





# Day Pass Welcome!

Thanks to volunteers and donors we can all enjoy our YMCA. Belonging to the YMCA makes you a part of our family. Membership has privileges and responsibilities. Everyone appreciates a clean, safe and organized facility. As a membership organization, it is the responsibility of every member to take pride in caring for our facility. Please read the following points of information to make your visits to the Y more enjoyable.

## **Facility Guidelines:**

- 1) All members (including children) should present their membership card to the front desk staff upon entering the YMCA.
- 2) The YMCA is smoke-free.
- 3) Profanity is not allowed at the YMCA.
- 4) Youth under the age of 12 must be accompanied by an adult - except during their class time, if they are enrolled in an instructor/coach-supervised YMCA program.
- 5) Children under the age of 8 must be signed into child watch or within direct parental supervision, or in an instructor/coach-supervised YMCA program.
- 6) Plastic, resealable, bottled drinks are allowed on the main level of the facility only.
- 7) If you perspire, please bring a towel for your YMCA activities.
- 8) Shirts are required.

## **Shoes:**

- 1) Clean, dry, athletic shoes are required to utilize the YMCA.
- 2) We recommend that you bring a clean pair of shoes for your YMCA activities.

## **Gymnasium:**

- 1) Drink, food, or gum is not allowed in the gymnasium.
- 2) No hanging on the basketball rims.
- 3) Gymnastics equipment is off limits except during YMCA instructor-supervised class time. Members may be on the large blue spring floor - please remove your shoes.

## **Fitness Center:**

- 1) The Fitness Center serves members age 15 and older.
- 2) Members age 12 to 14 may use the fitness equipment after attending a fitness orientation and must be supervised by an adult.
- 3) Members under the age of 12 are not allowed in the fitness center.

## **Child Watch Area:**

- 1) Child Watch serves children from age 6 weeks up to eleven years old.
- 2) Parents of children in Child Watch must remain in the YMCA facility.
- 3) Child Watch Guidelines are available at the front desk.

## **Walking Track:**

- 1) Members age 12 and older may walk on the track. Children ages 6-11 may walk on the track with a responsible adult.
- 2) Children under age 6 are not allowed on the track.
- 3) No stationary viewing is allowed from the track. Bleachers are available in the gym.
- 4) Baby strollers, skateboards, roller blades and roller skates are not allowed.

I have read the above information and agree to honor these practices.

Signature \_\_\_\_\_ Date \_\_\_\_\_

YMCA Mission: To put Christian principles into practice through programs that build healthy spirit, mind, and body for all.