

CARROLL WELLNESS CENTER

POLICIES AND PROCEDURES

MEMBER COPY



GENERAL INFORMATION

PHYSICAL ADDRESS

164 CARTER PINES LANE, HILLSVILLE, VA 24343

MAILING ADDRESS

PO BOX 1266, HILLSVILLE, VA 24343

PHONE CONTACT

PHONE: 276-728-2500

WEBSITE

www.carrollwc.org

FACILITY DIRECTOR

MICHAELA SMITH, FACILITY DIRECTOR
michaela@carrollwc.com

STAY INFORMED

WEBSITE: WWW.CARROLLWC.ORG
FACEBOOK: CARROLL WELLNESS CENTER
INSTAGRAM: @CARROLLWELNESSCENTER
SIGN UP FOR EMAIL NOTIFICATIONS BY SCANNING QR CODE:



POLICIES AND PROCEDURES

WELCOME TO THE CARROLL WELLNESS CENTER, A 501(C)(3) NON-PROFIT FACILITY LOCATED IN HILLSVILLE, VIRGINIA. THIS STATE OF THE ART FACILITY WAS DESIGNED TO PROMOTE THE HEALTH AND FITNESS NEEDS OF THE RESIDENTS OF HILLSVILLE, CARROLL COUNTY AND SURROUNDING AREAS.

THE CARROLL WELLNESS CENTER IS DEDICATED TO PROVIDING OUR MEMBERS WITH THE CLEANEST, MOST PROFESSIONAL ENVIRONMENT IN WHICH TO MEET THEIR FITNESS AND RECREATIONAL NEEDS. CWC IS A TOBACCO FREE FACILITY. IF AT ANY TIME, YOU HAVE A SUGGESTION, COMMENT, OR CONCERN, PLEASE DO NOT HESITATE TO CONTACT THE FACILITY DIRECTOR - MICHAELA SMITH

ALL POLICIES AND PROCEDURES ARE SUBJECT TO CHANGE BY CARROLL WELLNESS CENTER BOARD OF DIRECTORS

HOURS OF OPERATIONS

FACILITY HOURS:	MONDAY – FRIDAY	5:00 AM – 9:00 PM
	SATURDAY	8:00 AM – 4:00 PM
	SUNDAY	1:00 PM – 4:00 PM

*HOURS MAY BE INCREASED OR DECREASED AS DEMAND WARRANTS
CHANGES WILL BE POSED 15 DAYS IN ADVANCE. POOL WILL CLOSE 15 MINUTES PRIOR TO FACILITY CLOSING HOURS*

SUPERVISED PLAY AREA:	MONDAY – THURSDAY	4:00 PM – 7:30 PM
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POOL HOURS	MONDAY – FRIDAY	6:00 AM - 6:45 PM
	SATURDAY	10:00 AM – 3:45 PM
	SUNDAY	1:00 PM – 3:45 PM

SERVICES

- JUNIOR OLYMPIC POOL (6 LANES, 25-YARD LAP POOL)
- THERAPY POOL
- MULTI-PURPOSE ROOM (OFFERING A RANGE OF EXERCISE CLASSES WITH CERTIFIED INSTRUCTORS)
- CARDIOVASCULAR EQUIPMENT (TREADMILLS, ELLIPTICAL MACHINES, STATIONARY BICYCLES, STEP MACHINES)
- FUNCTIONAL STRENGTH NAUTILUS WEIGHT EQUIPMENT
- FREE WEIGHT AREA
- CROSS TRAINING AREA
- REGULATION SIZE GYMNASIUM
- INDOOR ELEVATED WALKING TRACK
- LOCKER ROOMS WITH LOCKERS AVAILABLE FOR DAY USE AND LONG TERM RENTAL
- SAUNA

- SUPERVISED PLAY AREA (ONLY FOR USE WHILE PARENT/GUARDIAN IS AT CARROLL WELLNESS CENTER UTILIZING THE FACILITY AS A MEMBER)
- EQUIPMENT ORIENTATIONS
- ONE FREE FITNESS ASSESSMENT/CONSULTATION WITH A CARROLL WELLNESS CENTER CERTIFIED PERSONAL TRAINER WHEN YOU JOIN AS A MEMBER OF OUR FACILITY
- ONE-ON-ONE PERSONAL TRAINING (ADDITIONAL COST)
- ONE-ON-ONE ADULT AND CHILDREN PRIVATE SWIM LESSONS (ADDITIONAL COST)

MEMBERSHIP TYPES

- **TEEN:**
 - A TEEN MEMBERSHIP IS FOR CHILDREN AGES 14-18 YEARS OF AGE
- **INDIVIDUAL:**
 - ANYONE OVER THE AGE OF 18 OR UNDER THE AGE OF 60 MAY PURCHASE AN INDIVIDUAL MEMBERSHIP
- **INDIVIDUAL + CHILD:**
 - ANYONE OVER THE AGE OF 18 OR UNDER THE AGE OF 60 MAY PURCHASE AN INDIVIDUAL MEMBERSHIP AND ADD A CHILD/INDIVIDUAL THAT IS IMMEDIATE FAMILY UP TO THE AGE OF 13 ON THEIR MEMBERSHIP FOR AN ADDITIONAL \$20.00 MONTHLY - ONCE THE CHILD REACHES AGE 14, MEMBERSHIP WILL BE CONVERTED OVER TO A ADULT COUPLE MEMBERSHIP
- **ADULT COUPLE:**
 - MARRIED AND/OR LIVING WITHIN THE SAME HOUSEHOLD
 - AN INDIVIDUAL WITH AN INDIVIDUAL OF THE AGE OF 14+ FROM THE PRIMARY INDIVIDUAL'S IMMEDIATE FAMILY
 - A CHILD ON AN ADULT COUPLE MEMBERSHIP WILL BE TERMINATED FROM MEMBERSHIP AT THE AGE OF 23 AND/OR CONVERTED OVER TO AN INDIVIDUAL MEMBERSHIP
- **FAMILY:**
 - AN INDIVIDUAL PLUS AT LEAST 2 OTHERS FROM THE PRIMARY INDIVIDUAL'S IMMEDIATE FAMILY
 - INDIVIDUAL ON A FAMILY WILL BE TERMINATED AND/OR CONVERTED OVER TO AN INDIVIDUAL MEMBERSHIP AT THE AGE OF 23
- **INDIVIDUAL SENIOR:**
 - AN INDIVIDUAL WHO IS 60 YEARS OLD OR OLDER
- **SENIOR COUPLE:**
 - MARRIED AND/OR LIVING WITHIN THE SAME HOUSEHOLD IN WHICH BOTH PARTIES ARE 60 YEARS OF AGE OR OLDER
- **WALKING CLUB:**
 - AN INDIVIDUAL WHO WISHES TO JUST UTILIZE THE ELEVATED WALKING TRACK
- **COLLEGE:**
 - AN INDIVIDUAL WHO IS ENROLLED IN COLLEGE AND MUST BE ABLE TO PROVIDE A VALID STUDENT ID/STUDENT ID NUMBER

MEMBERSHIP DUES

AT TIME OF ENROLLMENT, MEMBERS ARE REQUIRED TO PAY THEIR FIRST MONTH'S DUES. IF A NEW MEMBER ENROLLS AFTER THE 5TH DAY OF THE MONTH THEN THE FIRST MONTH'S DUES WILL BE PRORATED. IF A MEMBER WISHES TO PAY THROUGH PAYROLL DEDUCT THEN ANOTHER MONTH'S DUES MAY BE REQUIRED AT TIME OF REGISTRATION.

