



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GENERAL MEMBER & GUEST INFORMATION

We ask that all members and guests conduct themselves in a manner which is appropriate for a family-centered facility. Food and/or drinks are not permitted in the facility except in the childcare rooms and café area by the vending machines. Non-glass bottles with water are allowed throughout the facility.

ATTIRE

Please wear proper attire at all times. Athletic shoes must be worn during exercise in all workout areas of the facility. Shirts must be worn while working out in the fitness areas and during classes. Modest and lined swimsuits must be worn in the pool area only. No street clothes are allowed in the gyms, workout areas, or pool. We recommend eye protection in the racquetball court.

LOCKERS

You must bring or borrow a lock and remove it at the end of each visit, unless you have membership privileges in the Triangle Centers. Items left overnight will be removed and placed in lost and found. Lost and found is emptied monthly. The YMCA is not responsible for lost or stolen items. For safety reasons, please leave jackets and bags in the lockers rather than bringing them to the gym, program areas, fitness rooms, or pool deck.

CHILD SUPERVISION

Children ages 12 and under must be under direct supervision of an adult in all areas of the facility unless enrolled in a supervised YMCA program. All children middle-school aged 14 and under must be under adult supervision after 6:00 p.m. unless accompanied by an adult 18 years or older.