

SHEPHERD UNIVERSITY

*Wellness
Center*

*Junior & Youth
Fitness Certification
Packet*

Shepherd
UNIVERSITY

Junior & Youth Fitness Certifications

We offer two options for your children to use the facility without your direct supervision. Current members 10-12 and 13-15 years of age can be certified to access the facility properly.

Certification Program	Price
Youth Fitness Certification Facility access by area denoted by  in Area Specific Policies Section	\$40
Junior Fitness Certification Facility access by area denoted by  in Area Specific Policies Section	\$40
Youth Certified Member to Junior Certified Member	No Fee

Each certification session costs \$40.00 per participant, and upon successful completion, Junior and Youth Fitness certified members will have different levels of access to the facility. A detailed description of the prerequisites and registration process of the certifications and an overview of each certification session and level of facility access is below.

Pre-requisites to Qualify for the Certification Programs

- Be a current Wellness Center member
- Be between the ages of 13 and 15 years old for the Junior Certification (U-16) program and between the ages of 10 and 12 years old for the Youth Certification (U-13) program
- Be able to follow policies and procedures with no direct supervision

Requirements Before Certification Session

- Guardian must sign-up eligible child at the Registration Desk in the Wellness Center
 - Session must be scheduled at least 48-hours in advance
 - Available session times are based on staff availability
- Guardian must complete the guardian consent form (signature is required)
- Prepay the registration fee (\$40)

What to Bring to the Certification Session

- Participants will be using the pool, courts, and the fitness area (for Junior Certification only) and must be dressed appropriately for each area
 - Closed-toe athletic shoes, athletic shorts or pants, and full t-shirt for designated areas upstairs and courts
 - Swimsuit, sandals, and towel for the pool

We ask that parents not participate in the certification with their child. The point of the certification is to assess the maturity and the ability the child to conduct him or herself independently and safely without supervision in the facility.

Junior & Youth Certification Program Overview & Expectations

- Each program is part lecture and part activity.
- Participants will be given a thorough explanation of policies and procedures of each area of

the facility designated for the specified certification.

- Participants must demonstrate that they understand the guidelines and can follow specific procedures.
- All participants must pass a swim test which includes:
 1. Swim 50 yards without flotation device
 2. Tread water for 1 minute in deep end
 3. Float on back for 1 minute

Program Exception

- If a participant cannot complete the swim test on the day of the program, he or she will still be able to become certified but will not be able to use the pool without direct supervision from a guardian.
- Their certification card will be printed with “No Pool Access.”
- They can retest by scheduling a time at the Registration Desk.

Junior Fitness Certification (U-16) Program Overview

- Duration of program: 45 – 60 minutes
- Thorough explanation and hands-on interaction of the following areas:
 - Membership Check-in
 - Locker Room Usage
 - Pool
 - Racquetball and Basketball Courts
 - Weight/Fitness Area
 - Indoor Track
 - Group Exercise Classes
- Participants must demonstrate that they understand the guidelines and can follow the specific procedures:
 - Accessing the facility with Junior Fitness Certification membership card
 - Visibly showing Junior Fitness Certification card at all times
 - Checking out equipment
 - Proper conduct on the courts
 - Reserving racquetball courts
 - Identifying track direction and usage
 - Programming and using the cardio equipment
 - Setting-up and using the resistance machines
 - Setting-up and using free weights, cable machines, and squat racks
 - Cleaning and returning all equipment to its original location
 - Locating group exercise schedule and participating in classes (No Red Category Classes are permitted)
 - Checking-in with the group exercise instructor
 - Proper conduct in group exercise classes
 - Checking out a day lock or renting a locker for personal belongings
 - Proper conduct in locker rooms and restroom facilities
 - Proper preparation for entering pool deck
 - Checking-in with the lifeguard
 - Proper conduct on the pool deck while using the pool
 - Successful completion of the swim test

Junior Fitness Certification Program Completion

- Upon completion, both the participant and guardian will sign a form saying that they agree to adhere to all policies and procedures (must have signatures before the card is distributed).

