

TRVCC Staff

Carly Sanon - Executive Director
Mandy Beil - Director of Operations
Chad Aksamit - Director of Programs
Nancy Johnston - Membership & Marketing Coordinator
Amber Miles - Fitness Coordinator
Emmy Hill - Programming Assistant
Maddy Hill - Programming Assistant
Brett Everett - Facility & Equipment Manager

TRVCC Board of Directors

President - Tammy Aksamit
Vice President - Lisa Stutzman
Secretary - Meg Maze
Treasurer - Kayla McGanty
Mike McMeans
Meg Maze
Loren Ruttinger
Cameron Duff



Stay Connected

Find our current hours and calendar of events at www.trvcc.org.

For more information, contact us at 307-655-9419.

Follow us on social media:

Facebook:
[@TongueRiverValleyCommunityCenter](https://www.facebook.com/TongueRiverValleyCommunityCenter)



Instagram:
[@trvcc](https://www.instagram.com/trvcc)



Tongue River Valley Community Center

the heart of the valley

MEMBER HANDBOOK

Mission Statement

The Tongue River Valley Community Center (TRVCC) enriches our communities by providing opportunities for health and social well-being.

Dayton Facility
1100 Main St
307-655-9419

Mailing Address
P.O. Box 1100
Dayton, WY 82836

Ranchester Facility
124 Dayton St
307-655-9419

www.trvcc.org

Welcome to TRVCC!

Welcome to the Tongue River Valley Community Center! We are excited to have you join our community. TRVCC is here to provide a vibrant space where people of all ages can connect, grow, and thrive.

Your membership gives you access to various programs and activities for every age group and interest. Whether it's fitness classes, youth programs, senior activities, or family events, there's something here for everyone to enjoy.

As a member, you also have access to three fantastic locations:

- Dayton Center – A center for fitness, recreation, and community connection.
- Rancheater Center – A welcoming space for programs, activities, and fitness.
- Sheridan YMCA – Enjoy additional facilities and amenities through our partnership.

This handbook is designed to help you get the most out of your membership by outlining our policies, guidelines, and the many opportunities available.

Thank you for being part of our mission to build community and enhance the quality of life in the TR Valley. We look forward to seeing you at TRVCC and hope you'll take advantage of all we offer!

Sincerely,

Carly Saron

Executive Director, TRVCC

Programs for All Ages

At TRVCC, we offer a wide variety of programs designed to engage and enrich our community members of all ages:

- **Youth Programs:** We provide engaging opportunities for kids, including our after-school program, Friday Enrichment Camps, after-school clubs, itty-bitty activities, and summer camps. There's always something fun and educational for youth to explore!
- **Senior Citizen Activities:** In partnership with The HUB, we provide senior lunches five days a week, along with activities like Senior Fit, pinochle, cribbage, billiards, birding, pickleball, and day trips.
- **Adult Programs:** Stay active and creative with adult basketball and volleyball leagues, art classes, dance classes, and more.

There's truly something for everyone at TRVCC! To learn more or sign up, visit trvcc.org or call us at **307-655-9419**.



Volunteers Make TRVCC Possible

Volunteers are the heart of TRVCC! From founding and running the center in its early days to supporting us today, community volunteers keep TRVCC thriving. There are so many ways to get involved and make a difference. If you'd like to lend a hand, just reach out to a staff member—we'd love to have you join us!

Climbing Wall Policies:

- **Hours & Check-In:** The climbing wall is open during posted hours only. All climbers must check in at the front desk. If the green mat is on the wall, the wall is CLOSED.
- **Waiver:** A signed waiver is required for all climbers. For those under 18, a parent or legal guardian must sign the waiver.
- **Supervision:** Climbers 14 and under must be accompanied by an adult (18+) or climb during operating hours when TRVCC staff are available.
- **Safety Training:** All climbers and supervising adults must complete Auto Belay safety training before their first climb. The Auto Belay system supports climbers up to 310 pounds.
- **Footwear:** Clean climbing or tennis shoes are required at all times.
- **Report Hazards:** Immediately report any unsafe conditions, such as worn ropes or broken holds, to TRVCC staff.
- **Rope Safety:** Do not climb, swing, hang, or step on ropes—they are your lifeline.
- **Free Climbing:** Free climbing and bouldering are allowed only up to 12 feet. Do not climb above the marked tape.
- **Climbing Risks:** Climbing is inherently dangerous. Follow all rules to ensure the safety of yourself and others. Violating these rules will result in immediate and indefinite suspension from the facility.



