



EXERCISE SMART

Age Restrictions

- Age 12-14 May workout with adult supervision. Wellness Start Up Session is strongly suggested. Please follow safety and etiquette guidelines.
- Age 15+ May use the Wellness Center unaccompanied. Wellness Start Up Session is suggested. Please follow safety and etiquette guidelines.

Safety

- Wear proper fitness attire and athletic foot wear. Bare chest/midriff, cut-off shorts or t-shirts, bathing suits, open-toed shoes are not appropriate for the Wellness Center.
- Please place all personal items in a locked locker. The YMCA is not responsible for lost or stolen items.
- Water only in Wellness Center. Food/drinks are prohibited in this area.
- When using indoor track, please go in the direction indicated by the arrow. Walkers please stay to the inside lanes. When passing use the outside lane.
- All members are encouraged to attend a Wellness Start Up Session with a trainer before using the Wellness Center.
- Only YMCA Trainers are allowed to train with clients on YMCA property.

Etiquette

- To ensure a comfortable atmosphere for everyone, please be courteous and respectful of others. Profanity is not acceptable in any situation.
- Please allow others to "work in" or take turns on equipment.
- Use respect when utilizing your cell phone. Please take your conversations to a private area or hallway.
- Please use headphones. No personal speakers or radios are permitted.
- Wipe down machines, return equipment, and rack weights after use.

THANK YOU FOR YOUR COOPERATION



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FOR SOCIAL RESPONSIBILITY**

SAFE GYMS HAVE RULES

1. No food or drink, except for water, is allowed in the gymnasium.
2. T-shirts and sport-appropriate shoes and clothing must be worn at all times.
3. Dunking and/or hanging from the rims is strictly prohibited, and is subject to removal from the Y.
4. Mishandling of gym equipment and facilities is prohibited.
5. All players will conduct themselves in a sportsmanlike manner at all times. Profanity, provocative language, spitting, fighting, violence, and all other unsportsmanlike conduct is strictly prohibited, and subject to removal from the Y.
6. The Y is not responsible for any lost, stolen, or damaged items. Please keep your valuables locked up, or at home!
7. Full court basketball is not permitted during peak hours and/or heavy usage of the gym. Please share the gym with your fellow members.
8. Please observe and adhere to the proper usage times on the gym schedule:
Open Gym: All ages are welcome
Youth: Grades 8 and below
High School: Grades 9 – 12
Adult: 18 or older and out of high school.
9. **Snow Day Schedule:**
When local schools have a snow day, or scheduled day off, there will be Open Gym all day, with the exception of scheduled programming taking place in the gym.





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WHIRLPOOL SAFETY

- 1. You must be 18 years old and out of high school to use this area. Children are not permitted to be in whirlpool or in the whirlpool area.**
- 2. Whirlpool not recommended for pregnant women, elderly people or people having poor health, high blood pressure, heart or circulatory disease, using prescription medication or under the influence of alcohol or drugs. Also not recommended after intense physical activity.**
- 3. Total submersion, jumping, diving or vigorous activity are not permitted.**
- 4. Allow body to cool down before entering other pools.**
- 5. Excessive exposure to high temperatures can be harmful to health. Limit your time to under 10 minutes. Drink plenty of fluids to rehydrate.**
- 6. Shower before entering.**
- 7. Proper swimming attire must be worn.**
- 8. Public displays of affection or abusive language are not permitted.**
- 9. Food, pop, gum or candy are not permitted in the Aquatics Center.**
- 10. Water / sports drinks in plastic bottles are allowed.**
- 11. Do not add any fragrance or other additives into the water.**
- 12. People with infectious conditions, bandages, open cuts or wounds are not allowed in the whirlpool.**
- 13. Feminine napkins are not permitted in the whirlpool.**
- 14. Water temperature will not exceed 104° F.**
- 15. Area closed during swim meets.**

16. Lifeguard's word is final.





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STEAM/SAUNA SAFETY GUIDELINES

- 1. Must be 18 years old and out of High School to use this area.**
- 2. Not recommended for elderly people or people having poor health, high blood pressure, heart or circulatory disease, using prescription medication or under the influence of alcohol or drugs. Consult physician before entering.**
- 3. Excessive exposure to high temperatures can be harmful to health. Limit your time to under 10 minutes. Drink plenty of fluids to rehydrate.**
- 4. Tampering with thermostat in any way will not be tolerated.**
- 5. No use of tobacco products or spitting.**
- 6. No use of eucalyptus or other additives.**
- 7. Exit immediately if uncomfortable, dizzy or sleepy.**





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SAFE POOLS HAVE RULES

- 1. Swimming without a lifeguard present is prohibited.**
- 2. Shower before entering pool or whirlpool.**
- 3. Proper swimming attire must be worn at all times.**
- 4. Running on the deck, horseplay, questionable public displays of affection or abusive language are not permitted.**
- 5. Food, pop, gum or candy are not permitted in the Aquatics Center. Water / sports drinks in plastic bottles are allowed.**
- 6. Enter water facing forward. Diving permitted from the 9 ft. area only. Starting blocks are only to be used with a Y Coach or instructor.**
- 7. Hanging on the float lines, starting blocks or lap lanes is not permitted.**
- 8. Non-swimmers must remain in shallow water. Children must pass a skill test before entering deep end. Children under first grade must be accompanied in the water by an adult at all times.**
- 9. Any child requiring floatation devices must be accompanied in the water by an adult. No inflatable devices allowed in large pool.**
- 10. People with infectious conditions, bandages, open cuts or wounds are not allowed in the pool.**
- 11. Disposable diapers and feminine napkins are not permitted in the pool or whirlpool.**
- 12. You must be 18 years old and out of high school to use the Men's Locker Room, Women's Locker Room, and Whirlpool. Children are not allowed in these areas.**

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SAFETY FIRST POOL RULES

1. NO LIFEGUARD ON DUTY IN THIS AREA

2. Anyone under 18 years old must be accompanied in the water by an adult. Keep children within arm's reach.
3. Shower before entering pool or whirlpool.
4. Proper swimming attire must be worn at all times.
5. Running on the deck, horseplay, tossing children into the air, standing or sitting on shoulders, questionable public displays of affection or abusive language are not permitted.
6. Food, pop, gum or candy are not permitted in the Aquatics Center. Water / sports drinks in plastic bottles are allowed.
7. Shallow water—NO DIVING! Enter water facing forward.
8. Floatation devices for assistance are permitted.
9. People with infectious conditions, bandages, open cuts or wounds are not allowed in the pool.
10. Disposable diapers and feminine napkins are not permitted in the pool or whirlpool.
11. You must be 18 years old and out of high school to use the Men's Locker Room, Women's Locker Room, and Whirlpool. Children are not allowed in these areas.

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