



Downtown Galesburg YMCA Wellness Center Guidelines (After Hours)

Knox County YMCA youth members (ages 14-17 years), may utilize the Downtown Galesburg YMCA during non-staffed hours upon agreement of the following guidelines:

- Limit the facility hours to no earlier than 5:00 a.m. and no later than 10:00 p.m.
- Must use your own scan card to enter the facility. This includes not allowing others access to the building, regardless of membership status.
- Attire appropriate for a family environment is required. Attire includes, but is not limited to; athletic shoes, appropriate logos/phrases, and areas covered from shoulders to hips. Swimwear not permitted.
- Please wipe off equipment after each use.
- Do not drop or bang weight equipment; return to its proper place when finished.
- Allow other members to “work-in” or take turns with equipment.
- During busy times, please limit cardio equipment workouts to 30 minutes.
- Refrain from talking, texting, etc. on your cellphone while using equipment.
- Food or drink, with the exception of water, is not permitted in the Wellness Center.
- Profane or inappropriate language is not allowed.
- Unattended items such as gym bags, purses and clothing, must be stored properly in cubbies or lockers. Items such as keys, phone, etc. should be securely locked in a locker or remain in your possession.
- When listening to music or videos, headphones are required.
- Report any violation of rules or damaged equipment to the YMCA staff.

I, _____ hereby agree to the above rules and guidelines when using the Downtown Galesburg YMCA. I understand that the Knox County YMCA has the right to monitor my activity while using the facility and restrict or rescind my after hours access if found to be in violation of any of the above rules and guidelines.

NAME

DATE