- **YEARLY MEMBERSHIP:** WHILE A CONTRACT IS NOT REQUIRED, SOME MEMBERS WISH TO PAY A YEAR'S MEMBERSHIPS IN ADVANCE TO RECEIVE A DISCOUNTED RATE AT 20% OFF. YEARLY MEMBERSHIP DUES ARE NON-REFUNDABLE
- **MONTHLY FEE:** MONTHLY FEES PAY FOR STANDARD FITNESS ACTIVITIES AND GENERAL USE OF FACILITIES.
- **REFERRAL PROGRAM:**
 - REFER - A FRIEND
 - RECEIVE - \$25.00 OFF YOUR NEXT MONTH'S MEMBERSHIP WHEN YOUR FRIEND JOINS
 - REPEAT - THE MORE FRIENDS YOU REFER, THE MORE YOU SAVE!

ACTIVITIES AND SERVICES PROVIDED WITH MEMBERSHIP

- AQUATIC AND LAND FITNESS CLASSES
- EXERCISE PROGRAM CONSULTATION
- EXERCISE PROGRAM DEVELOPMENT
- DAY USE OF LOCKERS
- INITIAL (ONE) STAR FITNESS/COACHING ASSESSMENT
- ORIENTATION TO EQUIPMENT
- USE OF CARDIOVASCULAR EQUIPMENT, WALKING TRACK, SWIMMING POOL, GYMNASIUM, SAUNAS & WEIGHT ROOM FACILITIES

ACTIVITIES AND SERVICES NOT INCLUDED IN MEMBERSHIP

PERSONAL TRAINING RATES

CWC MEMBER - PERSONAL TRAINING RATES
 1 - 60 MINUTE SESSION: \$30.00
 5 - 60 MINUTE SESSION PACKAGE: \$140.00
 10 - 60 MINUTE SESSION PACKAGE: \$280.00
 20 - 60 MINUTE SESSION PACKAGE: \$560.00
 30 - 60 MINUTE SESSION PACKAGE: \$820.00
 40 - 60 MINUTE SESSION PACKAGE: \$1,040.00

NON MEMBER - PERSONAL TRAINING RATES
 1 - 60 MINUTE SESSION: \$40.00
 5 - 60 MINUTE SESSION PACKAGE: \$180.00
 10 - 60 MINUTE SESSION PACKAGE: \$360.00
 20 - 60 MINUTE SESSION PACKAGE: \$720.00
 30 - 60 MINUTE SESSION PACKAGE: \$1,040.00
 40 - 60 MINUTE SESSION PACKAGE: \$1,280.00

LEARN TO SWIM - GROUP SWIM LESSONS RATES**CWC MEMBER - GROUP SWIM LESSON RATES**

8 - 45 MINUTE LESSONS: \$70.00

NON-MEMBER - GROUP SWIM LESSON RATES

8 - 45 MINUTE LESSONS: \$80.00

LEARN TO SWIM - PRIVATE SWIM LESSONS**CWC MEMBER - PRIVATE SWIM LESSON RATES**

1 - 30 MINUTE SESSION: \$30.00

1 - 60 MINUTE SESSION: \$35.00

8 - 30 MINUTE SESSION PACKAGE: \$210.00

8 - 60 MINUTE SESSION PACKAGE: \$245.00

NON MEMBER - PRIVATE SWIM LESSON RATES

1 - 30 MINUTE SESSION: \$35.00

1 - 60 MINUTE SESSION: \$45.00

8 - 30 MINUTE SESSION PACKAGE: \$245.00

8 - 60 MINUTE SESSION PACKAGE: \$315.00

METHODS OF PAYMENT

- ELECTRONIC FUND TRANSFER (EFT):
 - THIS IS AN AUTOMATIC MONTHLY PAYMENT FROM A CHECKING ACCOUNT OR SAVINGS ACCOUNT.
 - WITHDRAWAL DATES: 1ST OR 15TH OF EACH MONTH
- CREDIT CARD:
 - THIS IS AN AUTOMATIC MONTHLY PAYMENT FROM A CREDIT/DEBIT CARD (MASTER CARD, VISA, OR DISCOVER)
 - WITHDRAWAL DATES: 1ST OR 15TH OF EACH MONTH
- PAYROLL DEDUCTION:
 - THIS IS A MONTHLY PAYMENT THAT IS AVAILABLE THROUGH PARTICIPATING COMPANIES. THE SPECIFIC COMPANY DICTATES WHETHER THE DUES CAN BE DEDUCTED ONCE A MONTH, TWICE A MONTH OR WEEKLY
 - IF A MEMBER LEAVES EMPLOYMENT DURING THE MIDDLE OF A MONTH THE MEMBER IS RESPONSIBLE FOR PAYMENT OF THE BALANCE OF DUES
- YEAR IN ADVANCE:
 - A MEMBER MAY CHOOSE TO PAY MEMBERSHIP DUES FOR A FULL YEAR
 - A 20% DISCOUNT IS GIVEN WHEN A MEMBER CHOOSES TO PAY BY THIS METHOD
 - A 20% DISCOUNT IS NOT COMBINED WITH OTHER DISCOUNTS
 - ALL PAYMENTS PAID A YEAR IN ADVANCE ARE NON-REFUNDABLE
- FINANCIAL ASSISTANCE:
 - CWC PROVIDES A FINANCIAL ASSISTANCE PROGRAM FOR THOSE INDIVIDUALS WHO QUALIFY BASED ON ANNUAL HOUSEHOLD INCOME.
 - IF YOU FEEL THAT YOU MAY BE ELIGIBLE OR IF YOU WOULD LIKE FURTHER INFORMATION IN REGARDS TO THIS PROGRAM, PLEASE VISIT OUR FRONT DESK FOR MORE INFORMATION

