

Wellness Center Rules

****Sign in at the front desk before entering the workout room or pool area.**

You must be at least 12 years of age to be in the exercise room. Children under 12 cannot enter the exercise room unless their parent/s are with them and supervising their exercise equipment use. 12-15 year olds need to be oriented and approved for the exercise room through office staff. Home schooled, under 12 years, can work out if a parent is present and supervising the child; Youth fitness class participants can work out on cardio equipment with instructor present.

DO NOT BANG THE WEIGHTS – slow, controlled movements are more effective and less risky for injuries.

- Weights need to be **re-racked** after use
- Spotter must be present if “maxing out” when lifting
- Decrease the elevation and the speed on the treadmills after use
- Respect other members and guests as well as the Wellness Center’s Staff and equipment
- Children may use the jump ropes, floor mats, chin-up bar with care in the aerobics room.
- NO OPEN CONTAINERS in the exercise rooms due to equipment’s’ electronics
- Very young children are not allowed in the weight room under any circumstances.
- The Wellness Center is not responsible for lost or stolen clothing or articles that are left unattended.

POOL RULES:

- No one under the age of 12 is allowed in the pool area unless accompanied by parent or guardian. Any guardian must be 16 years or older and responsible for the children with them that are under age.
- The pool schedule will be in effect at all times. Consult a staff person if there are questions about appropriate swimming times.
- Wet suits and bare feet are not allowed outside of the pool area or locker room.
- Running, screaming, dunking, throwing balls and all other rough behavior will not be tolerated
- Diapers and jean cut-offs are not permitted in the pool. Swim diapers are required for the infants and toddlers.
- DO DIVING EVER!
- Foam barbells and life vests are for water walkers and Water Classes
- Limit time in whirlpool to 20 minutes
- Please begin collecting items and getting out of the pool 15 minutes prior to closing time.

****The Wellness Center reserves the right to revoke memberships for misconduct or intentional misuse of equipment or facility in any way. Following a verbal warning, any intentional offender may be banned from the Wellness Center for a period of time.****

Signed: _____ Date: _____