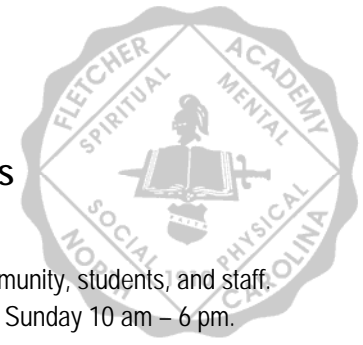


Lelia Patterson Activities Center

Fletcher Academy



Student Membership Rules and Regulations

General Policies

- During operating hours, the Activities Center is open to all members, including the community, students, and staff.
- Hours of operation are as follows: Mon. – Thurs. 5 am – 10 pm, Friday 5 am-4 pm, and Sunday 10 am – 6 pm.
- Hours of operation may change to meet the demands of our members.
- A valid Lelia Patterson Activity Center membership ID card is required to enter the Activity Center.
- All personal items should be stored in a locker. (Locker and key are provided by the Activity Center free of charge.)
- The Activity Center is not responsible for the loss of any personal belongings.
- No open-toed shoes may be worn while using the cardio and weight equipment.
- Only personnel listening devices with headphones or earpieces are allowed to be used in the facility.
- Tobacco, drugs, and alcohol are not permitted in, on, or around the facility.
- No weapons of any kind are to be on the premises; regulatory laws apply.
- Motorcycles and bicycles may not be parked on the sidewalks or under the overhangs of the facility.
- Modest clothing must be worn while at the Activity Center. No cutoffs, spaghetti straps, or low-cut shirts allowed. Shirts and shoes must be worn at all times while in the facility, except while in the pool area or in the locker rooms.
- Skateboards, in-line skates, and roller skates are not permitted in the facility.
- Modest bathing suits must be worn while swimming. A full-cut, one-piece suit is appropriate. No two-piece bikinis, tankinis, or other swimsuits of that nature are not acceptable. No denim shorts or cutoffs in the pool.
- Programmed and announced special events have precedence in facility usage. Please refer to the newsletters, flyers, bulletin boards, etc. for information regarding these events and the facilities they will occupy.
- Only personal aid animals are allowed in the Center.
- No solicitation or distribution of literature to staff or members on the premises is allowed unless pre-approved in writing by the Center's director.
- Spitting, profanity, cursing, swearing, and lewd or suggestive language are prohibited.
- Purposely damaging facility property is not acceptable.
- Harassment is not tolerated and will be dealt with according to the law.
- Political campaigns and promotions are not permitted at the facility.

Membership Cards and Check In

Every member must obtain a Lelia Patterson Activity Center picture ID membership card if they are 6 years of age or older. Replacement cards are \$10.00. This card will allow access to the facility when shown at the front desk. A locker and towel will be provided upon request; basketballs, volleyballs, and other equipment may be borrowed or rented when ID card is shown. No one will be allowed into the center without proper identification or payment.

Weight Room and Cardiovascular Area

The Lelia Patterson Center's Fitness Department includes a gymnasium, aerobic exercise, and fitness rooms with state-of-the-art equipment. As a courtesy to our members, we provide a step-by-step equipment orientation on all fitness, strength-training, and cardiovascular machines. We strive to be helpful, creating a process where we will meet the needs of our members by making available: personal trainers, massage therapists, free weights, *Life Fitness* strength equipment, *Life Fitness* cardiovascular equipment, aerobics/exercise classes, strength and conditioning classes, and sports activities.

Following are some guidelines for use of the fitness equipment:

- Avoid heavy perfume or cologne.
- Clean and proper workout clothing is required.
- All other articles of clothing must be kept in a locker.
- If people are waiting for a piece of equipment, please allow them to workout during your rest period.
- Individuals must be 13 years of age or older to use the weight and cardiovascular equipment.

- Anyone under the age of 16 must have an orientation with the weight and cardio equipment before he or she may use it.
- Be courteous to others and clean off the equipment after each use with the towels and cleaners provided.
- A spotter is recommended when attempting to lift heavy or maximum weight.
- Loud yelling or grunting while working out, as well as slamming or dropping weights, is not permitted.
- Weights must be returned after use.

Pool

The Lelia Patterson Center's Aquatic Department offers: on-duty lifeguards, swimming lessons, aqua aerobics, heated therapy pool, 75 ft. lap pool, Jacuzzi, lifeguard certification, and diving certification.

- Total body showering is required prior to entering the pools or spas.
- No profanity or rude gestures is permitted.
- No one with communicable diseases (colds, eye infections, open wounds, etc.) is allowed in the pool.
- Swimmers must stay off the floating line lanes, ropes, and guard stands.
- No glass is permitted in the pool area or locker rooms.
- No running, unnecessary roughness, or horseplay is allowed.
- Diving is limited to the deep end of the pool in marked areas. No diving is allowed in the therapy pool or the spa.
- No radios or electronic devices are allowed.
- A modest one-piece bathing suit is required.
- No eating, drinking, or gun in the pool area.
- Obey the lifeguards; they are there for safety and protection.
- Lap swim is available in the lap pool lanes. Swimmers must practice proper lap swim etiquette.
- Scheduled classes have priority for the use of the pool. The unused portions of the pool may be used as long as the class is not being interrupted.
- We reserve the right to close the pool during scheduled hours due to mechanical maintenance procedures or routine servicing.

Gymnasium

- Please see posted information about the availability of the gym, or ask at the front desk for activity options and schedules.
- Gym equipment is available at the front desk with proper identification. Any items not returned will be charged to your account.
- Equipment is checked out on a first-come, first-serve basis.
- Gym shoes must be non-marking shoes.
- Hanging on rims or nets is not permitted.
- Unsportsmanlike conduct and misuse of the equipment will not be tolerated.
- No food or drink is permitted in the gym.

Indoor Walking Track

- The track is available during normal operating hours. The track may be closed during some scheduled events and programs in the auditorium.
- Look both ways before entering the track. Notice the track direction when entering.
- Climbing, hanging, or leaning on the railing of the track is forbidden.

Group Fitness

- Please be on time. Latecomers are a distraction to the instructor and the participants. You may not enter the class any later than 5 minutes after the starting time.
- Class instructors may limit the number of participants depending on the type of class and the room in which it is offered. In such a case, a first-come, first-serve basis will apply.
- If there is a lack of participation with a specific class, the instructor may cancel it.
- Wear proper clothing for the type of exercise you are doing. Exercise at your own pace. If you ever feel dizzy, lightheaded, have chest pains, or experience any other unusual symptoms, stop exercising and tell a staff member promptly.
- If you choose to modify the exercises, please move to the back of the room.