



GYM RULES & ETIQUETTE

GYM USE FOR THOSE 14 YEARS OF AGE AND OLDER

No one under the age of 12 shall be permitted on the gym floor at any time. Those members 12 and 13 years of age, must have a parent/legal guardian with them at all times.

- CLOSED TOED SHOES ONLY (SANDALS & CROCS PROHIBITED)
- DEMONSTRATE SAFE PRACTICES WHEN USING EQUIPMENT
- DO NOT DROP OR SLAM WEIGHTS
- PUT BACK ALL WEIGHTS/EQUIPMENT AFTER USE
- PLEASE CLEAN EQUIPMENT AFTER USE
- MONKEY BAR USE MUST BE MONITORED BY YMCA COACHING STAFF
- BE AWARE OF RESERVED GROUP TRAININGS ON THE GYM FLOOR

*(*Please ask our Coaching staff how you can join.)*

Anyone participating in open gym use, group classes, strength & conditioning/sports performance, private training or any function within The Scheu Family YMCA of Upland, assumes that there are inherent risks involved with your participation. **Private Training is ONLY permitted by YMCA staff.** Failure to follow the gym rules and etiquette may result in the loss of your gym use privileges. For your safety and the safety of others, we thank you for observing The Scheu Family YMCA of Upland's gym rules & etiquette.