

C.W. Avery Family YMCA

GYM rules – This includes track and courts

These rules apply to class participants as well as general users of the GYM.

Only water in the GYM - NO food, sports drinks, pop, etc.

ONLY instructors may bring BOOM BOXES and sound equipment in the GYM.

Appropriate attire is required in the GYM – shirt and shoes are mandatory.

For the safety off all members, ALL bags, coats and other belongings MUST be hung on hooks in stretching area OR put in locker. The C.W. Avery YMCA is not responsible for lost, stolen or broken items.

Foul language WILL NOT BE tolerated.

Fighting WILL NOT BE tolerated.

Hanging on basketball rims WILL NOT BE tolerated.

During OPEN GYM times all members are allowed to use court space. Children under the age of 8 years must be accompanied by an adult.

Horse play, ball play and roughhousing is not allowed on the TRACK.

Please look both ways before stepping off the courts onto the track.

Please avoid pushing curtains onto track area-as this is a safety hazard.

Monday, Wednesday and Friday all runners and walkers should circle the track clockwise. Tuesday, Thursday and Saturday all runners and walkers should circle the track counter clockwise.

All runners should use the outside lanes and all walkers should use the inside lanes.

15.2 laps on the outside lane = 1 mile.