- Those certified will be permitted to use free weights, resistance machines, cardio machines, track, pool, courts, and silver, green, and yellow group exercise classes with their Junior Fitness Certification membership card.
- Previous membership cards must be turned in to the Registration Desk as the Junior Fitness Certification card will be the new membership card.
- A break-away lanyard will be provided to store the Junior Fitness Certification card and must be worn and visible at all times (except while swimming) so that SUWC staff is aware that the U-16 member is Junior certified.
- **No Card = No Access**
 - Any Junior Fitness Certification member who does not bring their card cannot use the facility independently. They can use the courts, pool, and track with direct supervision from guardian 16-years of age and older.

At any time, if the participant violates any policies or behaves in a manner that endangers themselves or others, their membership and certification may be revoked.

Youth Fitness Certification (U-13) Program Overview

- Duration of program: 30-45 minutes
- Thorough explanation and hands-on interaction with the following areas:
 - Membership Check-in
 - Locker Room Usage
 - Pool
 - Racquetball and Basketball Courts
 - Indoor Track
- Participants must demonstrate that they understand the guidelines and can follow the specific procedures:
 - Accessing the facility with Youth Fitness Certification membership card
 - Visibly showing Youth Fitness Certification card at all times
 - Checking out equipment
 - Proper conduct on the courts
 - Reserving racquetball courts
 - Identifying track direction and usage
 - Checking out a day lock or renting a locker for personal belongings
 - Proper conduct in locker rooms and restroom facilities
 - Proper preparation for entering pool deck
 - Checking-in with the lifeguard
 - Proper conduct on the pool deck while using the pool
 - Successful completion of the swim test

Youth Fitness Certification Program Completion

- Upon completion, both the participant and guardian will sign a form saying that they agree to adhere to all policies and procedures (must have signatures before the card is distributed).
- Those certified will be permitted to use the track, pool, and the courts, with their Youth Certification membership card.
- Previous membership cards must be turned in to the Registration Desk as the Youth Fitness Certification card will be the new membership card.
- A break-away lanyard will be provided to store the Youth Fitness Certification card and must be worn and be visible at all times (except while swimming) so that SUWC staff is aware that the U-16 member is Youth certified.
- **No Card = No Access**
 - Any Youth Fitness Certification member who does not bring their card cannot use the

facility independently. They can use the courts, pool, and track with direct supervision from a guardian 16-years of age and older.

At any time, if the participant violates any policies or behaves in a manner that endangers themselves or others, their membership and certification may be revoked.

- When the certified Youth Fitness members turn 13 years old, they will be eligible to complete the Junior Fitness Certification.
 - The participant's guardian must book the Junior Fitness Certification session at the Registration Desk.
 - The \$40 fee will be waived for all Youth Fitness certified members who are converting to Junior Fitness certified members.
 - Please see [Junior Certification \(U-16\) Program Overview](#) for requirements and expectations.

Policies and Regulations

Non-Discrimination and Civility

The Shepherd University's Mission Statement demonstrates that it is our shared duty to create an inclusive culture where all members of the campus community are accepted. Therefore, as members of the Shepherd University community, we have agreed as a community on a common set of values:

- we are committed to the establishment of an open-minded campus that accepts and honors every one of its members;
- we work to support and enhance an environment that respects and endorses all efforts that celebrate the uniqueness of each individual;
- we continually strive to create a welcoming community in which educational, social, and recreational activities and opportunities are available to all of our members;
- we strive to avoid any actions, attitudes, or behaviors that disrespect, degrade or dehumanize any member or guest of this university; and
- we continually link academic inquiry and knowledge to meaningful values, thereby deepening human understanding and promoting the appreciation of culture, race, sexual orientation, age, religion, gender and gender identity.