CHANGES TO MEMBERSHIP

- CHANGES TO YOUR MEMBERSHIP:
 - CHANGE FORMS ARE AVAILABLE AT THE FRONT DESK WHEN A MEMBER WISHES TO MAKE A CHANGE TO THEIR MEMBERSHIP
- UPGRADES/DOWNGRADES:
 - A MEMBER WHO HOLDS AN INDIVIDUAL MEMBERSHIP MAY UPGRADE TO A SENIOR COUPLE, ADULT COUPLE, OR A FAMILY MEMBERSHIP BY COMPLETING A CHANGE FORM
 - CHANGES MUST BE SUBMITTED BEFORE THE END OF THE MONTH TO BE EFFECTIVE FOR THE NEXT MONTH
 - IF A MEMBER REQUESTS AN UPGRADE TO BE EFFECTIVE BEFORE THE END OF THE MONTH THEN THE PRORATED DIFFERENCE IN MONTHLY DUES MUST BE PAID AT THE TIME OF APPLICATION FOR CHANGE
 - MEMBERSHIPS THAT ARE DOWNGRADING FROM ADULT COUPLE, SENIOR COUPLE, OR FAMILY ARE EFFECTIVE AT THE FIRST OF THE MONTH AND IN ORDER FOR THE CHANGE TO BECOME EFFECTIVE WRITTEN NOTICE MUST BE RECEIVED BEFORE THE END OF THE MONTH
 - NO REFUNDS ARE GIVEN IN REGARDS TO DOWNGRADES
- MEMBERSHIP CANCELLATION (MEMBER REQUEST):
 - IF A MEMBER WISHES TO CANCEL THEIR MEMBERSHIP THE REQUEST MUST BE MADE IN WRITING, BY EMAIL OR THROUGH OUR WEBSITE
 - A 15-DAY NOTICE IS REQUIRED TO CANCEL A MEMBERSHIP
 - A MEMBER MAY USE THE FACILITY DURING THEIR 15-DAY NOTICE
 - IF A MEMBER FAILS TO GIVE A 15-DAY NOTICE AND LEAVES CWC WITH AN OUTSTANDING BALANCE, THEN THE MEMBER MUST PAY THE FULL AMOUNT OF THE REMAINING BALANCE IF THEY WISH TO RETURN TO THE FACILITY AS A MEMBER IN THE FUTURE
- MEMBERSHIP CANCELLATION:
 - THE CARROLL WELLNESS CENTER RESERVES THE RIGHT TO CANCEL A MEMBERSHIP IF THE MEMBER FAILS TO FOLLOW THE POLICY AND PROCEDURES DEVELOPED FOR THE CENTER OR IF THE MEMBER FAILS TO MAKE PAYMENT OF MEMBERSHIP DUES AND FAILS TO COOPERATE IN MAKING RESTITUTION. IN CASES OF FINANCIAL HARDSHIP, FINANCIAL ASSISTANCE IS AVAILABLE
- CHANGE IN ADDRESS, PHONE NUMBER, OR BILLING METHOD:
 - PLEASE NOTIFY THE FRONT DESK BY COMPLETING A CHANGE FORM BY THE LAST DAY OF THE MONTH IN ORDER FOR THE CHANGE TO COME EFFECTIVE FOR THE NEXT CONSECUTIVE MONTH
 - IT IS VERY IMPORTANT THAT WE HAVE AN UP-TO-DATE ADDRESS AND PHONE NUMBER SO THAT WE MAY KEEP YOU INFORMED

HOLIDAY HOURS

- CLOSED:
 - EASTER SUNDAY
 - MEMORIAL DAY
 - FOURTH OF JULY
 - LABOR DAY
 - THANKSGIVING
 - CHRISTMAS EVE
 - CHRISTMAS DAY
 - NEW YEARS DAY
- EARLY CLOSURES:
 - NEW YEARS EVE

ANY OTHER OPERATING TIME CHANGES WILL BE POSTED 14 DAYS IN ADVANCE

INCLEMENT WEATHER

IT IS THE INTENT OF THE CWC BOARD OF DIRECTORS TO MAINTAIN NORMAL OPERATIONAL HOURS WHENEVER POSSIBLE. HOWEVER, DURING INCLEMENT WEATHER WHEN THE LIVES OF MEMBERS OR EMPLOYEES MIGHT BE ENDANGERED, CWC WILL ADJUST OPERATING HOURS OR, IN EXTREME CIRCUMSTANCES, CLOSE.

DURING INCLEMENT WEATHER, MEMBERS WILL BE NOTIFIED ABOUT OPERATIONAL SCHEDULING CHANGES AS SOON AS A DECISION IS MADE.

- AN ANNOUNCEMENT WILL BE PLACED ON THE CWC WEBSITE AT [HTTP://CARROLLWC.ORG](http://CARROLLWC.ORG)
- AN ANNOUNCEMENT WILL BE MADE ON ALL CWC SOCIAL MEDIA SITES (FACEBOOK AND INSTAGRAM)

DURING INCLEMENT WEATHER, PLEASE CALL THE CENTER AT 276-728-2500 AFTER 5:00 AM FOR POSSIBLE CHANGES BEFORE MAKING A TRIP OUT.

FACILITY DRESS CODE

- PATRONS MUST WEAR PROPER CLOTHING AT ALL TIMES
 - SHIRTS/TANK TOP/CUT OFFS ARE A REQUIREMENT
 - CHEST AND MIDRIFF MUST BE COVERED AT ALL TIMES
 - SHORTS MUST COME TO MID-THIGH OR BELOW
 - CLOTHING WITH OFFENSIVE LANGUAGE OR PICTURES IS PROHIBITED
- PATRONS MUST WEAR PROPER CLOSED-TOE SHOES AT ALL TIMES
 - BOOTS ARE NOT PERMITTED
 - SANDALS & FLIP-FLOPS ARE NOT PERMITTED (POOL/LOCKER ROOM ONLY)
 - BARE FEET ARE NOT PERMITTED (POOL/LOCKER ROOM ONLY)
- PLEASE REMEMBER THAT THE CWC IS A FAMILY-FRIENDLY ORIENTED FACILITY, PLEASE DRESS ACCORDINGLY

CHILDREN POLICIES

WE WELCOME THE USE OF OUR FACILITIES BY CHILDREN. HOWEVER, DEPENDING UPON THE AGE OF THE CHILD CERTAIN FACILITIES AND SERVICES ARE NOT APPROPRIATE FOR THEM. TO ASSURE THE SAFETY AND ENJOYMENT OF ALL CENTER MEMBERS THE FOLLOWING POLICIES APPLY IN REGARDS TO CHILDREN.

CHILDREN 8 WEEKS – 10 YEARS

PARENTAL/GUARDIAN SUPERVISION OR DESIGNATED FAMILY MEMBERS OVER THE AGE OF 14 (GRANDPARENT, AUNT, UNCLE, OR SIBLING) WHO IS ALSO A MEMBER OF THE CENTER IS REQUIRED. THIS RULE APPLIES TO CHILDREN WHO ARE WITH THEIR PARENTS AS GUESTS. CHILDREN IN THIS AGE GROUP WHO ARE INCLUDED IN A FAMILY OR INDIVIDUAL PLUS MEMBERSHIPS MAY UTILIZE THE FOLLOWING FACILITIES WHEN A PARENT/GUARDIAN IS PARTICIPATING IN THE SAME ACTIVITY.

