



YWCA St. Paul Health & Fitness Center Facility Guidelines

eliminating racism
empowering women
ywca
St. Paul

YW
FITNESS

Membership Guidelines

To best serve our members, these policies will be regularly reviewed and updated. All members must follow these guidelines when using the facility.

All members must scan their bar code on the app or card at the secured entrance when entering the facility. Do not let anyone inside without them scanning their bar code first.

Code of Conduct

As an organization dedicated to eliminating racism and empowering women, YWCA St. Paul is committed to providing a safe, welcoming environment for our members, guests, community and participants.

All individuals who utilize our facilities are expected to:

- Treat all people with respect
- Be considerate of the safety and comfort of others
- Follow facility guidelines
- Understand that acts of violence, intimidation, or harassment will not be tolerated.

Behaviors that violate the YWCA Code of Conduct include:

- Harassment or intimidation by words, gestures, body language, or menacing behavior
- Verbally abusive or disrespectful behavior, including swearing, name-calling, vulgar language, or shouting.
- Physical contact with another person in an angry, aggressive, or threatening way
- Smoking on YWCA property
- Using YWCA facilities while in possession or under the influence of illegal drugs or alcohol
- Possession or use of any kind of weapon on YWCA property
- Careless use, theft, and/or destruction of YWCA property or the property of others
- Loitering within or on the grounds of YWCA St. Paul
- Any other behavior that undermines our ability to provide a safe, welcoming, and respectful environment for members, guests, and participants

Health & Fitness Center Guidelines

- Please inform staff of any problems with equipment
- Please inform staff of any injury to yourself or your guest
- Proper athletic attire is required at all times: shirt, shorts or pants and closed-toe athletic shoes required.
- Only authorized YWCA staff can offer personal training services
- Return all equipment to its proper storage area after use
- Do not rest on equipment between sets; allow others to work in with you on machines or fitness equipment
- Wipe off equipment after use. Spray cleaner, paper towels and disinfectant wipes are provided
- Bags and coats are not permitted on the fitness floor. Use the lockers for these items.
- Car seats and strollers are prohibited in fitness areas, studios, and on the pool deck
- The YWCA is not responsible for lost, stolen, and damaged items
- No other activities permitted during scheduled class times in the gym.
- Gym schedules can change without notice
- No food or beverages are allowed in the fitness facility, other than water in a non-breakable container
- Youth under the age of 12 are not permitted to use any fitness equipment
- Youth ages 12-14 are permitted to use fitness equipment under the supervision of a parent/guardian. We also encourage a fitness orientation before using the equipment.
- Youth ages 15-17 are permitted to use fitness equipment without supervision of a parent/guardian

Sauna & Hot Tub Guidelines

- Showers are required before entering the whirlpool
- Follow pool capacity restrictions posted near these areas
- The use of oils, perfumes, and lotions are prohibited in these areas
- Shaving is not allowed in these areas
- Youth 0-14 are not permitted to use these areas
- Youth 15-17 are permitted to use these areas

Swimming Pool Guidelines

- Showers are required before entering the pool
- No food or beverages are allowed in the fitness facility, other than water in a non-breakable container
- No person with, or suspected of having, a communicable disease which could be transmitted through use of the pool shall work at or use the pool
- No diving, running or rough housing allowed in the pool area
- Proper swim attire is required. **Appropriate swim attire includes:** bathing suit, swim trunks, board shorts, burkini, rash guard, wet suit, and short or long sleeved shirts and/or tights and/or shorts made of synthetic material
- Children that require a diaper must have on a swim diaper underneath swimsuit, regular diapers are not permitted in the pool
- The YWCA St. Paul staff have authority to enforce pool regulations and guidelines
- Lap and open swim lanes must be signed up for in the member portal prior to arriving
- Pool schedule is subject to change
- Ages 6 weeks - 10 years old are permitted to swim in the pool with a parent/guardian in the water & are at reach of the child
- Ages 11-17 years old are permitted to swim in the pool under the supervision of a parent/guardian in the pool area

Locker Room Guidelines

- Lockers are available for rent or can be used with a personal lock
- Universal locker rooms are available for all to use
- Lockers are for day use only, unless otherwise noted as rentals
- The use of cameras is prohibited in all locker rooms
- YWCA is not responsible for lost or stolen items
- Found items will be in the lost and found, see a staff member about any lost items
- YWCA supports all people to choose and use the locker room or restroom that best aligns with their gender identity

Fitness Classes Guidelines

- Instructors have the right to limit class size as needed
- Classes may be canceled at any time
- All studio equipment must remain in the studio
- All members must sign up for classes prior to attending
- Credit will not be given for any missed specialty classes
- Payment for specialty classes is required before registration

Personal Training Guidelines

- All members receive one free 30-minute personal training consultation
- Personal training sessions must be purchased before meeting with trainer
- Trainers have the right to cancel or change personal training time
- All personal training sessions purchased are valid for 6 months after the purchase date
- Only authorized YWCA staff can offer personal training services

Guest Guidelines

- Member is responsible for their guests adherence to policies
- All guests must sign in using the form located at the front desk
- All members receive 4 guest passes per calendar year