



WELLNESS CENTER RULES & GUIDELINES

DOOR COUNTY YMCA

The YMCA is based on Four Core Values: Honesty, Respect, Responsibility, and Caring. The below ground rules and guidelines are there to help each member practice these core values so that every member can participate and enjoy all the YMCA has to offer.

To ensure a comfortable atmosphere for everyone, please be courteous and respectful of others.

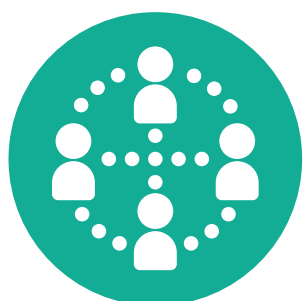


***DON'T MONOPOLIZE SEVERAL PIECES OF EQUIPMENT WHILE others are waiting.**

SHARE WITH ALL



During busy times, please limit use of cardio machines to 30 min.



Do not drop weights on the floor.
Please be respectful of the equipment.



Talking on cell phones is prohibited.

If you need to take a call or make a call, we ask members to step outside the Wellness Center.



Please place personal belongings in a locker.

Help us keep the Wellness Center free of clutter. The YMCA is not responsible for lost belongings. This includes bags, backpacks and purses.



Wear proper attire

- "Y" appropriate clothes
- Closed toe Shoes



Street shoes are not permitted in the Wellness Center.

Please bring a change of shoes to avoid tracking in excess dirt, water and snow to help keep our facility clean.



Derogatory and obscene language is not allowed.

Questions?

Please see a Wellness Center staff member for questions or guidance on use of equipment.

Olympic Weights

For your safety, please use collars on all Olympic weights.

THE YOUTH AND TEEN AGE POLICES

AGE 0-9

No children under the age of 10 are permitted in the Wellness Center.

AGE 10-11

May use the Cardio Equipment with a parent. Members must go through a pre-scheduled parent and child orientation with a YMCA Wellness Center Trainer.

AGE 12-14

Must go through a pre-scheduled orientation with a YMCA Wellness Center Trainer PRIOR to use of the Wellness Center.

AGE 15

Members 15 years of age must go through pre-scheduled Free Weight orientation with a YMCA Wellness Center Trainer PRIOR to using equipment.

SCAN FOR FACILITY GUIDELINES AND AGE POLICES



Return
equipment and rack weights when finished.



Remember to wipe down equipment after use.

No chalk

(Including liquid chalk)

In effort to keep our facility clean, please refrain from using chalk in the Wellness Center and the Free Weight Room area. Remember to wipe down equipment after use.

No food or beverages (except water).

Waterbottles made of non-breakable materials are permitted