The University provides opportunity to all members of the institution and surrounding community on the basis of individual qualifications and merit without regard to race, color, sex, sexual orientation, gender identity, religion, age, national origin, or ability. The University neither affiliates knowingly with nor grants recognition to any individual, group, or organization having policies that discriminate on the basis of race, color, age, religion, sex, sexual orientation, gender identity, national origin, or ability, as defined by applicable laws and regulations and the University does not tolerate any such acts or policies of discrimination and/or harassment by any person or entity. This commitment is expressly confirmed in the Shepherd University Board of Governors Social Justice Policy. Timely and effective resolution of such issues is an important value of the University community.

Facility Conduct

The University reserves the right to terminate the membership of any employee member or community member, with pro-rata refund, for the welfare of all patrons of the Wellness Center.

Causes for termination of membership include, but are not limited to, willful harassment, abuse, or intimidation of other patrons or employees, theft, disorderly conduct, or any other conduct that is unreasonably disruptive or dangerous to other patrons.

Membership

All Wellness Center Memberships will be audited throughout the year. Any member under the wrong membership or receiving a discount they are not or no longer eligible for will be notified and required to renew for the correct membership upon expiration of their current membership. Anyone with a recurring membership will be set to expire on the 15th of the next month and will be required to set-up their membership again with the appropriate charge.

- Members are required to have a photo on file with their membership to validate identity in case their card is lost or stolen.
 - Pictures will be taken upon membership purchase. Members have the choice to either have their picture taken, or we can take a picture of their driver's license.
- Memberships to the Shepherd University Wellness Center (SUWC) are non-transferable and

non-refundable.

- All members are allowed one membership hold per membership purchase not to exceed more than two (2) months. Holds may be used for medical and extended travel purposes. All membership hold requests must be in writing and sent via email to kgillis@shepherd.edu or jflora@shepherd.edu.
- Only family members living at the same address are eligible for the family membership discount.
- Family members can only purchase the same duration membership or less as the member they are receiving a discount from.
- If the main member membership expires anyone receiving the discount from that full paying member will no longer be eligible for a discounted membership until another member of the family pays full price for a membership.
- For Shepherd University employees to receive the staff and faculty membership rate they must be verified through our Banner system and if necessary, through our Human Resources office.
- Patrons must be 16 years of age or older to use the facility independently.
- Children 15 years of age or younger may purchase a membership but have limited access to the courts, pool, and track with direct supervision by a parent/guardian 18-years or older at all times.
- Children 15 years of age or younger are prohibited from loitering in the weight/fitness area and the multipurpose rooms (including group exercise classes).
- At no time should a child 15 years of age or younger be unsupervised anywhere in the facility unless Junior or Youth Fitness certified. Please see the [Junior and Youth Fitness Certification](#) section for more details.

Access

- Use of the facility is during posted operating hours only.
- Hours of operation can be found on our website at www.shepherdwellness.com or our monthly calendar located at the Registration Desk and are subject to change.
- General access to the facility may be limited during holiday breaks and to specific areas of the facility due to special reservations or rentals.
- Entering unauthorized areas such as behind the Registration Desk, offices, electrical room, or storage rooms without the permission of the Wellness Center Administrative Staff will be considered trespassing.
- Membership identification cards must be swiped at the turnstiles in order to gain access to the facility. **No card= No access.**
- Any member who does not have their membership card must check in with the Registration Desk to validate they have an active membership and will have a new card printed. Their old card will be deactivated.
 - If a member does not have a picture on file, they must provide another photo id.
 - Frequently misplaced cards (more than two occurrences) will result in a replacement fee of \$5 the member will need to pay to get a new card.
- Any member who loses their membership card should report it to the Registration Desk so the account can be closed, and a new card can be issued.
- Per the Shepherd University policy, students are required to carry their Rambler cards at all times. **No Rambler Card = No Access.**
- All Junior and Youth Fitness certification members must have their cards on them at all times with no exceptions.

