

Discover The J

Workout. Play. Grow. Engage.



MEMBERSHIP GUIDE

VALLEY OF THE SUN 



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All. Together. Better.

Welcome to the Valley of the Sun J!

The Valley of the Sun J is a place where all are welcome. We're the place where the community comes together. To workout. To play. To grow. To engage. This togetherness creates a sense of belonging and warmth that permeates all we do.

It's who we are and what we believe... We're All. Together. Better.

We're thrilled to have you join our community, one centered around you. To help you make the most of your experience with us, we've prepared this new member handbook. Consider it your personal guide to making our space feel like your second home.

Thank you for choosing us—let's get started on this exciting journey together!

About Your Membership

With your new J Membership, you unlock a world of amenities and benefits! Enjoy full access to our state-of-the-art health club, a diverse range of group exercise classes, our stunning aquatics center, and the steam room and spa in our beautifully renovated locker rooms.

As a member, you'll also benefit from discounted pricing on J programming such as events, classes, J Summer Camps, and much more. The Ina Levine Jewish Community Center also hosts various Jewish organizations. If you're interested, please contact them directly. Welcome to our community!

New Member Checklist

- ☐ **Collect Your Badge:** Pick up your badge from the membership desk — your key to accessing and navigating our building.
- ☐ **Explore the Master Calendar:** Visit valleyofthesunj.org/calendar to discover all the exciting activities for the month.
- ☐ **Schedule Your Free Sessions:** Book your complimentary fitness orientation with one of our certified personal trainers or schedule your free Pilates reformer class. Get ready to get moving!
- ☐ **Download the “Workout @ Valley of the Sun J” App:**
Apple: <https://www.apple.com/us/search/valley-of-the-sun-jcc?src=globalnav>
Android: https://play.google.com/store/search?q=workout%20%40%20Valley%20of%20the%20sun%20J&c=apps&hl=en_US

Contact Information + Hours*

12701 N. Scottsdale Rd., Suite 201 | Scottsdale, AZ 85254

On the Ina Levine Jewish Community Campus

valleyofthesunj.org | 480.483.7121

Security Desk

480.481.7000

Membership Services Desk

480.481.7090

Membership Director

480.481.7030

Campus Facilities/ Event Coordinator

480.481.7123

Fitness Director

480.481.7018

Group Fitness Director

480.481.7015

Aquatics Director

480.481.7035

Sports Director

480.481.7016

Early Childhood Director

480.481.1759

Youth Director

480.481.7072

Adult Programming Director

480.481.1756

Development

480.481.7010

Jay Jacobs

Chief Executive Officer

480.481.7007

Christine Hutchinson

Chief Operating Officer

480.481.1797

Steve Levy

Chief Marketing Officer

480.481.7032

Jessica Mannon

Chief Development Officer

480.481.7010

Andrea Quen

Chief Experience Officer

480.481.1753

Leah Zigmond

Chief Youth & Family

Programming Officer

480.481.1761

Facility Hours

Mon-Thurs: 5am-10pm

Fri: 5am-6pm

Sat-Sun: 7am-6pm

Lap Pool Hours

Mon-Thurs: 5am-7:45pm

Fri: 5am-5:45pm

Sat-Sun: 7am-5:45pm

Alison Hendeles Early Childhood Center Hours

Mon-Thurs: 7am-6pm

Fri: 7am-5pm

Club J Hours

Mon-Thurs: 3-6pm

Fri: 3-5pm

Kids Club Hours

Mon-Sun: 8am-1pm

Mon-Thurs: 4-7pm

Teen Lounge Hours

Mon-Thurs: 3:30-6pm

Fri: 3:30-5pm

* Hours are subject to change. Please visit valleyofthesunj.org for holiday hours.



Fitness + Aquatics

Fitness Consultation

All members can enjoy a complimentary jumpstart fitness consultation. Meet with a certified personal trainer to create a personalized fitness plan designed to help you achieve your unique goals.

Junior J Fitness Certification

For members aged 10-12 and 13-15, this program teaches safe and effective use of all gym equipment while emphasizing the importance of a healthy lifestyle.

Personal Training

Our certified personal trainers are on-site and ready to help you achieve your health and fitness goals. Using their expertise, they will create a personalized fitness plan tailored to your needs, ensuring safe and effective progress. We offer a variety of options to fit both your budget and schedule.

Locker Rooms

Enjoy our newly renovated locker rooms! Lockers are available for day use or annual purchase at the membership desk. Locker rooms feature showers, a hot tub, a steam room, towel services, and other amenities to help you unwind and refresh.