- POOL:
 - DURING DESIGNATED FAMILY TIME OR IF PARTICIPATING IN SWIM LESSONS
- THERAPY POOL:
 - NO ONE UNDER THE AGE OF 18 IS ALLOWED IN THE THERAPY POOL WITHOUT ONE OF THE FOLLOWING:
 - LIFEGUARD ON DUTY APPROVAL
 - PARENT PRESENT (IN THE WATER)
 - WATER INSTRUCTOR PRESENT (IN THE WATER) CONDUCTING A ONE-ON-ONE PRIVATE SWIM LESSON
- SAUNAS:
 - NO ONE UNDER THE AGE OF 18 IS ALLOWED IN THE SAUNA
- ELEVATED WALKING TRACK:
 - MUST SHOW ENOUGH MATURITY TO BE ABLE TO PARTICIPATE WITHOUT INTERFERING WITH THE ENJOYMENT OF OTHERS
- BASKETBALL:
 - MAY NOT BE LEFT UNATTENDED WITHOUT PARENTAL/GUARDIAN OR ADULT SUPERVISION (OVER THE AGE OF 18)
 - NO FOOD, DRINK OR GUM ALLOWED
 - PROPER CLOTHING AND SHOES ARE REQUIRED (SEE FACILITY DRESS CODE AS REFERENCE)
- LOCKER ROOMS:
 - CHILDREN 4 AND UNDER MAY USE EITHER MALE OR FEMALE LOCKER ROOMS WITH PARENT/GUARDIAN
 - CHILDREN 5 AND UP MUST USE THE SAME SEX LOCKER ROOMS. A SPECIAL "FAMILY" LOCKER ROOM IS ALSO AVAILABLE IN THE POOL AREA.

- GROUP EXERCISE:
 - CHILDREN IN THIS AGE GROUP MAY PARTICIPATE IN ANY GROUP EXERCISE PROGRAM DESIGNATED FOR THEIR AGE GROUP
 - THEY MAY NOT ATTEND ANY ADULT CLASSES
- WEIGHT ROOM:
 - CHILDREN BELOW THE AGE OF 10 IS NOT PERMITTED IN THE WEIGHT ROOM OR ON CARDIOVASCULAR EQUIPMENT AT ANY TIME
 - AGES 10 - 12 IS ALLOWED TO UTILIZE NAUTILUS STRENGTH EQUIPMENT & CARDIOVASCULAR EQUIPMENT WITH PARENTAL/GUARDIAN OR ADULT SUPERVISION (OVER THE AGE OF 18) ONLY

CHILDREN 10 – 14

TO PARTICIPATE IN THE FOLLOWING PROGRAMS A CHILD MUST BE PART OF A FAMILY MEMBERSHIP. PARENTAL/GUARDIAN SUPERVISION OR DESIGNATED FAMILY MEMBERS OVER THE AGE OF 18 (GRANDPARENT, AUNT, UNCLE, OR SIBLING) WHO IS ALSO A MEMBER OF CWC IS REQUIRED TO BE IN THE CWC FACILITY AT ALL TIMES.

- POOL:
 - OPEN/FREE SWIM, SWIM LESSONS AND SPECIALLY CLASSES/ACTIVITIES
 - UPON PASSING A SWIM TEST AND REGISTERING IN THE SWIM TEST LOG, PARENT(S) DO NOT HAVE TO BE WITH A CHILD IN THE POOL AREA DURING OPEN/FREE SWIM BUT MUST REMAIN IN THE CENTER
 - DURING GROUP AND/OR PRIVATE SWIM LESSONS - PARENTAL/GUARDIAN OR ADULT SUPERVISION (OVER THE AGE OF 18) MAY BE REQUIRED TO REMAIN ON THE POOL DECK DURING THE SESSION. THIS WILL BE DETERMINED BY WATER SAFETY INSTRUCTOR, THE TYPE OF CLASS AND THE AGE OF THE CHILD INVOLVED.
- THERAPY POOL:
 - NO ONE UNDER THE AGE OF 18 IS ALLOWED IN THE THERAPY POOL WITHOUT ONE OF THE FOLLOWING:
 - LIFEGUARD ON DUTY APPROVAL
 - PARENT/GUARDIAN PRESENT (IN THE WATER)
 - WATER INSTRUCTOR PRESENT (IN THE WATER) CONDUCTING A ONE-ON-ONE PRIVATE SWIM LESSON
- SAUNAS:
 - NO ONE UNDER THE AGE OF 18 IS ALLOWED IN THE SAUNA
- ELEVATED WALKING TRACK:
 - MUST SHOW ENOUGH MATURITY TO BE ABLE TO PARTICIPATE WITHOUT INTERFERING WITH THE ENJOYMENT OF OTHERS
- BASKETBALL:
 - CHILDREN AGE 10 - 14 MAY BE UNATTENDED IN THE BASKETBALL COURT, BUT PARENTAL/GUARDIAN OR ADULT SUPERVISION MUST REMAIN IN THE CWC FACILITY
 - NO FOOD, DRINK OR GUM ALLOWED
- CROSS TRAINING AREA:
 - NO ONE UNDER THE AGE OF 15 IS AUTHORIZED IN THE CROSS TRAINING AREA UNLESS ACCOMPANIED BY CARROLL WELLNESS CENTER PERSONNEL
- GROUP EXERCISE:
 - CHILDREN IN THIS AGE GROUP ARE ENCOURAGED TO PARTICIPATE WITHOUT INTERFERING WITH THE ENJOYMENT OF OTHERS
- WEIGHT ROOM:
 - NO ONE UNDER THE AGE OF 12 IS ALLOWED IN THE FREE WEIGHT AREA (BACK PORTION OF THE WEIGHT ROOM AREA)
 - AGES 10 - 12 IS ALLOWED TO UTILIZE NAUTILUS STRENGTH EQUIPMENT & CARDIOVASCULAR EQUIPMENT WITH PARENTAL/GUARDIAN OR ADULT SUPERVISION (OVER THE AGE OF 18) ONLY
 - AGES 13 & 14 IS ALLOWED TO UTILIZE ALL AREAS OF THE WEIGHT ROOM INDEPENDENTLY AT CWC TRAINERS DISCRETION
 - CHILDREN BELOW THE AGE OF 10 IS NOT PERMITTED IN THE WEIGHT ROOM OR ON CARDIOVASCULAR EQUIPMENT AT ANY TIME