- If the certified member does not have their card, they will be restricted to the under 16 years of age policy and must of have a legal guardian supervising them and are only permitted in the pool, courts, and track.

Misuse of Identification Cards

- The misuse of a driver's license, credit/debit card, membership, youth certification, junior certification, and Rambler cards/IDs are strictly prohibited. The following misrepresentation or misuse of identity or identification are grounds for membership termination:
 - permitting another person to use his or her identification;
 - inappropriate use of another person's identification;
 - impersonation, or misrepresenting the authority to act on behalf of another or the University;
 - forgery, alteration, or misuse of identification, documents, records, keys, or access codes;
 - manufacture, distribution, delivery, sale, purchase, possession, or use of false identification.

Equipment Check-out

- Members, guests, and students can check-out facility equipment (e.g., basketballs, racquets, locks, workout towels, etc.) at the Registration Desk.
- Patron must provide an id for collateral while equipment is being used.
- The id will be returned upon the equipment being brought back to the Registration Desk.
- Equipment should be used for only its intended purpose. Any misuse of equipment or damage to may result in fines and fees or replacement.

Unauthorized Services and Practices

- Purchasing, providing or soliciting for-profit services (i.e., Personal training, class instruction) within the facility is prohibited unless provided by SUWC Staff.
- No formal, informal, or organized practices are permitted without written approval from SUWC administrative staff.

Drug and Alcohol Use

- Any person under the influence of any controlled substance is prohibited from using any of the facilities and services within the Wellness Center.
- Any person found in violation of any prohibitions or suspected to be under the influence of a controlled substance will be asked to leave and may result in immediate membership termination.

Misconduct

- Engaging in disorderly or lewd conduct such as profanity, abusive language, inappropriate comments about race, color, age, religion, sex, sexual orientation, gender identity, national origin, and body weight, screaming, abuse of equipment, or conduct deemed offensive to other members, guests, students, University staff and faculty or Wellness Center staff, is prohibited.
- The University reserves the right to terminate the membership of any employee member or community member, with pro-rata refund, for the welfare of all patrons of the Wellness Center.

Causes for termination of membership include, but are not limited to, willful harassment, abuse, or intimidation of other patrons or employees, theft, disorderly conduct, or any other conduct that is unreasonably disruptive or dangerous to other patrons.

Personal Belongings

- *Personal belongings must be kept in a locker or cubby and off the fitness floor, pool deck, and multipurpose room floor.*
- Any personal items that are left behind are not the responsibility of the SUWC.
- If any items are lost, members should check the Lost and Found area located at the Registration Desk.

Food and Beverage

- Food and opened beverages are allowed in the rotunda, dining venue, and spectator seating in the pool area. They are not permitted in any other area of the facility.
- *Only water and sports drinks are allowed on the fitness floor or near any fitness equipment. All beverages must be in a sealed container. Disposable cups are not permitted.*

Cellphone and Photography

- *Photography and audio/video recording is prohibited in the locker rooms and restroom facilities at all times.*
- *Taking pictures or recording videos of others without permission is prohibited in any area of the building.*
- *We discourage cell phone usage texting/emailing while walking on our track.*
- *Cellphones are prohibited in group exercise classes.*

Personal Audio Devices

- *All audio devices must be used with headphones.*
- *Any patron using an audio device without headphones will be asked to turn off device.*

Dress Code

- The Center for Disease Control (CDC) recommends using a barrier between your skin and shared equipment such as weight training benches and cardiovascular equipment to prevent the spread of disease and infection. Barriers include towels or clothes that cover your skin such as T-shirts and appropriate length shorts.
- Wellness Center requires all patrons and staff to wear appropriate attire at all times. Appropriate clothing and footwear are defined below.
 - **Appropriate upper body apparel is required.** *Shirts that reach the top of the pants or shorts and cover the torso (chest, stomach, lower back, and sides).* No plunging cut-off sleeves, crop-top shirt, and sports bra permitted.
 - Clean t-shirts are available at the Registration Desk to borrow for members.
 - **Appropriate lower body apparel is required.** Appropriate lower body apparel will be defined as gym shorts, warm-up pants, running pants, yoga pants, and spandex shorts that cover all areas of the glutes, at all times, in any position. Extremely short shorts are not providing a significant enough barrier between surfaces and bare skin and are not efficient at absorbing bodily fluids. Therefore, shorts that expose the buttocks in any position are not permitted in any area of the building.
 - **Appropriate athletic footwear is required.** Footwear must be closed toe and non-

