



WELLNESS CENTER GUIDELINES

YMCA OF SNOHOMISH COUNTY

At the YMCA we expect staff, members, and guests to behave in accordance with our mission and values, by keeping ourselves and each other safe while also respecting each other and our facility.

Safety:

- Appropriate workout attire must be worn at all times
- Shoes must completely cover all parts of your feet. Street shoes (hard sole, dark sole, open-toed shoes) are not permitted
- Horseplay is not tolerated
- All backpacks and loose items should be stored in a locker and not left on the floor
- No food, gum or beverages in the workout areas. Any sports drink or water should be in a closed top container – glass is not allowed

Respect:

- As a courtesy limit your use of any weight machine or equipment to 1 set (8 – 16 reps). Once the set is complete, please allow another member to use the equipment before beginning an additional set
- Re-rack your weights and return any equipment after use
- Do not drop or slam any weights or equipment
- Use of cell phones for videoing or taking photographs is not permitted
- If you need to answer a call, please vacate the wellness center and use a shared space like the lobby
- Use of inappropriate language is not permitted
- Wipe down any equipment prior and after each use

If you are unable to follow our guidelines or use our equipment appropriately, you will be asked to leave the facility and may have your membership revoked.



YOUTH IN WELLNESS CENTER

YOUTH AGES 11 – 13 may use the Wellness Center without supervision after completing a Wellness Orientation with a Y staff member

YOUTH AGES 8 – 10 should remain with a supervising individual at all times

YOUTH AGES 7 AND UNDER are not allowed in our Wellness Center

USE OF THE TRACK Youth aged 7 and under need to be in arm's length of their supervising individual (Everett, Marysville)