

## **Gym Rules and Policies**

- 1. No food or drink is allowed in the gym except for water.**
- 2. Clean sneakers must be worn. No flip flops or sandals are allowed.**
- 3. Please use the equipment properly. Balls are not to be kicked, thrown on the track or tossed over the back board.**
- 4. Hanging on the rims is unacceptable.**
- 5. Profanity, physical contact, intimidating behavior and disrespect for others will not be tolerated in any way. You will be asked to leave the facility immediately.**
- 6. Do not touch the window shades, please ask a staff member for help.**

### **If there is a problem:**

- First Offense:** You will be reminded of our rules.
- Second Offense:** You will be asked to leave our facility and not return for one week.
- Third Offense:** You will be asked to leave the facility and not return for up 6 months or more.

**This includes members and non-members- so please remember our rules when you visit.**