Group Fitness Classes

Looking to unwind? Try out yoga, tai chi and other mind/body classes. Want to strengthen your core? Come join our mat Pilates or Pilates reformer classes. Craving an upbeat, cardiovascular challenge? Hop on a cycle or slide into one of our dance classes. With over 80 classes available each week, you can easily discover your perfect group fitness workout. Download the mobile app "Workout @ Valley of the Sun J" for Apple: <https://www.apple.com/us/search/valley-of-the-sun-jcc?src=globalnav> or Android: https://play.google.com/store/search?q=workout%20%40%20Valley%20of%20the%20sun%20J&c=apps&hl=en_US%20Search



Pilates

Discover the transformative benefits of Pilates, a program renowned for building core strength, flexibility, and balance while being gentle on your joints. New to Pilates? Sign up for your free trial class at the membership desk.

Aquatics

Dive into our 25-yard, 11-lane, heated competition pool, featuring a walk-in lane and a zero-entry shallow area for relaxation. Our programming includes learn-to-swim classes, a competitive club swim team, and aqua fitness sessions. Plus, we provide training to become a certified American Red Cross Lifeguard.

Sports + Leagues

Sports

From youth, teen, and adult basketball leagues, pickleball classes, volleyball, and swim leagues, we have something for everyone! Join us to stay active, have fun, and connect with others in our community.

Pickleball

Enjoy pickleball both indoors and outdoors! Whether you're joining pickup games or reserving your own court time, visit Membership to view the schedule and book your spot.

Kids + Family

Family Programming

We offer a range of fun and engaging activities for kids and families of all ages. From summer pool parties to year-round Shabbat dinner programs, to family fun days throughout the year, there's something for everyone to enjoy and participate in together!



Alison Hendeles Early Childhood Center

The Alison Hendeles Early Childhood Center is a fully accredited preschool for ages six weeks to Pre-K. Our program nurtures each child's natural curiosity, intelligence, and interests while developing their Jewish identity. With low child-to-teacher ratios and a high level of individualized care, it isn't just a place where your child goes, it's where they will grow. Contact us to schedule a tour.

Shemesh Day Camp

Shemesh offers a thrilling summer adventure for campers entering Grades K-10. From splashing in the pool to exploring our Maker's Space to embarking on adventures, Shemesh has something to ignite every child's imagination. With a low staff-to-camper ratio, your child will receive personalized attention while trying new things, building confidence, and making lifelong friendships.

Kochavim Day Camp

Summer fun for two-year-olds to kindergarten! Kochavim Camp provides a magical experience where kids can enjoy splashy pool time, fun sports, and music, all while embracing Jewish values in a warm and welcoming environment. It's the perfect place for little ones to explore, learn, and make new friends!

Kids Club

Drop off your little ones for up to 90 minutes while you work out or use our workstations. The Kids Club, for children six weeks to 10 years old, requires you to remain on-site. For more details, please see Membership.

Adults + Seniors

Explore our diverse programs designed to enrich your life, including art workshops, educational courses, social gatherings, and more! Whether you're curious or adventurous, our community offers opportunities for personal growth, fulfillment, and lasting friendships. For details on upcoming events, visit valleyofthesunj.org/adults-seniors.



Membership Policies

Billing

Unless you choose to pay annually, your membership dues will be automatically charged on the 1st of each month.

Membership Dues

To maintain or regain a J membership, all account holders must be in good financial standing. Memberships are non-transferable and non-refundable. Please note that membership dues and fees are not eligible for refunds. The J reserves the right to adjust membership rates as necessary.

Cancellation Policy

Membership dues are billed monthly on an automatic basis. To stop automatic payments or to cancel your membership, please submit a cancellation request. A 30-day notice is required, and you should send your request to membership@valleyofthesunj.org. This means you will receive one more billing cycle. If you selected a \$0 registration fee, you must remain a member for a minimum of 12 months or pay the registration fee upon cancellation. Cancellations will not be processed if there are remaining months from your initial membership commitment.

Guest Policy

Each member is granted five (5) complimentary guest passes per calendar year. You must accompany your guest during their visit, and they must present a valid ID for check-in with security and membership. In-town residents are permitted to use the guest pass a maximum of three (3) times.

Amenities + Guidelines

Your Badge

Always carry your badge with you while on campus; it serves as your key to access and navigate the building. You must scan your badge upon entering. If you forget your badge, please present a valid ID to security. Badges are issued to all members aged 10+.

