STRENGTH TRAINING CENTER ETIQUETTE

• Please use the weight room at your own risk. No supervision is provided.
• Consult trained staff if you are unsure of proper technique or use of equipment.
• Please do not bang or drop weights.
• The use of chalk is prohibited.
• Be considerate of others and allow use of equipment while resting between sets.
• Athletic attire and closed toe shoes are required.
• Please wipe off mats after use.
• Please respect right-of-way of walkers and joggers.
• No gym bags on weight room floor and track.
  Please use locker room or coat rack for personal belongings.
• The NSYMCA is not responsible for lost or stolen items.
• Please re-rack weights and return all equipment to their proper storage area.

YOUTH WEIGHT ROOM & TRACK POLICY

• Youth ages 12 and up can use the weight room and track area.
• Although the orientation is not required at this age, it is highly recommended.
• No youth younger than 12 years old can be in the weight room unless they are with a NSYMCA personal trainer.