

FACILITY REGULATIONS

- Patrons must purchase memberships or daily passes to use the facility.
- A parent or legal guardian must accompany any users 12 years of age and under.
- Smoking, smokeless tobacco, and alcoholic beverages are not permitted in the facility.

GENERAL FACILITY RULES

- Identification (membership card) will be required for admittance. Users shall comply with policies and cooperate with the facility staff during events and open recreation.
- Smoking or the use of chewing tobacco is prohibited.
- No food, drink (except water in closed containers), or chewing gum is allowed in any program areas.
- Fighting of any kind will not be tolerated.

FREE WEIGHT RULES

- Return all weight-training equipment to its proper place. Free weights are not to be removed from the fitness center.
- Spotters are required for all free-weight lifts. Facility employees are NOT allowed to spot for patrons.
- The machines and weights should be used with care. Dropping weight stacks or dumbbells can cause injury and equipment damage.
- Users should be courteous to others by limiting the length of their workout at a single station when others are waiting. Please rotate.

GENERAL FITNESS CENTER RULES

- Instructions by attendant MUST be obeyed at all times.
- Shoes and full shirt must be worn while working out. NO sandals or boots allowed.
- Children under the 7th grade are not allowed.
- NO profanity or inappropriate behavior.

EQUIPMENT RULES (FITNESS CENTER)

- Wipe down the equipment with a towel after heavy use.
- Users not familiar with the operation of the exercise machines should read the instructional labels and/or ask the attendant for assistance.
- The machines and weights should be used with care. Dropping weight stacks or dumbbells can cause injury and equipment damage.
- Users should be courteous to others by limiting the length of their workout at a single station when others are waiting.

SAFETY RULES (FITNESS CENTER)

- Always warm up properly before lifting.
- Make sure weight to be lifted can be handled.
- Always use spotters.
- Always check equipment before lifting.
- Always use collars.
- Always use proper body position and breathing technique.
- Keep weight training area neat and clean.

GYM RULES

Instructions by attendant MUST be obeyed at all times!

- NO street clothes or black-soled shoes allowed during open gym.
- NO food, drink (except water in a closed container), or gum.
- NO hanging on the rims or nets.
- NO profanity.
- NO fighting.
- NO spitting on the floor or walls.
- NO bicycles, in-line skates, or skateboards.
- A parent or guardian must accompany all children ages 12 and younger.
- Permission must be granted before any alterations may be made to equipment or facility.
- Smoking, smokeless tobacco, and alcoholic beverages are not allowed in the facility.

GENERAL POOL RULES

***Obey the lifeguard! They enforce the rules for everyone's safety!**

- NO food, candy, tobacco, or drinks on deck.
- NO running on deck.
- NO diving in leisure pool or the shallow end of lap pool.
- NO splashing, pushing, dunking, or horseplay.
- NO swimming without a lifeguard employed by the facility present.
- NO street shoes allowed in the pool area.
- Keep off the lifelines and lanelines.
- Swimsuits are required at all times. NO cut offs or gym trunks may be used for bathing suits.
- Remove all band-aids, hairpins, etc. before entering pool.
- Do not enter the pool if you have a communicable disease or an open cut.
- Shower before entering the pool and after use of toilet facilities.
- Do not run or engage in rough play in the pool area.
- Do not bring animals into the pool area.
- Emergency equipment to be used by the lifeguards only.
- Profanity, improper behavior, and intoxication are prohibited.
- Do not block any of the pool entries or exits.
- Flotation devices are not allowed.
- An adult MUST accompany children, who have not completed the 3rd grade, in the water.
- Do not gather around the base of the lifeguard stand.
- Please see the lifeguard for any problems, questions, and/or any type of medical emergency.

***Failure to follow pool rules may result in eviction from the facility.**

WHIRLPOOL RULES

WARNING!

- Elderly persons and persons suffering from heart disease, diabetes, or high or low blood pressure should not enter the whirlpool.
- Children under 12 are not allowed in the whirlpool.
- Children 12-16 years must be accompanied by a parent.
- Persons under the influence of alcohol or drugs may not use the whirlpool.
- Pregnant women should consult their physician regarding whirlpool usage.
- Lengthy exposure may be hazardous to your health and may result in nausea, dizziness, or fainting.

WATERSLIDE RULES

- Do not use the slide while under the influence of alcohol or drugs.
- Follow the instructions of the attendant.
- No standing, kneeling, rotating or stopping in the flume; go down FEET-FIRST in a sitting position.
- Keep your hands inside the flume.
- NO swimming in the slide area.
- YOUR CHILD SHOULD BE 48 INCHES TALL or KNOW HOW TO SWIM TO USE THE SLIDE!

PLEASE HELP US KEEP KIDS SAFE!!!

DIVING BOARD GUIDELINES & RULES

WARNING: Failure to use safe diving practices may result in serious injuries!!! Lifeguards have the authority to revoke diving privileges for violations.

- Only one person is allowed on the diving board at a time. Divers must wait on deck until previous diver reaches the ladder.
- Look before diving or jumping to make sure no one is in the diving area.
- Only one bounce is allowed on the diving board.
- Swim to the closest ladder immediately after entering the water.
- NO sitting or hanging on the board.
- Dive or jump only in a straight line from the end of the diving board. DO NOT jump off the side of the board.
- Safe diving practices are required. Cartwheels, handstands, back flops, and seat drops are prohibited.
- Must weigh less than 250lbs.