



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. This facility is a family-friendly environment. We ask that you avoid the use of foul language. (At staff's discretion.)
5. Shirts must be worn at all times.
6. Tobacco/Drugs/Alcohol will not be tolerated anywhere in the facility.
7. Report any damaged or broken equipment to staff.
8. Hanging on rims or nets is not permitted. Violators will be asked to leave the facility.
9. Members/guests age requirements:
 - 13 years and younger must be with an adult 19 years or older at all times.
 - 14-15 years old may use the fitness equipment with an adult 19 years or older but may use the track and basketball courts unsupervised.
 - 16 years and older are permitted to use the facility without supervision.
10. Parents and/or guardians are allowed on 2nd floor track with kids in strollers.
11. Loud music, obscene language, gestures, inappropriate displays of affection and participants under the influence of alcohol or drugs will not be tolerated.
12. Consumption of snacks will be allowed in designated areas only including the front lobby, concession area, and on the bleachers. **We ask that you please clean up behind yourselves.**
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. Membership is available only to Pelham residents at this time.
2. Family membership is defined as 2 adults and dependents under the age of 24.
3. 13 years and younger must be with an adult 19 years or older and all times.
4. 16 years and older are permitted to use the facility without supervision.
5. 14-15 years old may use the fitness equipment with an adult 19 years or older but may use the track and basketball courts unsupervised.
6. All guests must sign a guest waiver. Guests 15 years old and younger must have an adult 19 years or older sign waiver for them.
7. Silver Sneakers or Renew active members are welcome to a free membership regardless of residency.
8. 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. 13 years and younger may use the indoor track with an adult 19 years or older.
2. 14-15 years old may use the fitness area with an adult 19 years or older.
3. 16 years and older may use the fitness area without supervision.
4. There should be absolutely no horseplay.
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. Clean workout clothes (including shirt) and proper gym shoes are required.
8. 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.