a 24/7 access waiver and purchased a key fob will have access to the Fitness Center.

THE Y IS STAFFED DURING THE FOLLOWING DAYS AND TIMES:

Monday -Thursday	5:00a – 9:00p
Friday	5:00a – 8:00p
Saturday	8:00a – 5:00p
Sunday	1:00p - 5:00p

**Please refer to the Y's website,
ymcav.org for special holiday hours.

AGE REQUIREMENTS

24-hour access to the YMCA's Fitness Center is for YMCA of Catawba Valley Members only, 18 years of age and older. It is not available for Nationwide Membership visiting members. Each adult member wanting 24-hour access is required to have their own key fob and must use it to gain access outside of staffed hours of operation. Key fobs may not be shared with other members (including family). Doing so would be a violation of our guidelines and will result in losing 24-hour access to the YMCA and possible termination of membership.



KEY FOBs

Adult Y members wanting 24-hour access to the Adrian L. Shuford, Jr. YMCA will be required to sign a 24-hour

access waiver to receive their personal key fob for entry. The first key fob is free for each adult member adding 24/7 access and is available at the membership desk during staffed hours of operation, however 24/7 access includes a \$5.00 monthly fee per person to be drafted or paid with your monthly membership.

If a Y member damages or loses their key fob, they should report that to the Y as soon as possible. A replacement key fob can be purchased for \$10. Your key fob is unique to your membership and will allow access as long as your membership remains current.

To access the YMCA during non-staffed hours, hold the key fob up to the fob reader to the right of the door, you will hear the door activate and see the reader light turn from red to green when the key fob is read. Upon activation, pull on the door to gain access (there is a 5 second time limit). Please use the same door to exit the Y. Do not exit through the door marked emergency exit only or the main facility entrance. When entering and exiting the YMCA, please ensure the door closes behind you. Do not hold the door for anyone, as they will need to use their key fob for access.

GUEST POLICY

Guests are normally welcome to use the YMCA of Catawba Valley facilities, during staffed hours of operation, by paying the appropriate guest fee upon arrival. Guests will not be allowed 24-hour access, as it is for YMCA of Catawba Valley members only. If a Y member provides 24-hour access to a guest, that Y member will be assessed a \$50.00 fee, lose their 24-hour access privileges and possible termination of membership.

HONOR CODE

With the addition of 24-hour access to our Fitness Center, the YMCA of Catawba Valley is adopting a strict honor code based on the Y values of honesty, respect, caring and responsibility. If a Y member fails to abide by the guidelines established, their 24-hour access and potentially their membership will be revoked with no refunds given. These guidelines are in place for the safety and security of our members and deviations from our values are deemed inappropriate to our mission.



SAFETY & SECURITY

Please be aware that your key fob is to be used only for your own personal entrance into the facility outside of staffed hours of operation. Members with 24/7 access cannot grant access to other individuals, even if they are YMCA of Catawba Valley members and known to you. This is so the Y can track who is in the building at all times. Granting access to another individual will result in the member losing 24-hour access, a fee of \$50, and possible termination of Y membership.

We highly recommend that you exercise with another member who has 24-hour access, when doing so outside of staffed hours of operation. The YMCA has a 24-hour video recording system for security purposes. It will be reviewed on a daily basis to address any security concerns and monitor who is using our 24-hour facility. Please note that this system does not provide staffing assistance for any emergency that might arise. A telephone is located in the fitness center in case of emergency. In the event of an emergency, dial 911. The Adrian L. Shuford Jr. YMCA address is posted by the telephone and emergency personnel will be able to access the building during non-staffed hours of operation.

For safety purposes, some parking lot lights will remain on after the Y closes. Please park your vehicle in the area of the parking lot that is lit.

At times cleaning staff may be present at odd hours in order to keep our facility sanitary. Please do not ask these staff members to give you access to any other parts of the facility.



Adrian L. Shuford Jr. YMCA

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FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YOUR Y ANYTIME



YMCA of Catawba Valley
24/7 FITNESS