

## **Raytown Schools Wellness Center Rules for Review**

### **Floor**

- Directions for walking/running are posted on each of the Green pillars upstairs. Kids under 13 must be accompanied by an adult while walking the track.
- Please WIPE DOWN equipment after every use.
- Loose clothing, bags, or any personal belongings are not allowed on the gym floor/any equipment (please use lockers or personal vehicle).
- Locks on lockers must be taken home with you at the end of the day, any locks left on over 24hrs will be cut off.

### **Age**

- Anyone 16 and older may:** attend Group Fitness classes, workout, or swim (without adult supervision).
- Anyone 13-15 may:** attend Group Fitness classes, workout, or swim (WITH adult supervision).
- Anyone under 13 may:** walk the track or swim WITH Adult supervision.
- 15 and under will need pool supervision until they pass swim test with lifeguard.
- Any guest must be 18 years old and have a valid Driver's License with them. If not 18, parent must accompany them and sign guest pass for them.
- Children are not allowed to sit near or close to workout equipment and wait while parents workout (neither lounge nor track).

### **Pool**

- To enter the Pool Area please use Locker Rooms unless: You have children of the opposite sex or have a handicap (if so use Floor Entrance).
- Water shoes are recommended but not required for the pool area.
- NO running, horseplay, diving, food, hanging on lane lines, foul language or inappropriate behavior
- All flotation devices must be approved by Lifeguard
- No Water guns of any type
- No projectiles, balls, Frisbees, etc in the pools
- No electronics can be used in the pool and must be kept free of the pool walking areas/deck
- Family changing rooms in the pool are designated for families and NOT PERSONAL USAGE.

### **General Information and Forms**

- SHOES** are required at all times, must be worn on all equipment and when walking the track (NO OPEN TOED SHOES or Sandals-No Boots).
- JEANS** are ONLY ALLOWED on Treadmills and walking track. NO JEANS, khakis, or jean shorts are allowed on any other equipment (athletic pants and shorts, jogging pants, and sporting gear are preferred).
- Parent Permission Forms** (when bringing a child that is not your own: grandchildren, friends, etc) can be found on our online website. If the child's parents are not members, you must pay \$5 day pass. You are responsible for any guest that you bring.
- Passes:**
  - Day Pass-\$5
  - Guest Week Pass-\$15
  - Family Week Pass-\$25
  - Punch Card-\$40 for 10 visits

### **Kids Club Rules and Procedures**

Children may stay in Kids Club for no more than two (2) hours per day that Kids Club is open.

Children must be potty-trained.

Children may be no older than twelve (12) years old.

Only Parent/Guardian may check in or check out a child.

Parent/Guardian must stay in the Wellness Center while child is in Kids club.

No food or drink allowed except for water.

Children's belongings must be stored in locker of the parent/guardian.

All Children must wear shoes.

The Wellness Center is not responsible for any personal items brought into Kids Club.

Children must be symptom free for AT LEAST 24 hours from any sickness to use Kids Club.

If child/children are inconsolable for more than fifteen (15) minutes, the parent/guardian will be notified and required to assist staff.

### **Group Fitness Classes**

-Please sign class log book before entering class

-No kids are allowed to sit in classes while parent/s participants

-Bands will be given to each participant that signs up for class. You will give the band to the instructor for entrance into class.

-After class is in session for 10 minutes, the class will be CLOSED

### **Membership Cancellation**

You may now cancel your membership over the phone. Be prepared to verify who you are by answering questions (you must be the person responsible for the membership).