

# CARDIO CENTER GUIDELINES

1. Show **Caring** for your fellow members by limiting your equipment use when there are others waiting.
2. Be **Honest** with your abilities. You are here for yourself and not to compete with others.
3. Show **Respect** by limiting music and TV sound to personal headphones.
4. Display **Responsibility** by taking care of your equipment. Use YMCA provided sweat towels to control sweat during workout and wipe equipment after using.

- ❖ Only 14 years of age and older are allowed on the equipment.
- ❖ Members 12-13 are allowed on the equipment under parent supervision or enrolled in the Y's afterschool cardio club.
- ❖ Youth age 11 and under not permitted in this area.

# WEIGHT ROOM GUIDELINES

1. Show **Caring** for your fellow members by limiting your equipment use when there are others waiting.
2. Be **Honest** with your abilities. You are here for yourself and not to compete with others. Never sacrifice good form to lift more weights.
3. Show **Respect** by limiting music and TV sound to personal headphones. Put weights back in the proper spot after use.
4. Display **Responsibility** by taking care of your equipment.
5. Use YMCA provided sweat towels to control sweat during workout and wipe equipment after using.

- ❖ Only 14 years of age and older are allowed on the equipment.
- ❖ Members 12-13 are allowed on the equipment after an equipment orientation and under parent supervision
- ❖ Youth age 11 and under not permitted in this area.

# GYMNASIUM GUIDELINES

1. Show **Caring** by sharing balls and inviting others to play in your games. No full-court games during “family” or “open gym” times.
2. Be **Honest** and play by the rules. Character is more important than winning the game.
3. Show **Respect** for everyone at the YMCA. Name-calling or inappropriate language is not allowed.
4. Display **Responsibility** by taking care of your gym. No black-soled shoes, spitting, food, drinks, etc.

# LOCKER ROOM GUIDELINES

1. Show **Caring** by helping keep your locker room clean.
2. Be **Honest** and never take anything that does not belong to you. Character is who you are when no one is looking.
3. Show **Respect** for everyone at the YMCA. Please do not use oils in the shower, powders that get all over the floor, heavy-smelling fragrances, etc.
4. Be **Responsible** for your own belongings. Use a padlock on your locker while you are here. Locks left on overnight may be removed.

- ❖ Adults only on the other side of the locker room. Sauna restricted to adult use only.
- ❖ High School age and younger use this side of the locker room.
- ❖ Parent or guardian with preschool opposite sex children are allowed to use this side of the locker room.

# YMCA POOL GUIDELINES

1. Show **Caring** by encouraging others.
2. Be **Honest** with yourself about your swimming abilities.
3. Show **Respect** for everyone at the YMCA. Name-calling or inappropriate language is not allowed.
4. Display **Responsibility** by following these requirements:
  - ❖ Persons with or suspected of having a communicable disease shall not use the pool.
  - ❖ Any person with exposed tissue, open blisters or cuts is advised not to use the pool.
  - ❖ A cleansing shower with soap is required before using the pool.
  - ❖ Spitting, spouting of water from the mouth and blowing of the nose is prohibited.
  - ❖ No running, pushing or rough play is allowed.
  - ❖ Foods, drink, gum, tobacco or candy are not allowed in the pool area.
  - ❖ No glassware or similar materials are allowed in the pool.
  - ❖ Diving is restricted to the deep end only.
  - ❖ Domestic animals are not permitted in the pool or locker rooms.
  - ❖ Only Coast Guard approved PFD's are allowed.
  - ❖ An adult must be in the water with any child 6 years old and younger.

## BATHER LOAD CAPACITY

*Deep End- 48*

*Shallow End- 70*

*Total- 118 people*

# TRACK GUIDELINES

1. Walkers/Slower Runners stay to the inside.
2. 11 Laps per mile.
3. Youth must be supervised by a parent/adult
4. Direction:

⇒ Even Days ⇒

⇐ Odd Days ⇐