YOUTH 13 – 14

- INDIVIDUAL FACILITY USAGE:
 - CHILDREN THROUGH AGE 14 AND UP MAY ATTEND THE CWC FACILITY WITHOUT PARENTAL/GUARDIAN OR ADULT SUPERVISION (OVER THE AGE OF 18) IF THEY FOLLOW THE LISTED GUIDELINES
 - EACH YOUTH IS RESPONSIBLE FOR SIGNING INTO THE FACILITY BY SCANNING MEMBERSHIP CARDS AND/OR SIGNING IN
- GUESTS:
 - CHILDREN AGED 13 THROUGH 14 MAY NOT BRING A GUEST INTO THE FACILITY AT ANY TIME EITHER ON A GUEST PASS OR AS A PAYING GUEST. ALL YOUTH IN THE FACILITY UNDER THE AGE OF 14 MUST BE A CWC MEMBER AND LISTED ON A FAMILY MEMBERSHIP
- POOL:
 - OPEN/FREE SWIM
 - CHILDREN OF THE AGE OF 13 MUST HAVE A PARENT/GUARDIAN OR ADULT SUPERVISION (OVER THE AGE OF 18) IN THE CARROLL WELLNESS CENTER FACILITY
 - CHILDREN OF THE AGE OF 14 AND UP MAY ATTEND THE CWC FACILITY WITHOUT PARENTAL/GUARDIAN OR ADULT SUPERVISION IF THEY FOLLOW THE LISTED GUIDELINES
- THERAPY POOL:
 - NO ONE UNDER THE AGE OF 18 IS ALLOWED IN THE THERAPY POOL WITHOUT ONE OF THE FOLLOWING:
 - LIFEGUARD ON DUTY APPROVAL
 - PARENT/GUARDIAN PRESENT (IN THE WATER)
 - WATER INSTRUCTOR PRESENT (IN THE WATER) CONDUCTING A ONE-ON-ONE PRIVATE SWIM LESSON

- SAUNAS:
 - NO ONE UNDER THE AGE OF 18 IS ALLOWED IN THE SAUNA
- ELEVATED WALKING TRACK:
 - MUST SHOW ENOUGH MATURITY TO BE ABLE TO PARTICIPATE WITHOUT INTERFERING WITH THE ENJOYMENT OF OTHERS
- BASKETBALL:
 - CHILDREN AGE 13 MAY BE UNATTENDED IN THE BASKETBALL COURT, BUT PARENTAL/GUARDIAN OR ADULT SUPERVISION (OVER THE AGE OF 18) MUST REMAIN IN THE CWC FACILITY
 - CHILDREN AGE 14+ MAY BE UNATTENDED IN THE BASKETBALL COURT WITHOUT PARENTAL/GUARDIAN OR ADULT SUPERVISION (OVER THE AGE OF 18)
 - NO FOOD, DRINK OR GUM ALLOWED
- CROSS TRAINING AREA:
 - NO ONE UNDER THE AGE OF 15 IS AUTHORIZED IN THE CROSS TRAINING AREA UNLESS ACCOMPANIED BY CARROLL WELLNESS CENTER PERSONNEL
- GROUP EXERCISE:
 - CHILDREN IN THIS AGE GROUP ARE ENCOURAGED TO PARTICIPATE WITHOUT INTERFERING WITH THE ENJOYMENT OF OTHERS
- WEIGHT ROOM:
 - AGES 13 & 14 IS ALLOWED TO UTILIZE ALL AREAS OF THE WEIGHT ROOM INDEPENDENTLY AT CWC TRAINERS DISCRETION

CHILDREN 15-18

- INDIVIDUAL FACILITY USAGE:
 - CHILDREN THROUGH AGE 14 AND UP MAY ATTEND THE CWC FACILITY WITHOUT PARENTAL/GUARDIAN OR ADULT SUPERVISION IF THEY FOLLOW THE LISTED GUIDELINES
 - EACH YOUTH IS RESPONSIBLE FOR SIGNING INTO THE FACILITY BY SCANNING MEMBERSHIP CARDS AND/OR SIGNING IN
- GUESTS:
 - AGE 15+ MAY BRING A GUEST INTO THE FACILITY ON A GUEST PASS OR AS A PAYING GUEST
 - ALL YOUTH IN THE FACILITY UNDER THE AGE OF 14 MUST BE A CWC MEMBER AND LISTED ON A FAMILY MEMBERSHIP
- POOL:
 - OPEN/FREE SWIM
- THERAPY POOL:
 - NO ONE UNDER THE AGE OF 18 IS ALLOWED IN THE THERAPY POOL WITHOUT ONE OF THE FOLLOWING:
 - LIFEGUARD ON DUTY APPROVAL
 - PARENT/GUARDIAN PRESENT (IN THE WATER)
 - WATER INSTRUCTOR PRESENT (IN THE WATER) CONDUCTING A ONE-ON-ONE PRIVATE SWIM LESSON
- SAUNAS:
 - NO ONE UNDER THE AGE OF 18 IS ALLOWED IN THE SAUNA
- ELEVATED WALKING TRACK:
 - MUST SHOW ENOUGH MATURITY TO BE ABLE TO PARTICIPATE WITHOUT INTERFERING WITH THE ENJOYMENT OF OTHERS
- BASKETBALL:
 - CHILDREN AGE 14+ MAY BE UNATTENDED IN THE BASKETBALL COURT WITHOUT PARENTAL/GUARDIAN OR ADULT SUPERVISION (OVER THE AGE OF 18)
 - NO FOOD, DRINK OR GUM ALLOWED
- CROSS TRAINING AREA:
 - NO ONE UNDER THE AGE OF 15 IS AUTHORIZED IN THE CROSS TRAINING AREA UNLESS ACCOMPANIED BY CARROLL WELLNESS CENTER PERSONNEL
- GROUP EXERCISE:
 - CHILDREN IN THIS AGE GROUP ARE ENCOURAGED TO PARTICIPATE WITHOUT INTERFERING WITH THE ENJOYMENT OF OTHERS
- WEIGHT ROOM:
 - AGES 14 - 18 IS ALLOWED TO UTILIZE ALL AREAS OF THE WEIGHT ROOM INDEPENDENTLY AT CWC TRAINERS DISCRETION

