

WORKOUT ETIQUETTE

FITNESS CENTER



AGES & ATTIRE Ages for the Fitness Center are 15 years old and up. However, younger members are encouraged to begin their fitness journey early! After completion of the youth weight training class, ages 12-14 may use the fitness center.

Proper workout attire promotes safety, allows for best use of the equipment and is required at all times. Open-toed or backless shoes, sandals or boots are dangerous and prevent proper use of the machines. For your comfort, safety and the safety of others, we require athletic shoes and shirts to be worn during exercise in all workout areas of the facility.

COURTESY & REGULATIONS During certain hours, the fitness center is busy with many members focused on their routines. To not delay anyone's progress and respect their time in the center, please do not rest on the machines between sets. By allowing other members to rotate sets with you, everyone's schedule can benefit. In addition, please observe the 60 minute time limit on all cardio equipment when other members are waiting.

For both comfort and sanitation, we provide antibacterial wipes throughout the fitness center. Please use these to clean the equipment before and after each use.

Using free weights make a great workout, unless you can't find them. Please re-rack weights after use for other members. Please do not drop free weights or dumbbells as it can be dangerous to you and those around you. We recommend using spotters for those heavy lifts. Ask another member or the Y staff to help you meet your goals.

Your body needs water during exercise! For your health and to prevent the facilities from becoming sticky or messy, food, flavored waters and sports drinks are not permitted. A water fountain is available and water bottles are encouraged.

Please limit the use of cell phones while in the wellness center. Make the best use of your time by staying focused.

If you are unsure how to properly use any of the equipment, ask a Y staff member, or even better, make an appointment for an orientation of the equipment room.

JOGGING TRACK



AGES & ATTIRE For safety while on the track, children under 12 must have a parent walk beside them at all times. We encourage members to utilize our child care for young kids rather than bring them to the track.

To ensure everyone's safety, athletic shoes must be worn while on the track. Street shoes and cleats are not allowed.

LANE USAGE Be considerate of others by using the appropriate lane and by staying single file or in pairs, no more than two across.
Walking lane (inner lane): 12 laps = 1 mile; Jogging lane (outer lane): 11 laps = 1 mile

Make the most of your cardio on the track! Use mileage recorder cards, mounted pace clocks and monitor your heart rate.



TELL US HOW WE'RE DOING

What do you love about the Y and how can we improve your Y experience? This is your Y, so make your concerns and comments known! Comment cards are available at the member information center. Your feedback is critical for us to honor our commitment to provide excellent customer service.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MEMBER HANDBOOK

LOCKER ROOMS



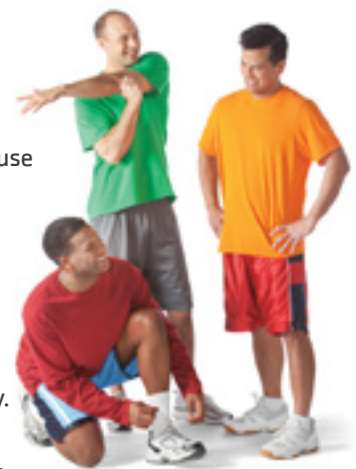
LOCKER ROOMS We have five locker rooms available: Men's adult, male youth, women's adult, female youth and a family/special needs locker room. Please use the appropriate locker room for your age or physical ability. Parents, if your child does not require your assistance, please encourage them to use the youth locker rooms.

MEN'S Youth locker room is for males 17 and younger; adult locker room is for males 18 and older.

WOMEN'S Youth locker room is for females 17 and younger; adult locker room is for females 18 and older.

FAMILY/SPECIAL NEEDS The family/special needs locker room is designed for families with young children, members who medically require the assistance of an aide or those who have a physical disability.

LOCKERS Lockers are available for day use to secure your belongings. To ensure the safety of your property, please remove all personal locks and contents at the end of each visit. Items left overnight will be placed in the lost and found. Inquire at the member information center for items from the lost and found. We ask that you refrain from bringing valuables into the facility as we are not responsible for lost or stolen items. Locker rental and laundry service is available. Please inquire at the membership information center.



GYMNASIUMS



FACILITY GUIDELINES

To keep our gyms clean and safe, please do not bring food or drinks into the gymnasium. Sport-approved and appropriate clothing and shoes should be worn at all times. Please refrain from dunking and hanging from rims and from mishandling gym balls or equipment with throwing, kicking or other potentially damaging behavior. Players are responsible for any damages resulting from misconduct or misuse of equipment and facilities and may be asked to leave the facility if these guidelines are violated. We ask that gym doors remain closed as doors and hallways are equipped with alarms. Doors are to be opened only in building emergencies or by Y staff.

PLAYER CONDUCT

We ask that all members and visitors using the gym behave in a sportsmanlike manner. Please refrain from profanity, spitting, unsportsmanlike conduct, provocative language and actions. If a disagreement dispute or argument is to arise, please settle it in a polite, timely and nonviolent manner.

COURT USAGE Curtain dividers will remain up during open basketball time. Curtains may only be lowered during YMCA programs at the discretion of the program director. Basketball goals on court #3 may be lowered on Sundays upon request for Family Basketball time. We simply ask that you notify the Member Information Center when you leave so that they are raised back up.

BASKETBALL GUESTS To better serve our members, basketball guests are not allowed during the following hours:
5:30 am – 7:30 am; 11:30 am – 1:30 pm; 4:30 pm – 7:30 pm.

SAFE POOLS HAVE RULES

SWIMMING POOL AREA



AGE While in the water, children under 8 years must be accompanied by an adult, 18 or older, and children under 48" must have an adult within arm's reach at all times in the water.

