



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WELLNESS CENTER GUIDELINES

YMCA OF GREATER DAYTON

- 1 Please discontinue workout and notify staff if you feel pain, faint, dizzy, or short of breath.
- 2 Please adhere to the following age guidelines:
 - Ages 9–11: Must be accompanied by an adult on cardio equipment and machine weights after completing a Kid Fit orientation.
 - Ages 12–14: May use cardio equipment and machine weights after completing a Kid Fit orientation. 12–14 with adult supervision may use free weights.
 - Ages 15+: May have access to cardio equipment, machine weights, and free weights.
- 3 No one under the age of 15 may use identified specialized equipment where applicable.
- 4 Lock up all personal belongings in the locker room.
- 5 Appropriate family attire is required.
- 6 No food or drinks, other than water, are permitted in this area.
- 7 Personal training may be conducted by YMCA staff only.
- 8 Use appropriate language.
- 9 Re-rack weights when finished.
- 10 Be courteous to fellow members and wipe down equipment after use.
- 11 Please limit use of cardio equipment to 30 minutes if others are waiting.
- 12 Please limit use of multiple pieces of equipment if others are waiting.
- 13 If you have questions about a piece of equipment, see a YMCA staff member for assistance.
- 14 Closed toe athletic shoes required.

To ensure the safety of all, YMCA staff reserves the right to remove a patron from the Wellness Center if he or she is behaving in an unsafe or inappropriate manner.