SUPERVISED PLAY AREA POLICIES

- AGE RESTRICTIONS:
 - CHILDREN AGES 8 WEEKS UP THROUGH 10 YEARS OF AGE ARE ALLOWED TO STAY IN THE PLAY AREA ONLY, WHILE THEIR PARENTS/GUARDIAN (WHO ARE MEMBERS OF THE FACILITY OR HAVE PAID THE GUEST RATE) ARE WORKING OUT AND/OR PARTICIPATING IN CWC ACTIVITIES ONLY
- SUPERVISED PLAY AREA HOURS OF OPERATION:
 - MONDAY - THURSDAY: 4:00 - 7:30 PM
 - AN ANNOUNCEMENT WILL BE MADE FIFTEEN (15) MINUTES PRIOR TO THE SUPERVISED PLAY AREA CLOSING TO NOTIFY PARENT/GUARDIANS THAT THE SUPERVISED PLAY AREA IS APPROACHING CLOSURE
- RULES - SUPERVISED PLAY AREA:
 - PARENT/GUARDIAN MUST REMAIN IN THE CWC FACILITY AT ALL TIMES WHILE CHILD IS IN THE SUPERVISED PLAY AREA
 - IF YOU ARE WALKING THE TRIALS AROUND THE FACILITY OR THE 5K ROUTE THEN YOU MUST ADVISE THE FRONT DESK AND LEAVE A CELL PHONE NUMBER THAT YOU HAVE WITH YOU
 - THERE IS (2) TWO-HOUR LIMIT PER CHILD VISIT
 - CARROLL WELLNESS CENTER DOES NOT WANT TO CONTRIBUTE TO YOUR CHILD BECOMING SICK
 - IF A CHILD IS BROUGHT IN SICK, IT WILL BE AT THE DISCRETION OF THE SUPERVISED PLAY AREA ATTENDANT IF THE CHILD WILL BE KEPT

- SHOULD A CHILD BECOME SICK WHILE IN CARE OF AN EMPLOYEE - PARENT/GUARDIAN WILL BE ASKED TO PICK UP THE CHILD AS SOON AS WE ALERT YOU
- DUE TO ALLERGIES - NO SNACKS AND DRINKS ARE ALLOWED
 - PLEASE DON'T LEAVE SNACKS FOR YOUR CHILDREN. IF YOU WANT YOUR CHILD TO HAVE SNACK PLATES FEEL FREE TO USE THE CONCESSION AREA BEFORE, DURING, OR AFTER YOUR VISIT TO THE SUPERVISED PLAY AREA
 - SIPPY CUPS AND BOTTLES WILL BE ACCEPTED WITH THE CHILD'S NAME ON IT
- PARENT/GUARDIAN MUST PROVIDE THEIR OWN DIAPERS - WHEN LEAVING A DIAPER BAG PLEASE HAVE YOUR NAME ON IT FOR IDENTIFICATION
- THE SAME PARENT/GUARDIAN SIGNING THE CHILD MUST SIGN THE CHILD OUT. IF YOU DO NOT NOTIFY THE STAFF THAT ANOTHER PARENT/GUARDIAN WILL BE PICKING UP YOUR CHILD/CHILDREN, THE INDIVIDUAL MAY NOT SIGN THE CHILD OUT WITHOUT AUTHORIZATION

GUEST POLICY

- EACH MEMBERSHIP WILL BE GIVEN 1 FREE GUEST PASS AFTER SIGNING UP
- AGE RESTRICTIONS:
 - AGES 5+ WILL BE REQUIRED TO PAY THE \$10.00 GUEST FEE IF THEY ARE NOT A MEMBER OF THE CARROLL WELLNESS CENTER
 - NO ONE UNDER THE AGE OF 14 IS ALLOWED TO PURCHASE A GUEST PASS WITHOUT PARENTAL/GUARDIAN OR ADULT SUPERVISION (OVER THE AGE OF 18) PRESENT WITHIN THE FACILITY
- GUEST WILL BE REQUIRED TO PROVIDE THE FOLLOWING WHEN PURCHASING A GUEST PASS
 - FIRST AND LAST NAME
 - PHONE NUMBER
 - EMERGENCY CONTACT INFORMATION (FIRST AND LAST NAME)
 - EMERGENCY CONTACT PHONE NUMBER

MAIN POOL RULES AND POLICIES

- AGE RESTRICTIONS - MAIN POOL:
 - PARENT/GUARDIAN MUST ACCOMPANY (IN THE WATER OR ON THE POOL DECK) CHILDREN UNDER 8 AT ALL TIMES
 - PARENT/GUARDIAN LEAVING CHILDREN UNDER THE AGE OF 12 IN THE POOL AREA MUST NOTIFY LIFEGUARDS PRIOR TO EXITING THE POOL DECK, PARENT/GUARDIAN MUST REMAIN IN THE FACILITY UNTIL CHILD HAS REACHED THE AGE OF 14
 - CHILDREN 8-14 MAY USE THE POOL WITHOUT ADULT SUPERVISION IF THEY ARE ABLE TO PASS A SWIMMING TEST. HOWEVER, THE PARENT/GUARDIAN MUST BE IN THE CENTER (SEE CHILDREN POLICIES)
- RULES - MAIN POOL:
 - NO RUNNING ON THE POOL DECK
 - NO ROUGH PLAY, SHOVING, GENERAL HORSEPLAY OR PROFANITY ALLOWED
 - NO GLASS CONTAINERS
 - NO FOOD, DRINK OR CHEWING GUM
 - NO CUT-OFF SHORTS (WITH STRINGS) ARE NOT ALLOWED
 - NO DIVING INTO THE POOL FROM THE DECK
 - DIVING OFF STARTING BLOCKS IS ALLOWED DURING SWIM TEAMS PRACTICE AND UNDER DIRECT SUPERVISION ONLY
 - NO PERSONS WILL BE PERMITTED TO SWIM HAVING OPEN SORES OR ANY DISCHARGES. BAND-AIDS MUST BE REMOVED
 - SWIMMERS ARE NOT TO HANG OR PLAY ON THE LANE LINES - DO NOT SWIM THROUGH LAP SWIMMING LANES
 - USE OF TOBACCO PRODUCTS, VAPING, ALCOHOL, DRUGS OR BANNED SUBSTANCES IS PROHIBITED
 - ALL PATRONS MUST SHOWER BEFORE ENTERING THE MAIN POOL
 - INFANTS MUST WEAR SWIM DIAPERS
 - POOL EQUIPMENT IS FOR YOUR USE BUT MUST BE USED APPROPRIATELY AND PUT AWAY WHEN FINISHED
- THE LIFEGUARD IS IN COMPLETE AUTHORITY AND MUST BE OBEYED AT ALL TIMES
- POOL EQUIPMENT IS FOR YOUR USE BUT MUST BE USED APPROPRIATELY AND PUT AWAY WHEN FINISHED. THE LIFEGUARD HAS FINAL SAY ABOUT USAGE DURING PEAK TIMES
- THE INDOOR POOL AND THERAPY POOL HAVE BEEN BUILT TO ACCOMMODATE INDIVIDUAL AND GROUP EXERCISE. "FREE PLAY" TIME WILL ONLY BE AVAILABLE WHEN CLASS, ORGANIZED PROGRAMS, OR LAP SWIMMING IS NOT IN USE
- GUARD PERSONAL BELONGINGS, AS THE CARROLL WELLNESS CENTER WILL NOT BE HELD RESPONSIBLE FOR MISSING OR DAMAGED ITEMS
- SHOW RESPECT FOR THE EQUIPMENT AND FACILITIES AT ALL TIMES; DEFACING THE FACILITY IS NOT TOLERATED AND WILL RESULT IN IMMEDIATE EXPULSION
- REPORT ANY FACILITY-RELATED INJURY, OR FACILITY OR EQUIPMENT IRREGULARITY TO CARROLL WELLNESS CENTER STAFF
- CARROLL WELLNESS CENTER IS A FAMILY-FRIENDLY ORIENTED FACILITY - PLEASE USE RESPECTFUL LANGUAGE & BEHAVIOR
- THUNDERSTORM/LIGHTNING POLICY - MAIN POOL:
 - THE POOL AREAS WILL BE EVACUATED UNTIL 30 MINUTES AFTER THE LAST EVIDENCE OF THUNDER/LIGHTNING