FOR YOUR SAFETY In an effort to provide the best instruction possible and to keep our aquatics facilities clean, non-swimmers will not be allowed to remain on the pool deck for extended periods of time. Non-swimmers create distractions that detract from the overall quality of programs we provide. Street shoes also track mud and organic material into the pool area.

Please read the warning signs on the walls before entering the pool and in case of emergency, no matter how minor, contact a lifeguard immediately.

In order to assess their readiness, a deep-water swim test is given to all children prior to swimming in the deep end.

We allow the use of US Coast Guard-approved flotation devices. Please do not use other flotation devices in the pool.

Due to its danger, diving in shallow water is not allowed.

Unless you are attending an instructional program, the starting blocks are not to be used for entering the pool.

To prevent slipping, running is not allowed on the pool deck.

To respect people using the lap lanes and to not damage equipment, swimmers are asked to not sit on, hang on, or cross over lane lines.

SLIDE & DIVING BOARD GUIDELINES

The slide and diving board may be utilized depending on the amount of activity in the deep end.

Participants must pass a deep-water swim test and be given permission by a lifeguard prior to using the diving board or slide.

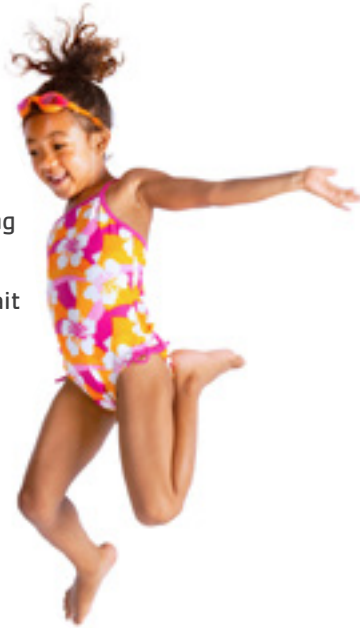
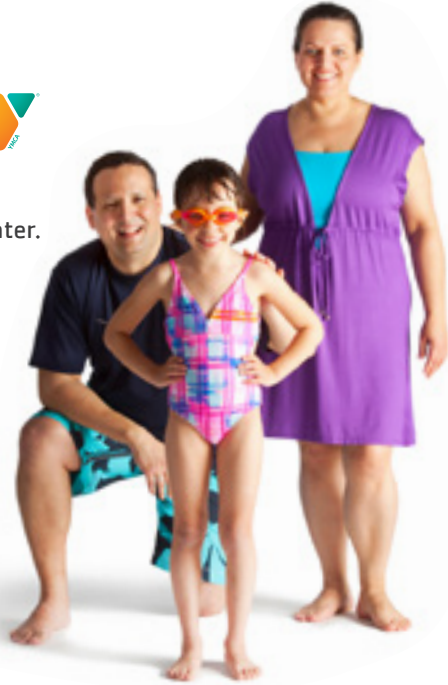
Only one person is allowed on the diving board or slide at a time; we ask the next participant to wait on the pool deck, not on the stairs.

Please wait until the preceding diver/slider swims to the ladder prior to taking your turn.

Please dive or jump straight out and refrain from backward dives, double bouncing, or hanging on the boards or railings.

Swimming in the diving area is not allowed while diving board is in use. After a dive, please swim to the ladder and exit.

We ask you to take goggles off while using the diving board.



SAUNA & STEAM ROOM



AGE State health codes require sauna and steam room users to be at least 18 years old.

FOR YOUR SAFETY Because the temperatures in these rooms are 170-180° we strongly caution against using the sauna or steam room immediately after a workout. A minimum cool down period of 10-15 minutes before using the sauna is required and exercise of any kind in the sauna or steam room is prohibited.

Please exit immediately if you feel uncomfortable, dizzy or sleepy. Staying too long in a heated area may cause overheating. Check with a doctor before use if you are pregnant, in poor health or under medical care.

Be aware that breathing heated air in conjunction with consumption of alcohol, drugs or medication can cause unconsciousness. Check with a doctor regarding your medications prior to using these areas.

Please help us maintain the sauna; do not spit or pour water on the rocks.

Out of courtesy to other users, do not apply any perfumes, lotions or scented oils while in the sauna or steam room.

WHIRLPOOL



AGE Use of the whirlpool is permitted for members and guests aged 18 and older.

FOR YOUR SAFETY Please read the warning signs on the walls before entering the whirlpool and in case of emergency, no matter how minor, contact a lifeguard immediately.

If you are pregnant, suffering from heart disease, diabetes, or high or low blood pressure please do not enter the whirlpool without prior medical consultation and permission from your doctor. If you experience nausea, dizziness or unusual feelings, exit the whirlpool immediately.

Do not enter the whirlpool if you are taking medication(s) that cause sleeplessness, drowsiness or raise or lower blood pressure, are under the influence of alcohol or narcotics, or have communicable diseases, skin infections or open sores.

Please do not submerge your face or head under the water.

Please observe reasonable time limits and turn off the whirlpool if you are the last person out of the water.

SAUNA, STEAM ROOM, WHIRLPOOL AND SWIMMING POOL AREA

According to state law, you must shower before entering. Swimming attire is required and cut-off jeans or shorts are not allowed. Please contact the Aquatics Director for acceptable bathing suit alternatives.

Lifeguards are in place for your safety; show respect by following all lifeguard instructions. A lifeguard is always on duty for swimming pool, whirlpool and diving board safety. In the event of thunder and lightning, these facilities will be closed.