Locker Rooms

Children over the age of three are not permitted in locker rooms designated for the opposite gender. We provide restrooms and a family changing room to accommodate families.

Spa and Steam Room

Children aged 13-17 must be accompanied by an adult in the spa and steam room. Children under 13 are not allowed in these areas.

Aquatics Center

Children aged 5-12 must be accompanied by an adult in the aquatics area. Kids aged 13-17 need to complete a swim assessment before they can use the aquatics center independently.

Liability Waiver

I/we understand that my/our participation in physical conditioning and recreational programs is at my own and/or my family's own risk. All disputes that may arise out of this relationship, including but not limited to whether based on tort, contract, statute, equitable law or otherwise, shall be submitted in binding arbitration.

We're All. Together. Better.

Congratulations on becoming part of our community! With all the information you've received, you're well-equipped to make The J your home away from home. However, if you have any questions or need assistance—whether it's finding a great restaurant nearby or getting a buddy for a group fitness class—please don't hesitate to visit us at the Membership desk. We're here to help you. Thank you once again for choosing us. We look forward to seeing you at The J!

Membership + Guest Code of Conduct

Valley of the Sun J (The J) on the Ina Levine Jewish Community Campus provides a friendly and comfortable environment for all. The J is committed to providing a safe, welcoming, inclusive, and equitable environment for all members, participants, guests, and staff.

As adopters of the Commitment to Safe, Respectful, and Equitable Jewish Workplaces and Communal Spaces, we promise to implement comprehensive standards in our organization to achieve the goals of safety, respect, and equity. We adhere to a high ethical and legal standard for prevention and response to harassment and discrimination.

Our Member Code of Conduct outlines prohibited behavior, but the actions listed below are not an all-inclusive list of behaviors considered inappropriate in our facilities or programs.

We ask individuals who enter the facility to always act appropriately and abide by the following policies:

1. All individuals shall enter The J in an authorized manner via key card or by showing a valid ID at security.
2. All youth under the age of 10 must be supervised at all times by a parent or guardian when not attending a registered program. The minimum age to be unattended when not attending a registered program or in Kid's Club is 10 years of age.
3. The J is a multi-use facility; attire appropriate to the activity is required at all times.
4. All people using The J are expected to adhere to the posted schedules and rules for usage of each facility area. This includes: the gymnasium, public areas, pools and splash pad, fitness center (including all studio classes), pickleball center, youth and camp wing, early childhood center, etc.
5. All people using The J are expected to behave in a mature, respectful, and responsible manner, and to respect the rights and dignity of all other members, participants, guests, staff, and property.
6. Packages and bags should not be left unattended at any time. People should report unattended packages or bags to any J Staff or Security. Do not hesitate to notify staff/security if you see something you do not feel right about.
7. Use of facilities outside of outlined hours is not permitted.
8. Smoking is prohibited, including vapes.
9. Carrying weapons of any kind are prohibited.
10. No use or possession of illegal substances on J property, in J vehicles, or at J sponsored programs.
11. Members, participants, guests, and staff will not engage in disruptive actions. These include, but are not limited to:
 - Angry, vulgar, or abusive language, including swearing, name calling, and shouting.
 - Physical contact 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 menacing behavior.

- Theft.
- Behavior that results in destruction of property.
- Carrying or concealing weapons, objects, or devices that may be perceived as weapons.
- Loitering on J property.
- Aiding or abetting in the unauthorized entrance of any person.
- Taking unauthorized pictures of members or staff.
- Other conduct of an inappropriate, threatening, or offensive nature.

The J, through its Leadership and Board of Directors, reserves the right to remove from the premises any individual acting in inappropriate manners, and further reserves the rights for additional disciplinary actions including but not limited to cancellation of membership, or involvement of local law enforcement.

Member Key Cards

1. Key Cards identify you as a J member and grant you access to designated areas of the facility. All members are required to scan their key tag upon entry at the Membership desk.
2. Key Cards will be provided to each active member 10 years and older.
3. Key Cards cannot be used by anyone other than the member it has been issued to.
4. Any member who has forgotten their Key Card will have to present ID at security for admittance to the facility.
5. Each individual needs to check in regardless if you are on the same family membership.
6. If you lose your Key Card, you can replace it for \$7.