LAP SWIMMING ETIQUETTE

- LAP LANES ARE FOR LAP SWIMMERS AND ORGANIZED PROGRAMS. THE CWC POLICY IS TO SHARE THE LANES WHEN NEEDED
 - WHEN SHARING A LANE, PRIOR TO ENTERING THE POOL PLEASE COMMUNICATE YOUR WISH TO THE PRESENT LANE OCCUPANT. OCCUPANTS OF A SINGLE LANE NEED TO COMMUNICATE AND DECIDE WHETHER TO STAY ON A SIDE OR SWIM IN A CIRCLE
 - OBSERVE THE SPEED OF SWIMMERS IN ALL LANES. SELECT A LANE TO MATCH YOUR SPEED.

- WHEN 3 OR MORE ARE IN A LANE, PLEASE SWIM AND/OR KICK IN A COUNTER CLOCKWISE PATTERN IN THE LANE.
- IF YOU ARE THE FASTER SWIMMER, WAIT FOR AN APPROPRIATE TIME TO PASS SO AS NOT TO HINDER OTHER SWIMMERS' PACE
- IF YOU MUST REST AT THE END OF THE LANE, STAND OUT OF THE WAY
- WHEN LANES ARE FULL AND SWIMMERS ARE WAITING, PLEASE LIMIT YOUR SWIM TO 30 MINUTES.

OUTDOOR PATIO

- RULES:
 - NO CLIMBING ON THE FENCE
 - NO GLASS CONTAINERS
 - NO RUNNING OR HORSEPLAY
 - USE FURNITURE APPROPRIATELY
 - USE TRASH RECEPTACLES

THERAPY POOL RULES AND POLICIES

- AGE RESTRICTIONS- THERAPY POOL:
 - NO ONE UNDER THE AGE OF 18 IS ALLOWED IN THE THERAPY POOL WITHOUT ONE OF THE FOLLOWING:
 - LIFEGUARD ON DUTY APPROVAL
 - PARENT/GUARDIAN PRESENT (IN THE WATER)
 - WATER INSTRUCTOR PRESENT (IN THE WATER)
- RULES - THERAPY POOL:
 - NO RUNNING ON THE POOL DECK
 - NO ROUGH PLAY, SHOVING, GENERAL HORSEPLAY OR PROFANITY ALLOWED
 - NO GLASS CONTAINERS
 - NO FOOD, DRINK OR CHEWING GUM
 - NO CUT-OFF SHORTS (WITH STRINGS) ARE NOT ALLOWED
 - NO DIVING
 - NO PERSONS WILL BE PERMITTED TO SWIM HAVING OPEN SORES OR ANY DISCHARGES. BAND-AIDS MUST BE REMOVED
 - USE OF TOBACCO PRODUCTS, VAPING, ALCOHOL, DRUGS OR BANNED SUBSTANCES IS PROHIBITED
 - ALL PATRONS MUST SHOWER BEFORE ENTERING THE THERAPY POOL
 - POOL EQUIPMENT IS FOR YOUR USE BUT MUST BE USED APPROPRIATELY AND PUT AWAY WHEN FINISHED
- THE LIFEGUARD IS IN COMPLETE AUTHORITY AND MUST BE OBEYED AT ALL TIMES
- POOL EQUIPMENT IS FOR YOUR USE BUT MUST BE USED APPROPRIATELY AND PUT AWAY WHEN FINISHED. THE LIFEGUARD HAS FINAL SAY ABOUT USAGE DURING PEAK TIMES
- THE INDOOR POOL AND THERAPY POOL HAVE BEEN BUILT TO ACCOMMODATE INDIVIDUAL AND GROUP EXERCISE. "FREE PLAY" TIME WILL ONLY BE AVAILABLE WHEN CLASS, ORGANIZED PROGRAMS, OR LAP SWIMMING IS NOT IN USE
- GUARD PERSONAL BELONGINGS, AS THE CARROLL WELLNESS CENTER WILL NOT BE HELD RESPONSIBLE FOR MISSING OR DAMAGED ITEMS
- SHOW RESPECT FOR THE EQUIPMENT AND FACILITIES AT ALL TIMES; DEFACING THE FACILITY IS NOT TOLERATED AND WILL RESULT IN IMMEDIATE EXPULSION
- REPORT ANY FACILITY-RELATED INJURY, OR FACILITY OR EQUIPMENT IRREGULARITY TO CARROLL WELLNESS CENTER STAFF
- CARROLL WELLNESS CENTER IS A FAMILY-FRIENDLY ORIENTED FACILITY - PLEASE USE RESPECTFUL LANGUAGE & BEHAVIOR
- THUNDERSTORM/LIGHTNING POLICY - THERAPY POOL:
 - THE POOL AREAS WILL BE EVACUATED UNTIL 30 MINUTES AFTER THE LAST EVIDENCE OF THUNDER/LIGHTENING

LOCKER ROOMS

- GUARD PERSONAL BELONGINGS, AS THE CARROLL WELLNESS CENTER WILL NOT BE HELD RESPONSIBLE FOR MISSING OR DAMAGED ITEMS - IT IS NOT RECOMMENDED TO PLACE ARTICLES IN A DAY LOCKER WITHOUT A LOCK
- LOCKERS:
 - LOCKERS ARE FOR DAY USE ONLY EXCEPT FOR LOCKERS THAT ARE RENTED/LEASED
 - LOCKS LEFT ON DAILY USE LOCKERS AT THE END OF THE DAY MAY BE CUT OFF
 - LOCKS WILL NOT BE REPLACED BY CARROLL WELLNESS CENTER
 - YOU MUST PROVIDE YOUR OWN LOCK FOR THE LOCKER FOR DAILY USE OR DURING A RENTAL/LEASE
- RULES - LOCKER ROOMS:
 - SHOW RESPECT FOR THE EQUIPMENT AND FACILITIES AT ALL TIMES; DEFACING THE FACILITY IS NOT TOLERATED AND WILL RESULT IN IMMEDIATE EXPULSION
 - NO ROUGH PLAY, SHOVING, GENERAL HORSEPLAY OR PROFANITY ALLOWED
 - NO RECORDING DEVICES BUT LIMITED TO VIDEO CELL PHONES DIGITAL OR REGULAR CAMERAS, ANY DEVICE THAT RECORDS SOUND OR PICTURES ARE ALLOWED IN THE CARROLL WELLNESS CENTER LOCKER ROOMS, SHOWERS OR ANY DRESSING AREA
 - REPORT ANY FACILITY-RELATED INJURY, FACILITY OR EQUIPMENT IRREGULARITY, OR INAPPROPRIATE BEHAVIOR TO CARROLL WELLNESS CENTER STAFF/MANAGEMENT
 - CARROLL WELLNESS CENTER IS A FAMILY-FRIENDLY ORIENTED FACILITY - PLEASE USE RESPECTFUL LANGUAGE & BEHAVIOR

