



# GYM RULES & ETIQUETTE

## **GYM USE FOR THOSE 14 YEARS OF AGE AND OLDER**

*(\*Scheduled youth trainings may be under the supervision of YMCA Coaching staff)*

- CLOSED TOED SHOES ONLY (NO SANDALS)
- 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 or any function within The Scheu Family YMCA, assumes that there are inherent risks involved with your participation. For your safety and the safety of others, we thank you for observing The Scheu Family YMCA gym rules & etiquette.