Facility Rentals

Host your next birthday party, baby shower, bridal shower, or special event at TRVCC Dayton! Our versatile spaces are perfect for gatherings of all sizes.

For details on rates, availability, and amenities, call 307-655-9419. Let us help make your event unforgettable!

TRVCC Policies

General usage

- Sign in each time you use the facility.
- TRVCC is not responsible for lost or stolen items.
- No food or drinks are allowed in the library, weight room, gym, or FOD area, except water in closed containers. Please keep all other food and drinks in the commons area.
- Children under 10 must be supervised by an adult while using the facility.

Equipment and Rentals

- **Equipment Check-Out:** Balls and other equipment can be checked out at the front desk. Please return all items to their designated locations after use.
- **Locker Rentals:** Lockers are available for rent. For details, inquire at the front desk.

Member policies

- TRVCC memberships are non-transferable and non-refundable. A \$20 initiation fee is required for all new memberships and for reactivations after a lapse of 30 days or more. Membership changes, such as switching from a family to an individual membership, are allowed once per year without incurring an additional fee.
- Memberships may be paused or terminated due to unpaid dues.
- Invoices over 30 days past due will be automatically charged to the stored payment method on file to support quality programming.

Facility policies

- Pets are not allowed in the building, except service animals assisting individuals with disabilities.
- TRVCC facilities are Alcohol, Tobacco, Drug, and E-Cigarette Free facilities.
- TRVCC facilities are gun free zones.
- Inappropriate behavior may result in membership termination or suspension.

Keyless Access Usage Policy

- Keyless access is exclusively for the use of the weight and FOD rooms. At TRVCC Dayton, **gym use is limited to walking or running only**. Recreational activities such as basketball, volleyball, pickleball, rock climbing, or any other sports are strictly prohibited.
- Keyless access is available only to individuals 18 years or older. Minors aged 14–17 may use keyless access only when accompanied by an adult.
- Keyless access is strictly for authorized users. Do not share your access or permit others to enter the building using your credentials. You are fully responsible for all activity associated with your access.
- Keyless access is available to current TRVCC members in good standing for a \$15 fee per keyless entry. If a membership lapses, access will be deactivated. Reactivating access after a lapse of more than 30 days will require an additional \$15 fee.

Keyless Access Hours are as follows:

Monday – Friday: 4:00 am – 9:00 am

Monday – Friday: 8:00 pm – 10:00 pm or upon facility closing

Saturday: 4:00 am – 10:00 pm

Sunday: 4:00 am – 10:00 pm



**VIOLATIONS OF KEYLESS
ENTRY POLICIES WILL
RESULT IN LOSS OF ENTRY
IN THE FACILITY FOR
A MINIMUM OF SIX MONTHS.**

Weight & FOD Room Policies

- Members must be at least 14 years old or in 9th grade to use the weight room and equipment during operating hours. Those under 14 may use the weight room only if accompanied by an adult and after completing the required training.
- Clean workout attire and proper gym shoes are required. Shirts must be worn at all times.
- Return all equipment to its designated location after use.
- Avoid dropping or banging weights.
- Wipe down each piece of equipment after use to maintain cleanliness.
- Report any maintenance or repair needs to the director or staff promptly.

Fitness Classes

At TRVCC, fitness is fun, accessible, and part of daily life! We offer a variety of classes, including Spinning, HIIT, TRX, Boot Camp, Yoga, and more at both our Ranchoester and Dayton facilities, with early morning, mid-morning, and evening options to fit your schedule.

Best of all, classes are free with your membership! Some classes even offer childcare for an additional cost. Stay active and check the full schedule at trvcc.org.



All participants enter at their own risk. TRVCC does not provide accident insurance, and any injuries incurred are the sole financial responsibility of the participant.