

The Robin Givens Youth Wellness Center Guidelines

PROPER CLOTHING

- 1. Appropriate clothing is required.**
- 2. No flip-flops or open-toed shoes allowed; you must wear athletic shoes.**
- 3. Loose jewelry is not allowed.**

EQUIPMENT AND CARDIOVASCULAR MACHINES

- 1. Please be courteous at all times.**
- 2. Allow others to work in during your rest periods.**
- 3. Keep hands and feet away from all moving parts and weight stacks.**
- 4. Please return all equipment to its proper place after use.**
- 5. Youth must attend an equipment orientation.**
- 6. Youth ages 6-9 must be accompanied by a parent and can only use equipment under parent supervision. Parent must attend orientation with child.**
- 7. Youth ages 10-13 may use the youth equipment after having orientation without parent supervision, but parent must be in facility at all times.**
- 8. During regular gym hours there will be a 30-minute time limit on cardio machines when others are waiting.**

BEHAVIOR

- 1. Appropriate language is to be used at all times.**
- 2. All youth must wear lanyards at all times.**
- 3. Respect one another.**
- 4. No food or drink in area other than water bottles.**
- 5. Parent must sign waiver before child uses any equipment.**
- 6. The Wilson Family YMCA is not responsible for items lost or stolen on premises.**