marking. All other shoes; such as dress shoes, sandals (Keens, Crocs), boots, and bare feet are unacceptable. Sandals are permitted on the pool deck and in the locker rooms.

Any member wearing any apparel other than what is required will be asked to change their apparel. There are no warnings or exceptions. Patrons cannot wait until they finish their workout, they must stop immediately and address the clothing discrepancy. Everyone must be wearing the appropriate clothing, change into the appropriate clothing, borrow from the Registration Desk, or they will be asked to leave the facility.

Preventing the Spread of Disease and Infection

Any open wound must be covered with clothing or bandages while working out in the Wellness Center. The SUWC staff reserves the right to ask people to cover up open wounds. If a patron fails to comply, they will be asked to leave the Wellness Center until they have appropriately dressed the wound.

- Members and guests will use a barrier between their skin and shared equipment by way of abiding by the dress code.
- Users shall clean equipment after use. Complementary sanitizing wipes are available at cleaning stations, and workout towels are available at the Registration Desk.
- Try to avoid using communal mats at the gym. If necessary, make sure your towel covers your workout area or wear clothes that cover your skin to avoid direct contact.
- After working out, shower and change your clothes immediately.
- Never share towels.
- Be sure to wear sandals or flip-flops in gym showers.
- Avoid touching your nose, mouth, or eyes after using exercise equipment.
- Patrons must cover any skin trauma such as abrasions or cuts with a clean, dry bandage until healed.
- Practice good hygiene such as frequent hand washing.

Any violation of these regulations may result in loss of SUWC privileges without refund.

Area Specific Policies

Youth Certified member facility access by area denoted by 
Junior Certified member facility access by area denoted by 

Pool

- Swimming is only permitted under the supervision of a Shepherd University Wellness Center Lifeguard. **No Lifeguard = No Pool or Deck Entry**
- Showers are required before entering the pool. Anyone who is not clearly wet will not be permitted in the pool and will be asked to go shower before reentering.
- *Appropriate swimwear is required for all swimmers. This is defined as clothing that is designed as swimwear, for example, swim trunks, swim briefs, long swim briefs (jammers), one or two-piece swim suits, surf shirts, wetsuits, swim diapers, and various religious swimwear. Items that are not permitted are street clothes, thong style and/or revealing suits, everyday clothing, and sports clothing.*
- Infants and toddlers are required to wear leak-proof pants or swim diapers.
- Per the West Virginia Health Department, Individuals with open sores or infections, wearing bandages, or that have had diarrhea in the last two weeks should not use the pool.
- All personal items are to be secured properly in the locker rooms.
- Food is only permitted in the spectator area.

- Glass containers and gum are not permitted.
- No horseplay, running, pushing, or pulling are permitted in or around the pool.
- No playing on ladders, bleachers, railings, or around pool drains.
- Please do not walk on the pool deck while wearing flippers.
- Disruptive or disrespectful behavior or language is prohibited.
- No diving in the shallow areas of the pool.
- The pool will be closed during severe weather conditions, such as electrical storms, tornados, or power outages.
- Lifeguards have the authority to stop any inappropriate or unsafe behavior and have the ability to remove any patron disobeying the rules or making the facility unsafe.
- No formal, informal, or organized practices are permitted without written approval from SUWC administrators. Instruction is only permitted by SUWC staff.
- This is a communal space. We expect patrons to be courteous and respectful during usage.

