

RULES & REGULATIONS

The YMCA Gold card gives you use of the following areas and equipment:

- Wellness Floor and Track (2nd Floor)
- Free Motion machines
- Techno Gym machines
- Cardio: Treadmills, Ellipticals, Bikes, Stair Climbers, Rowers
- Free weights: Dumbbells, Kettlebells, Med Balls, Pre-weighted barbells
- Blue stretching mats (No wrestling or horsing around on the mats).

Restricted areas and equipment - Must be 15+ years old:

- Weight Room
- Cable Crossover machine, including punching bag, rope, and assisted dip/pull-up.
- High Usage times:
Monday through Friday 11:30 am–1:30 pm and 5:00 pm–7:00 pm.

IN THE CASE THAT RULES ARE NOT BEING FOLLOWED. ALL YMCA STAFF HAVE THE AUTHORITY TO REVOKE AN INDIVIDUAL'S GOLD CARD, NO WARNINGS WILL BE GIVEN:

- ALLOWING UNAUTHORIZED GUESTS INTO THE YMCA OR ON TO THE WELLNESS FLOOR
- CAUGHT IN THE WEIGHT ROOM
- CAUGHT HORSEING AROUND ON THE WELLNESS FLOOR. MATS, TRACK.
- DROPPING WEIGHTS
- BEING DISRESPECTFUL
- FIGHTING
- LOANING YOUR GOLD CARD TO ANYONE

If you witness any abuse of the equipment by other youth or adults, report the incident to the Welcome Center. Cameras monitor all areas of the facility and any incidents would be on record.

Use the lifting guidelines that are taught in this class. No excessive socializing; be respectful of other people using the equipment. Always wipe down your equipment when you are done.

Lost Gold cards: You can replace your card for \$5

You will not be allowed on the Wellness Floor without your Gold card.

At the time of program completion, Gold cards are printed out and a YMCA lanyard is provided for the participant to attach their Gold card and Membership card.

You Must have the physical Gold card with you every time you are on the Wellness Floor.

If your Gold card is not visible, staff will respectfully ask to see it.

I have read and understand the above Gold Card Rules & Regulations.

Parent/ Guardian

Print: _____

Sign: _____

Participant

Print: _____

Sign: _____