



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WELLNESS CENTER

RULES & REGULATIONS

- **WELLNESS ORIENTATION:** Contact the Wellness Desk Attendant to schedule a complementary orientation and introduction to the facility and Equipment. *Required for ages 10-14.*
- **CONDUCT:** Be courteous and respectful of others. No horseplay or profanity at any time.
- **PROPER ATTIRE:** Clothing must be free from vulgarity and should not reveal any undergarments, midriff or torso. Closed-toe athletic type shoes recommended.
- **FOOD AND DRINK:** No food allowed in the Wellness Center. Drinks must have a secure lid.
- **MUSIC:** Volume of personal music should be at a level others are unable to hear.
- **EQUIPMENT USE:** Return equipment, weights and attachments to their proper place after use. Avoid dropping weights. Machines may not be reserved. Please be courteous of others waiting to use machines.
- **CLEAN EQUIPMENT:** Wipe down equipment with sanitizer before and after each use.
- **NO PHOTOS/VIDEOS:** Picture/video taking of others is prohibited. Please pay attention to your background.
- **REPORT CONCERNS:** Report any injuries, faulty or damaged equipment to the Wellness Attendant.
- **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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WELLNESS CENTER RULES & REGULATIONS

WELLNESS CENTER

AGES 15+
Allowed

AGES 13-14
Permitted alone with Wellness Orientation

AGES 10-12
Permitted within arm's reach of responsible adult 18+ and Wellness Orientation

AGES 0-9
No admittance to Wellness Center
Pass through to track only

- No horseplay or loitering
- Return and sanitize equipment after each use

GROUP EXERCISE ROOM

AGES 15+
Allowed

AGES 10-14
Permitted within arm's reach of responsible adult 18+

- YMCA programming takes priority over personal use for room
- Sanitize and return all equipment after use
- Audio equipment is off limits except to Group Exercise Instructors
- To stream virtual video, follow instructions next to laptop on east wall
- Members ages 18+ may make reservations no more than 48 hours in advance by contacting the Member Service Desk

TRACK

AGES 13+ — Allowed

AGES 0-12 — Permitted within arm's reach of responsible adult

WEIGHT ROOM

AGES 15+
Allowed

AGES 14
Permitted within arm's reach of responsible adult 18+

AGES 0-13
No admittance

- No horseplay or loitering
- Spotters are encouraged when lifting
- Return and sanitize equipment after each use
- Avoid dropping/slamming weights on platforms or floor

STRENGTH TRAINING AREA

AGES 15+
Allowed

AGES 13-14
Permitted alone with Wellness Orientation

AGES 10-12
Permitted within arm's reach of responsible adult 18+ and Wellness Orientation

- No horseplay or loitering
- Return and sanitize equipment after each use