Lap Swim Policies

- Lap swimmers are expected to be courteous at all times and are expected to share lanes.
- Swimmers must enter the lanes from the ends only and should communicate with other swimmers in the lane when entering.
- All swimmers must circle swim if there are 2 or more swimmers in a lane
- Slower swimmers should stop at the wall and allow faster swimmers to pass
- When Entering a Lane
 1. Choose a lane with swimmers of similar ability.
 2. Wait for swimmer to return to shallow end, put your hand in the water to get the attention of the swimmer. Let him/her know you will be entering the lane to begin a circle swimming pattern.
 3. It is the responsibility of the swimmer entering the lane to make his/her presence known.
- Circle Swimming
 1. The customary traffic pattern is to stay to the right and swim counter clockwise.
 2. Always swim complete lengths of the pool to avoid stopping in the middle of the lane.
 3. If you stop at the wall, stay in the corner of the lane to avoid collisions.
 4. Leave the center of the lane open to allow room for flip turns.
- Please be aware that you may be asked to share a lane at any time.
- Lane availability varies daily based on programming. Please see our facility calendar for pool accessibility.

Swimmers Under 16 Years of Age

- All children seven (7) years old and younger or children considered to be a non-swimmer must be accompanied in the water by a parent/guardian 16-years or older.
- One adult may supervise up to four (4) children.
- All children between the ages of 8-15 years old must have a parent/guardian 16-years or older on the pool deck at all times unless Junior and Youth Fitness certified.

Arena

- At no time should children 15 years of age or younger be unsupervised in the arena unless Junior or Youth Fitness certified.
- *Dress code enforced- closed toe, non-marking athletic shoes, appropriate shirts and appropriate length shorts or athletic pants must be worn at all times.*
- Please return all SUWC equipment to its designated area (including equipment checkout areas).

- Food is prohibited in the arena.
- No chewing gum in the arena.
- Profanity, abusive language, screaming, or conduct deemed offensive to other members or SUWC staff, and abuse of equipment is prohibited.
- *Sports other than volleyball, basketball, and badminton are not permitted unless approved by SUWC Administrators.*
- No formal, informal, or organized practices are permitted without written approval from SUWC administrators.
- This is a communal space. We expect patrons to be courteous and respectful during usage.

Racquetball Courts

- At no time should children 15 years of age or younger be unsupervised in the racquetball courts unless Junior or Youth Fitness certified.
- *Dress code enforced- closed toe, non-marking athletic shoes, appropriate shirts and appropriate length shorts or athletic pants must be worn at all times.*
- Please return all SUWC equipment to its designated area (including equipment checkout areas).
- Proper eyewear is recommended when playing racquetball. Goggles are available to check out at the registration desk
- Food is prohibited in the racquetball courts.
- No chewing gum in the racquetball courts.
- Profanity, abusive language, screaming, or conduct deemed offensive to other members or SUWC staff, and abuse of equipment is prohibited.
- *Sports other than racquetball and wallyball are not permitted unless approved by SUWC Administrators.*
- No formal, informal, or organized practices are permitted without written approval from SUWC administrators.

Locker Rooms

- At no time should children 15 years of age or younger be unsupervised in the locker rooms unless Junior or Youth Fitness certified.
- It is the individual's responsibility to secure items during their visit, and empty locker contents after usage.
- The SUWC is not responsible for lost or stolen articles.
- Day locks are available at the Registration Desk for check-out.
- At the end of each day, all unauthorized locks will be cut off, and locker contents will be removed and placed in Lost and Found.
- This is a communal space. We expect patrons to be courteous and respectful during usage.
- If an item or issue requires immediate attention, please let a staff member know as soon as possible.
- *Photography and videography are prohibited in the locker room and restroom facilities at all times.*

Weight and Fitness Area

- At no time should children 15 years old or younger be in the weight and fitness area unless Junior Fitness certified.
- *Dress code enforced- closed-toe athletic shoes, appropriate shirts, and appropriate length shorts or athletic pants must be worn at all times.*
- Bags or personal belongings may not be placed on the floor or equipment.
- Profanity, abusive language, and screaming are not permitted.

