

SPRINGS FAMILY YMCA FITNESS CENTER POLICIES

At the YMCA, we strive to be a space for all to feel welcome and able to grow in spirit, mind, and body. We care about your safety, health, and experience at the Y. In effort to create a safe and positive environment for all, members are expected to abide by the following policies when using our fitness center:

Language & Volume:

- Use headphones when listening to media on a personal device.
- Refrain from offensive, aggressive, or foul language.
- Take calls outside the fitness center area.
- Refrain from taking videos or pictures. Recording or picture taking of other members is prohibited.

Equipment Use:

- If you intend to perform more than one set of repetitions on a machine, please allow others to work in between your sets.
- Be careful not to interfere with another's workout by lingering too long on or gathering (4 or more users) around any one piece of equipment.
- Limit cardio use to 30 minutes during peak times.
- Return equipment and rack weights when finished. Avoid collecting equipment when not in use.
- Set free weights and weight stacks down with control.
- Wipe down all major touchpoints on equipment after use. Avoid wiping down touch screen monitors – these are cleaned daily with a touch screen safe cleaner by our team.

Member Safety:

- Use bar collars on barbells at all times.
- Know and respect your limits. Use a spotter when needed. Perform reps over safety bars when possible.
- Ask for help. If you're unsure of how to use a piece of equipment or are in need of a spotter, ask our fitness center staff for guidance.

Personal Belongings:

- Food is not allowed in the fitness center. Liquids must be in a spill-proof, non-breakable container.
- Refrain from leaving personal belongings on the fitness center floor. Utilize the lockers and hooks provided.

Attire:

- Appropriate athletic apparel is required.
- Clean, close-toed athletic shoes are required at all times.

Fitness Center Staff:

- Report any malfunctioning equipment issues directly to our fitness center or Welcome Desk staff.
- Only YMCA personal trainers and coaches are permitted to train on YMCA property.

Fitness Center Age Guidelines: *See back*



SPRINGS FAMILY YMCA FITNESS CENTER AGE POLICIES

FAMILY FITNESS ORIENTATION REQUIRED

TEEN FITNESS ORIENTATION REQUIRED

AGES 8-9 YO

MUST BE CHECKED-IN WITH PARENT AT FRONT DESK & WEAR A **RED WRISTBAND** WHILE USING THE FITNESS FACILITY

- ✓ Must be accompanied by parent or guardian (age 18+) in immediate vicinity to use fitness center upon completion of the Family Fitness Orientation.
- ✓ May use cardio equipment with exception of Skillmill.
- ✓ May use stretching area.
- ✓ May sit in lobby areas to read or complete homework.
- ✓ May use basketball gym **with** parent or guardian (age 18+) supervision.
- ✓ May **not** utilize weight machines or weight room.
- ✓ May **not** attend group fitness classes.

AGES 10-11 YO

MUST BE CHECKED-IN WITH PARENT AT FRONT DESK & WEAR A **YELLOW WRISTBAND** WHILE USING THE FITNESS FACILITY

- ✓ Must be accompanied by parent or guardian (age 18+) in immediate vicinity to use fitness center upon completion of the Family Fitness Orientation.
- ✓ May use cardio equipment with exception of Skillmill.
- ✓ May use stretching area.
- ✓ May sit in lobby areas to read or complete homework.
- ✓ May use basketball gym **without** supervision. Parent or guardian (age 18+) must be present in the facility.
- ✓ May **not** utilize weight machines or weight room.
- ✓ May **not** attend group fitness classes.

AGES 12-15 YO

MUST CHECK-IN AT FRONT DESK & WEAR A **GREEN WRISTBAND** WHILE USING THE FITNESS FACILITY

- ✓ May use entire fitness center independently upon completion of Teen Fitness Orientation.
- ✓ May use all fitness center spaces and equipment with exception of Skillmill.
- ✓ May attend all group fitness classes.

YOUTH GUESTS

Guests ages 16 and under may not utilize the fitness center. Guests under the age of 18 must be supervised by a parent or legal guardian during visit.

One member may bring one guest per visit, space permitting.

Parent or legal guardian permission form required for any youth visiting with an adult from another household.

AGES 7 AND UNDER OR 15 AND UNDER W/O ORIENTATION: Not permitted in the fitness center. They may use the basketball gym with parent or guardian (age 18+) supervision.

***Fitness center includes cardio equipment, functional training area, weight room, and fitness studios.*