



# WELCOME TO THE Y!

FOR YOUTH DEVELOPMENT<sup>®</sup>  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**We're glad you're here! Creating an atmosphere that supports all members regardless of fitness level is our goal. In order to do so, we ask all members to follow the rules and guidelines below and to be courteous and respectful of others. We promise to help support and encourage you in reaching your health and fitness goals. Wellness Center staff is available to help you and answer your questions during each visit.**

- Proper footwear and clothing is required. Please wear close-toed shoes, no flip flops/sandals allowed. All clothing should be appropriate for a family facility.
- Perfumes or strong fragrances can be irritating to those with allergies, sensitivities or when breathing is increased due to exercise. Please minimize use.
- Please refrain from derogatory or obscene language, loud grunting or other noises that can be distracting or offensive to others.
- Talking on cell phones is not allowed. Please make or receive calls in the lobby.
- Personal music should only be played with the use of headphones.
- Cardio equipment is on a first come, first serve basis. During busy times please limit your workout to 30 minutes. If needed, sign up boards are available.
- Return and rack weights when finished. Please do not drop free-weights or plates on the floor.
- When using the Nautilus machines, please do not drop or slam the weight stacks. Weight stacks should be slowly returned to starting position to avoid a slamming noise and/or damaging the machines.
- Please allow others to "work in" or take turns. Do not take over or rest on equipment.
- Wipe down all equipment after each use and dispose of wipes in trash cans.
- Equipment should only be used in proper way. Inappropriate use or abuse of any YMCA equipment can result in the suspension or termination of membership.
- Children 10 and under are not allowed in Wellness Center at any time. The Wellness Center is not designed for young children and can be unsafe for this age group.
- Supervised Use Allowed: Restricted Use for ages 11-13- Supervised access to the Kid Friendly (KF) youth weight machines, treadmills and bikes. A wellness orientation is required prior to equipment use.
- Unsupervised Use Allowed: 14 and older have access to all machines

**Thank you for your support in following of the above rules and guidelines. Together we can create an environment that supports ALL our members!**

To further support your health and fitness goals, place an "X" next to any of the programs and services you are interested in receiving more information about:

### **Tobacco Use**

Are you currently or have you in the past year used any form of tobacco?  Yes  No

If yes, are you interested in giving quitting a try?  Yes  No

- If yes, please ask staff for a Quitworks Referral Form.

### **Pre-Diabetes**

Are you interested in learning about the Y's Diabetes Prevention Program?  Yes  No

Are you interested in our nutrition or healthy cooking classes?  Yes  No

### **Hypertension**

Do you have High Blood Pressure?  Yes  No

- If yes, would you like to receive information and support to self manage your blood pressure or have your blood pressure taken?  Yes  No
- If no or you are unsure of your blood pressure, would you like to have your Blood Pressure taken?  Yes  No

### **Behavioral Health Services**

Would you like to speak with a counselor about issues that are interfering with your health, such as stress, high blood pressure, tobacco use, poor diet or a lack of physical activity?  Yes  No

- If yes, would you like someone from River Valley Counseling Center to contact you?  Yes  No

Please fill out the information below so someone can follow up with you.

Thank you.

**Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Phone number:** \_\_\_\_\_

**Email (optional):** \_\_\_\_\_

**Preferred Language:**  English  Spanish **Other:** \_\_\_\_\_