- Food is prohibited in the Weight and Fitness area.
- *Users are expected to clean all equipment with the sanitary wipes located around the facility and return the equipment to the proper location immediately after use.*
- Patrons lift at their own risk. If in doubt, please consult a Weight/Fitness staff member prior to using the equipment.
- Clips/collars on weight bars are mandatory at all times.
- Do not drop weights or dumbbells.
- Power lifting is not allowed.
- Chalk use is not permitted.
- *Patrons are asked to adhere to a 30-minute time limit for all cardio equipment during peak times. Peak times are defined as those instances when all pieces of one equipment (this is not brand specific) type are in use (e.g., treadmills).*
- This is a communal space. We expect patrons to be courteous and respectful during usage.
- Purchasing, providing or soliciting for-profit services (i.e., Personal training) within the facility is not permitted.
- No formal, informal, or organized practices are permitted without written approval from SUWC administrators.

Stretching Room

- At no time should children 15 years of age or younger be unsupervised in the stretching room unless Junior Fitness certified.
- *Dress code enforced- closed-toe athletic shoes, appropriate shirts, and appropriate length shorts or athletic pants must be worn at all times.*
- *No jumping rope.*
- *Mats can be slippery on the floor- please do not stand or step on them.*
- *Users are expected to clean all equipment with the sanitary wipes located around the facility and return the equipment to the proper location immediately after use.*
- Food and opened beverages are prohibited in the stretching room.
- This is a small communal space. We expect patrons to be courteous and respectful during usage.

Track

- At no time should children 15 years of age or younger be unsupervised on the track unless Junior or Youth Fitness certified.
- *Dress code enforced- closed-toe athletic shoes*, appropriate shirts and appropriate length shorts or athletic pants must be worn at all times.*
- There are signs indicating the usage direction of the track. The direction changes daily.
- Always look both ways before entering the track.
- Walkers should use inside lane. Runners should use outside lanes.
- Groups of people working out on the track should be no more than two people wide.
- Do not stand on the track.
- *No barbells are allowed on the track.*
- *Food and opened beverages are prohibited on the track.*
- This is a communal space. We expect patrons to be courteous and respectful during usage.
- No formal, informal, or organized practices are permitted without written approval from SUWC Administrators.

Multipurpose Rooms & Hallway

- At no time should children 15 years of age or younger be loitering in the multipurpose room hallway or the multipurpose rooms (group exercise classes) unless Junior Fitness

certified.

- *Junior Fitness members are prohibited from taking red category group exercise classes.*
- *Only group exercise class participants or patrons waiting to participate in a group exercise class are permitted in the multipurpose room hallway.*
- *Students and members are prohibited to independently work out (including stretching) in the multipurpose room hallway or the multipurpose rooms.*
- *No one will be permitted into a group exercise class once the warm-up is over.*
- *Food and opened drink containers are prohibited in the multipurpose rooms*
- *Participants are encouraged to use a workout towel during group exercise classes. Towels are available at the Registration Desk.*
- *Dress code enforced- closed-toe athletic shoes*, appropriate shirts and appropriate length shorts or athletic pants must be worn at all times. Any participant not wearing proper attire will be asked to change in order to continue to participate.*
 - **Closed-toe shoes are required for all classes with the exception of mind/body classes. Please see our website for a complete list of mind-body classes.*
- *Profanity, abusive language, screaming, or conduct deemed offensive to other members or SUWC staff, and abuse of equipment is prohibited.*
- *Participants are expected to clean equipment after use and return all class equipment to its designated area.*
- *Cellphones are prohibited in group exercise classes.*
- *No photography or video recording during group exercise class without prior authorization.*