

# GYMNASIUM

## GUIDELINES

**AGE** - Ages 8-11 may be in the gym WITH adult supervision.

**SCHEDULE** - The gymnasium is reserved at various times. Please consult the posted gym schedule before use. The schedule changes monthly so refer to it often.

- All participants, of any age or skill level, are allowed an equal opportunity for gym use. Only during reserved times will a group have exclusive use of any area.
- Sundays are reserved for Y Members only.

**DRINK UP** - Water and sports drinks in enclosed containers are welcome. No food permitted.

**ATTIRE** - Please wear proper athletic attire. Non-marking athletic shoes must be worn at all times. Shirts must be worn at all times. Proper athletic attire is determined at the discretion of YMCA staff.

**KEEP IT SAFE** - The YMCA is not responsible for personal injury, lost, damaged or stolen items. Report all injuries to a staff member on duty.

**EQUIPMENT** - No dunking or grabbing on the rims or nets at any time. No kicking or inappropriate use of the equipment or balls, and keep balls away from the ceiling, lights, and walls.

- Do not move or set up equipment/nets without YMCA staff approval
- Must be at least 12 years old to borrow equipment for basketball.

**MANNERS** - Be respectful of others.

- Refrain from the use of profanity, fighting, excessive yelling, unnecessary aggressiveness, and unsportsman-like conduct.
- Clean up after yourself.

**NOISE** - Music is not permitted.

The Y reserves the right to ask anyone not adhering to the posted rules to leave the premises.



# RACQUETBALL COURTS

## GUIDELINES

**AGE** - Ages 8-11 may be in the racquetball courts WITH adult supervision.

**SCHEDULE** - The racquetball courts are reserved at various times. Please consult the racquetball schedule at the Welcome Center prior to entering.

**DRINK UP** - Water and sports drinks in enclosed containers are welcome. No food permitted.

**ATTIRE** - Please wear proper Athletic attire. Non-marking athletic shoes must be worn at all times. Shirts must be worn at all times. Proper Athletic attire is determined at the discretion of YMCA staff.

**KEEP IT SAFE** - The YMCA is not responsible for personal injury, lost, damaged or stolen items. Report all injuries to a staff member on duty.

**EQUIPMENT** - Protective eye gear should be worn. Must be at least 12 years old to borrow equipment for racquetball.

The Y reserves the right to ask anyone not adhering to the posted rules to leave the premises.