SAUNAS

- AGE RESTRICTIONS:
 - NO ONE UNDER THE AGE OF 18 IS AUTHORIZED IN THE SAUNA
- SAUNA ETIQUETTE:
 - CLOTHING OR A TOWEL MUST BE WORN AT ALL TIMES WHEN UTILIZING THE SAUNA
- FOR YOUR SAFETY:
 - PREGNANT WOMEN AND PERSONS WITH HEART DISEASE, DIABETES, HIGH/LOW BLOOD PRESSURE OR OTHER MEDICAL CONDITIONS SHOULD NOT ENTER THE SAUNA WITHOUT PRIOR MEDICAL CONSULTATION WITH THEIR DOCTOR
 - BREATHING HEATED AIR IN CONJUNCTION WITH CONSUMPTION OF ALCOHOL, DRUGS, OR MEDICATION MAY CAUSE UNCONSCIOUSNESS
 - OBSERVE REASONABLE TIME LIMITS TO AVOID NAUSEA OR DIZZINESS

GYMNASIUM

- RULES - GYMNASIUM:
 - PATRONS MUST WEAR PROPER CLOTHING AT ALL TIMES (SHIRTS/TANK TOPS/CUT OFF, CHEST/MIDRIFF MUST BE COVERED AT ALL TIMES, SHORTS MUST COME TO MID-THIGH OR BELOW, CLOTHING WITH OFFENSIVE LANGUAGE OR PICTURES ARE PROHIBITED)
 - PATRONS MUST WEAR PROPER CLOSED-TOE SHOES AT ALL TIMES (BOOTS, SANDALS & FLIP-FLOPS, AND BAREFEET IS NOT PERMITTED)
 - PROFANITY IS NOT ACCEPTABLE AND WILL NOT BE TOLERATED - CWC IS A FAMILY FRIENDLY ORIENTED FACILITY - PLEASE USE RESPECTFUL LANGUAGE & BEHAVIOR
 - NO FOOD, DRINKS OR GUM IS ALLOWED IN THE GYMNASIUM
 - ALL EQUIPMENT MUST BE RETURNED TO THE PROPER AREA FOR THE CONVENIENCE OF OTHERS
 - USE OF TOBACCO PRODUCTS, VAPING, ALCOHOL, DRUGS OR BANNED SUBSTANCES IS PROHIBITED
 - REPORT ANY FACILITY-RELATED INJURY, FACILITY OR EQUIPMENT IRREGULARITY, OR INAPPROPRIATE BEHAVIOR TO CARROLL WELLNESS CENTER STAFF/MANAGEMENT
 - CARROLL WELLNESS CENTER IS A FAMILY-FRIENDLY ORIENTED FACILITY - PLEASE USE RESPECTFUL LANGUAGE & BEHAVIOR

WEIGHT ROOM

- AGE RESTRICTIONS:
 - NO ONE UNDER THE AGE OF 10 IS ALLOWED TO UTILIZE ANY AREA OF THE WEIGHT ROOM
 - NO ONE UNDER THE AGE OF 12 IS ALLOWED IN THE FREE WEIGHT AREA (BACK PORTION OF THE WEIGHT ROOM AREA)
 - AGES 10 - 12 IS ALLOWED TO UTILIZE NAUTILUS STRENGTH EQUIPMENT & CARDIOVASCULAR EQUIPMENT WITH PARENTAL/GUARDIAN OR ADULT SUPERVISION (OVER THE AGE OF 18) ONLY
 - AGES 13 & 14 IS ALLOWED TO UTILIZE ALL AREAS OF THE WEIGHT ROOM INDEPENDENTLY AT CWC TRAINERS DISCRETION
- RULES - WEIGHT ROOM:
 - PATRONS MUST WEAR PROPER CLOTHING AT ALL TIMES (SHIRTS/TANK TOPS/CUT OFF, CHEST/MIDRIFF MUST BE COVERED AT ALL TIMES, SHORTS MUST COME TO MID-THIGH OR BELOW, CLOTHING WITH OFFENSIVE LANGUAGE OR PICTURES ARE PROHIBITED)
 - PATRONS MUST WEAR PROPER CLOSED-TOE SHOES AT ALL TIMES (BOOTS, SANDALS & FLIP-FLOPS, AND BAREFEET IS NOT PERMITTED)
 - RETURN ALL EQUIPMENT TO ITS ORIGINAL LOCATION FOR THE CONVENIENCE OF OTHERS
 - AVOID DROPPING WEIGHTS - IF YOU CANNOT CONTROL THE PUT DOWN, PLEASE DECREASE YOUR WEIGHT
 - DO NOT PERFORM SQUATTING TYPES OF EXERCISES OUTSIDE THE SQUAT RACK
 - USE SPOTTERS FOR STRUCTURAL EXERCISES
 - DO NOT WEAR WEIGHT BELTS IF THEY COULD CONTACT EQUIPMENT UPHOLSTERY
 - SHOW RESPECT FOR THE EQUIPMENT AND FACILITIES AT ALL TIMES; DEFACING THE FACILITY IS NOT TOLERATED AND WILL RESULT IN IMMEDIATE EXPULSION
 - DO NOT ENGAGE IN HORSEPLAY, USE LOUD OR OFFENSIVE LANGUAGE, OR SHOUT)
 - USE OF TOBACCO PRODUCTS, VAPING, ALCOHOL, DRUGS OR BANNED SUBSTANCES IS PROHIBITED
 - GUARD PERSONAL BELONGINGS, AS THE CARROLL WELLNESS CENTER WILL NOT BE HELD RESPONSIBLE FOR MISSING OR DAMAGED ITEMS
 - WIPE OFF ALL EQUIPMENT AFTER EACH USE WITH PROVIDED SUPPLIES
 - REPORT ANY FACILITY-RELATED INJURY, FACILITY OR EQUIPMENT IRREGULARITY, OR INAPPROPRIATE BEHAVIOR TO CARROLL WELLNESS CENTER STAFF/MANAGEMENT
 - CARROLL WELLNESS CENTER IS A FAMILY-FRIENDLY ORIENTED FACILITY - PLEASE USE RESPECTFUL LANGUAGE & BEHAVIOR