



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

RULES & GUIDELINES

WELLNESS CENTER

- **AGE GUIDELINES.** Please adhere to the following age requirements:
 - 10-12 are permitted with adult supervision (18+) and orientation test.
 - 13-14 permitted with orientation test.
 - See additional age requirements for other areas in the Wellness Center (on back).
- **CONDUCT & ETTIQUETTE.** Be courteous and respectful of others. No horseplay, profanity, or offensive gestures at any time.
- **PROPER ATTIRE.** Wear proper attire at all times. Proper attire is closed toes athletic shoes and clothing with no vulgar messages, that covers the midsection and entire chest.
- **FOOD.** No food or beverages are allowed with the exception of bottled water.
- **CARDIO TIME LIMIT.** During busy times or when people are waiting, please limit use of cardio equipment to 30 minutes. Priority of equipment use is given to those ages 15+.
- **RETURN AFTER USE.** Return all attachments, accessories and other equipment to its proper place after use.
- **CLEAN EQUIPMENT.** Spray sanitizing solution on green towels (not directly on equipment) to wipe down equipment before and after every use. Towels and disinfectant bottles are to be picked up and returned to the Wellness Center Desk.
- **MUSIC.** Wear headphones to listen to personal music at a volume audible to only the listener. No outside radios are allowed.
- **CONTROL YOUR WEIGHTS.** Avoid dropping/slamming weights on racks, platforms, or floor.
- **LINGERING & ROTATING IN.** Be careful not to interfere with another's workout by lingering too long on any one piece of equipment. Be aware that others are waiting to use equipment. Do exercise and move on. If you intend to perform more than one set of repetitions on a machine, allow others to work in between your sets. Feel free to "work in", but be courteous and ask.
- **BE MINDFUL.** The YMCA is not responsible for lost or stolen items. Lockers are available for use. Must bring own lock.
- **ELECTRONICS.** Limit use of electronics, including cell phones. Please do not photograph or videotape other members without their consent. If you are photographing or videotaping yourself, make sure other staff or members are not visible in the background. Staff may ask to see any photographs or recordings.
- **REPORT MALFUNCTIONS & INJURIES.** Report any injuries, faulty or damaged equipment, or other specific concerns to Wellness Staff immediately.
- **VIOLATIONS.** Staff will remind members of the rules, but if ongoing or serious violation of any of these guidelines occur, it may result in membership suspension, termination, and/or loss of privileges of the entire YMCA facility and programs.



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ADD'L WEIGHT ROOM

- Adhere to age requirements.
 - Must be 14 to enter with adult supervision and orientation test.
 - 15+ are permitted without supervision.
- Control your weights at all times. Do not drop/slam weights on racks, platforms, or floor.
- Do not rest weights or bars on benches.
- Use spotters and safety racks.
- Squat racks are for squatting.
- Person carrying weight has right of way.
- Sanitize equipment after use.
- Chalk is to remain in weight room. Ask Wellness Attendant to replenish.
- Updates to leaderboard must be verified and changed by a Wellness Attendant or other qualified YMCA Staff only.

ADD'L TRACK

- Adhere to age requirements.
 - Up to age 12 are permitted with adult supervision.
- Follow direction of arrows.
- Walk on the inside. Runners pass on the outside.
- Be courteous of passing runners. Walk single file or no more than 2 abreast when only a few are using track.
- 11 laps equal one mile. Lap counters are available at Wellness Desk.

ADD'L GROUP EX

- Adhere to age requirements.
 - Ages 10-14 may enter with adult supervision and orientation test.
 - 15+ are permitted without supervision.
- YMCA programming takes priority over personal use of Group Ex room.
- For individual use of Group Ex room, sign in/out at Wellness Desk.
- Sanitize and return equipment all equipment after use.
- Audio equipment is off-limits except to group-ex instructors.



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WEIGHT ROOM

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 - Must be 14 to enter with adult supervision and orientation test.
 - 15+ are permitted without supervision.
- Control your weights at all times. Do not drop/slam weights on racks, platforms, or floor.
- Wear proper attire at all times. Proper attire is closed toes athletic shoes and clothing with no vulgar messages, that covers the midsection and entire chest.
- Re-rack your weights.
- Wear headphones to listen to personal music at a volume audible to only the listener. No outside radios are allowed
- Do not rest weights or bars on benches
- Use spotters and safety racks.
- Person carrying weight has right of way.
- Sanitize equipment after use.
- Chalk is to remain in weight room. Ask Wellness Desk to replenish.
- Updates to leaderboard must be verified and changed by a Wellness Attendant or other qualified YMCA Staff only.