



Recreation Center Use Guidelines

1. Everyone must check in at the Front Desk.
2. The facility doors will be locked 5 minutes prior to closing.
3. Boots or muddy shoes are not permitted in the facility. Clean gym shoes must be worn at all times.
4. Shirts must be worn at all times.
5. Tobacco/Drugs/Alcohol will not be tolerated anywhere in the facility.
6. Report any damaged or broken equipment to staff.
7. Hanging on rims or nets is not permitted. Violators will be asked to leave the facility.
8. Members/guests age requirements:
 - All guests must sign a guest waiver. Guests 18 years old and younger must have a parent or guardian sign waiver for them. Guests under the age of 16 must be accompanied by an adult at all times.
 - All children ages 15 and under must be accompanied by an adult at all times on the second floor.
 - Children 13 and under are not permitted on any fitness equipment, including cardio equipment.
 - 16 years and older are permitted to use the facility without supervision.
9. Headphones and ear buds are allowed. Use of speakers or other audio devices where music or videos can be heard by others is not permitted in the facility.
10. This is a zero tolerance facility for inappropriate language, aggression, bullying or discrimination. Such behavior is not permitted and should be reported to staff immediately.
11. We reserve the right to add rules as deemed necessary for the safety of those in attendance.
12. We reserve the right to ask any individual to leave the facility and to suspend their membership.
13. Glass containers of any kind are not permitted in the facility.
14. Only employees and Contracted Staff of the Pelham Recreation Center are authorized to provide training, instruction, or lessons on the premises.
15. Bicycles, roller blades, skateboards, scooters, or pets (trained service animals excluded) are not permitted inside the recreation facility.
16. Softballs, baseballs and frisbees are not permitted in the Recreation Center.
17. The use of Pelham Parks and Recreation facility is a privilege and participants are expected to be good citizens and respect the rights of others. Individuals who engage

in behavior which is determined by Pelham Rec Center staff to be unacceptable or irresponsible may have their access to facilities revoked or modified indefinitely.

Membership and Guest Policy

1. Everyone must check in at the Front Desk at each visit.
2. Membership is available only to Pelham residents at this time.
3. Family membership is defined as a couple and any of their unmarried children up to the age of 23 in the same household.
4. Children under the age of 13 must be with an adult 19 years or older at all times. 16 years and older are permitted to use the facility without supervision.
5. All children ages 15 and under must be accompanied by an adult at all times on the second floor.
6. Children 13 and under are not permitted on any fitness equipment, including cardio equipment.
7. All guests must sign a guest waiver. Guests 18 years old and younger must have a parent or guardian sign waiver for them. Guests under the age of 16 must be accompanied by an adult at all times.
8. Silver Sneakers, Renew Active, or Prime members are welcome to a free membership regardless of residency.
9. Members receive 2 free passes at sign up. After that, guests are limited to 2 paid visits per calendar month unless prior authorization is granted in advance of the visit.

Locker Room Guidelines

The Recreation Center provides two locker rooms. Men's and Women's restrooms are also available as well as a family restroom located on the second floor in the fitness area. In each of those locker rooms, day-use lockers are available on a first come, first-serve basis. You must provide your own lock. All items in a day-use locker must be removed when you leave the facility. Personal locks may not be left on day-use lockers overnight. Any remaining locks will be cut off and the contents of the locker will be removed and stored at the welcome desk for no more than 7 days.

Fitness Area Guidelines

1. All children ages 15 and under must be accompanied by an adult at all times on the second floor.
2. Children 13 and under are not permitted on any fitness equipment, including cardio equipment.
3. Headphones and ear buds are allowed. Use of speakers or other audio devices where music or videos can be heard by others is not allowed in the facility.
4. Gym shoes, shirts, and appropriate attire must be worn at all times.
5. It is strongly recommended that you wipe down your equipment before and after each use.
6. Misuse of any machine or violation of any of these policies may result in suspension or an indefinite dismissal from use of the facility.
7. Do not drop weights. **All weights must be put away before leaving weight area.**

Group Fitness Rooms Guidelines

1. Please secure personal belongings in a locker.
2. Clean workout clothes (including shirt) and proper gym shoes are required.
3. Courtesy to others and appropriate language is expected.
4. Members and guests must be at least 14 years of age to attend a group fitness class.
5. Children and/or babies are not permitted to observe or sit in the back of the room.
6. All group fitness classes are first come, first serve. There are a limited number of spaces dependent upon the type of equipment used in each class.
7. Please report any injuries or equipment malfunctions to the instructor.
8. All equipment must remain in group exercise rooms.
9. It is strongly recommended that you wipe down equipment in group fitness rooms before and after each use.