

FAQs

What is a Military Component Approving Official (MCAO)?

Representatives for USAREC HQ who serve as the agent for questions and quality control in support of the ASYMCA Gym Membership Program. USAREC HQ has two MCAO's, who handle the over 2000+ stations and 4000+ designated gyms across all of USAREC. Their contact information is provided on the back of this pamphlet.

How will my fitness facility receive payment for memberships?

The ASYMCA can pay by ACH or check. Payments are issued to the selected facility no later than 30 days after the complete paperwork is approved by the ASYMCA. **PLEASE DO NOT ATTEND GYM BEFORE PAYMENT IS RECEIVED.** Fees will not be covered prior to approval.

Can my family participate?

Family members listed on application **MUST** be enrolled in DEERS with a valid military Dependent ID Card. Not all private fitness facilities allow family members and children to participate. Please check with your designated facility to see if they have programs available to family members that follow the ASYMCA Participation Agreement.

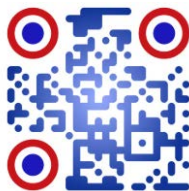
Can my receiving station send up an application on my behalf?

No.

Can I submit my own application for my receiving station **BEFORE** I get there?

No. You must be fully in-processed into your station and reflecting the appropriate RSID in Headquarters Support System (HSS) before submitting. You must also have at least 6 months remaining at your station when submitting for those on the out-processing side. This will reflect in HSS.

While you wait:
Visit Darebee.com



Soldier and Family Assistance Branch

Family Service Coordinator/MCAO:

Alisha Rivas - (502) 626-0778

Kate Green - (502) 626-0217

Email:

usarmy.knox.usarec.mbx.g1-ymca-fitness@army.mil

ASYMCA Website:

<https://asymca.org/what-we-do/dod-moi/>



U.S. ARMY
RECRUITING COMMAND



ARMED SERVICES YMCA

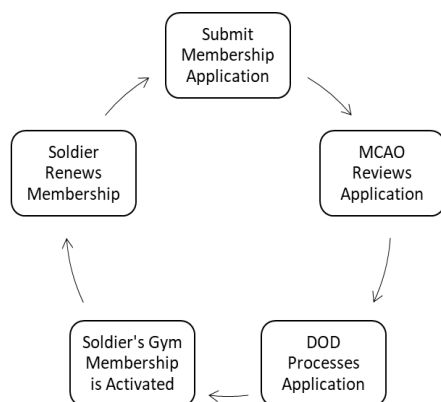
DOD/ASYMCA
Gym Membership
Program

How does the ASYMCA Gym Membership Program Work?

A program that is funded by the Department of Defense (DOD) as a Military Outreach Initiative (MOI) to afford our USAREC Soldiers and those with families the privilege of attending participating YMCA and Private Fitness facilities for Health and Wellness purposes, at no cost to them. While this is an invaluable privilege, it is also voluntary. A Soldier is able to pay out of pocket for any gym of their choosing.

In order to qualify for this program, Soldiers must apply for this invaluable opportunity and adhere to the responsibilities and parameters of the program as a whole. These parameters include submitting the appropriate forms upon initial and renewal opportunities. Gyms must show agreement to the standards set forth by DOD by way of a 'Participation Agreement' form. The Recruiting Station Command Team will show adherence by way of an 'Independent Duty Station Command Form' (IDS Command Form), complete with selected gyms, and digital signature. Lastly, the Soldier will show adherence by way of a MOI Application, complete with digital signature.

The memberships are done in 6-month increments, allowing the Soldier to have 2 memberships per year, at each station, if adherence to the 48-calendar day policy has been maintained. If for some reason, the Soldier was not able to meet the 48-calendar day requirement, DOD does offer an optional to submit a waiver. These waivers are reviewed on a case by case basis. Otherwise, DOD offers the Soldier a chance to try again at a later time. When in doubt, just ask!



Application and Forms

Membership Application: To be digitally completed by the eligible Soldier and CAC/digitally signed. The Soldier must be assigned to a Recruiting Station in the Headquarters Support System (HSS) and have 6 months remaining at their Station. Family Members registered in DEERS can be listed on the application so long as the gym selected has a family plan.

Independent Duty Station- Command Form:

To be digitally completed by the Commander, Executive Office, or First Sergeant and digitally signed. This form is used to designate (1) YMCA and (1) Private Fitness facility to the Recruiting Station.
DUE ANNUALLY FOR EVERY RSID

Participation Agreement Form: Private Fitness Facilities who do not have a Corporate Agreement* with ASYMCA/DOD must complete this form. This form outlines the program requirements that the facility must adhere to in order to partnership with the ASYMCA/DOD gym membership program.
DUE ANNUALLY WITH IDS COMMAND FORM

Waiver Request: This form is digitally completed by the Service Member requesting to renew their membership and failed to meet the 48-calendar day attendance requirement during their previous 6-month membership. Approval is on a case-by-case basis.

***Corporate Agreement Facilities:** **LA Fitness / 24-Hour Fitness** / Las Vegas Athletic Club (LVAC) / Genesis Health Clubs / Gold's Gym (TX only) / Inshape Family Fitness (some locations) / VASA Corporate Wellness (AZ, UT, CO, IN, IL, OK, KS)
LA Fitness / 24-Hour Fitness : No Family Add-on

How to Renew Your Membership

To be eligible for membership renewal, Soldiers will need to submit a fresh Membership Application and an Attendance Report. The fitness facility must have been used a minimum of 48-calendar days (an average of eight days per month) during the previous six-month period. If a Soldier fails to meet the attendance requirements, then a Waiver Request form must be included in the renewal packet for review. Approval is on a case-by-case basis.

Attendance Report:

Fitness staff can provide a system-generated report or a written log that is signed and on facility letterhead. Report must include Soldier and/or Family Member's names and date of visits for the required period as follows:

- **1st Renewal** -attendance report for the previous 5-month period (minimum use = 40 days at 5 mo).
- **Renewal** - attendance report for the previous 5 or 6-month period (**minimum use = 48 days**)

Calculating Attendance:

Facility use is counted by "calendar DATE" only. Multiple entries on the same date (day) by member and/or family will only count as one (1) visit towards the minimum requirement.

Example: Multiple entries from single user on the **same day = 1 visit**

John Smith	June 1, 2023
John Smith	June 1, 2023
John Smith	June 1, 2023

Example: Multiple users on the **same day = 1 visit**

John Smith	June 1, 2023
Jane Smith	June 1, 2023
Tom Smith	June 1, 2023