



Wellness Center Etiquette

YMCA members are expected to follow the guidelines below for smooth Wellness Center operation as well as to ensure the safety & well-being of all members.

Cubbies are for small items members need while in the Wellness Center. Lockers are available for coats, gym bags, shoes and other large items.

Appropriate attire free of offensive pictures or language, clean, dry shoes and clothing that covers the midriff and buttocks should be worn.

Cell phone usage should be courteous to all members. No pictures or videos may be taken.

Be respectful to other members waiting to use the equipment, offer to share equipment when waiting between sets.

Weight plates, bars and dumbbells should be controlled to the floor and returned to the appropriate place by the person using them. Equipment is not to be moved.

Selectorized weight stacks and cable crossover weight stacks must be controlled to the stop position.

Members are expected to wipe off equipment after each use.

Loitering, horseplay and swearing will not be tolerated.

Chalk and tobacco are prohibited.

Youth Policy

Youth members 11-15 years of age are permitted to use the Wellness Center with a Wellness Center Youth Certification or with a parent or Personal Trainer.

Youth members 10 years of age and under are not permitted to use the Wellness Center, even if accompanied by a parent or Personal Trainer.

Youth members 11-15 years of age who have completed a Wellness Center Youth Certification must wear their Youth ID badge to designate the age appropriate area of usage as follows:

- Youth 11-13 years of age may use the track, ellipticals, bikes and weight machines.
- Youth 14-15 years of age may use all cardiovascular equipment and weight machines.

Youth members 11-15 years of age, who are supervised by a parent or Personal Trainer (must be within arm's length), can use all Wellness Center equipment.

Youth members 16 years of age and older are permitted to use all equipment and do not need supervision.