Caretaker Policy

1. We do not provide Key Cards for anyone without an active membership.
2. Caretakers are permitted access when accompanying and directly supervising, assisting, dropping off or picking up youth members or adults who need assistance.
3. Caretakers may not bring in other non-paying guests to accompany them while they are supervising others.
4. Caretakers may use a guest pass (at cost) to use the facility when not providing direct supervision to the individual in their care.

Fitness Instruction, Personal Training, and Sports Specific Training

1. J members and guests are not allowed to bring in outside personal trainers or sports trainers (i.e. basketball) to provide one-on-one and/or group training anywhere in the facility. The J employs trainers who conduct both private and small group trainings and clinics which are open to members and guests.
2. Members & guests may not provide services, whether free or paid, to other members or guests for personal training, fitness classes or sports specific training.

Fitness Center

1. No child under the age of 10 is permitted in the fitness center.
2. Children 10-12 may use the fitness center accompanied by a parent or guardian.

- Children 13+ may use the fitness center without parent or guardian supervision.
- Closed-toe athletic shoes and athletic apparel, including shirt and bottoms must be worn in all areas.
- Glass bottles are prohibited.

Aquatics: Pools + Splash Pad

- We ask all swimmers to rinse before entering the pool.
- Lifeguards are always on deck and their directives must be followed.
- Non-swimmers and children under the age of 13 must have in-water supervision by a capable adult.
- Appropriate bathing suit attire must always be worn on deck. No deck changing is allowed.
- All children in the Splash Pad must be accompanied by an adult.
- Glass bottles and containers are not permitted in the aquatics area.
- Swimmers needing to wear a diaper must use appropriate swim diapers.

Locker Rooms

- Locker rooms have lockers for daily use only. If you are interested in leaving your items at The J, please contact a membership team member to inquire about availability for locker rental (annual fees apply).
- Use of cell phones in The J shower and locker room areas is not permitted.
- Use of any video/picture-taking equipment, including camera phones, in The J shower rooms, locker rooms and fitness center area is not permitted.
- Children over the age of three are not permitted into the locker room of the opposite gender.
- Towel service is an in-facility amenity and are not permitted to be taken off the premise.

Gymnasium

- Glass bottles are prohibited in the gymnasium.
- Clear drinks in closed containers are allowed.
- No food is to be consumed in the gymnasium.
- Athletic shoes (sneakers) are required for use of this space.

Early Childhood Center

- The Early Childhood Center (ECC) space is limited to the staff, participants, and families of this program. Non-ECC members are prohibited from entering.
- If you choose to dis-enroll from the ECC, standard Membership cancellation procedures are required.

Ninja Course

- Children between 7-15 years old MUST be supervised.
- No child under the age of seven is permitted.
- No outside food or drinks other than water permitted on the course (no coolers or lunch boxes).

- Closed toed shoes are mandatory for all participants and must be worn at all times (no sandals, flip flops, or bare feet).
- One person per obstacle at a time.
- Respect the course. No misuse of obstacles, horseplay, flips, running, or tricks of any kind.
- We reserve the right to alter, add, remove, and make any exceptions to any posted rules at any time.

Pickleball Center

- All recreational facilities are for the exclusive use of members and their guests, who are expected to follow The J Pickleball Code of Conduct.
- Members are responsible for their guests and must accompany them at all times.
- Appropriate attire, including soft rubber soled shoes and shirts, is required. No street, hiking, golf, or hard soled shoes and no flips flops or sandals are allowed.
- No glass containers on or near the courts.
- Remove all personal items/trash/debris from court after play.
- Limit cell phone use and volume.
- No personal music is allowed.
- No smoking or vaping is allowed.
- No animals are allowed on or near the courts unless they are designated as a service animal.
- Pickleball play only. No basketball, tennis, bikes, rollerblades, skateboards, etc. allowed on the courts.
- Do not play on wet courts unless given permission from staff.
- Members and guests use the courts at their own risk.
- The J is not responsible for accidents and/or injuries.
- Please visit the Membership desk if you are experiencing access issues. Do not climb the fences to access the courts.
- I will not engage in unsportsmanlike conduct or encourage others to do so.
- I will not flaunt my position.
- I will not use USA Pickleball records or materials for personal gain.
- I will treat others with respect.
- I will exhibit fairness and honesty in my dealings with others.
- I will support USA Pickleball policies, procedures, plans, and initiatives.
- I will accept responsibility for my own actions.
- I will exemplify the highest standard in ethical behavior and fair play.
- I will treat ambassadors, fellow members, guests, and J staff with respect.

Primary Member Name (please print):

Primary Member Signature:

Date: