

## Cary Family YMCA Middle School Rules & Regulations

- The Cary Family YMCA requires that all middle school members (rising 6<sup>th</sup>-8<sup>th</sup> grade) adhere to special rules and regulations.
- ALL MIDDLE SCHOOL MEMBERS WHO HAVE **NOT** COMPLETED A MIDDLE SCHOOL ORIENTATION MUST BE ACCOMPANIED BY A PARENT OR GUARDIAN WHILE USING THE FACILITY AT ALL TIMES.

### Middle School Weight Room Rules and Regulations Overview

In order to use the Wellness Floor (2<sup>nd</sup> floor of facility) middle school members must sign-up and complete a Middle School Orientation. Upon completion of the Middle School Orientation, middle school members may use the Cybex machines in the large weight room, the track, and the cardio balcony without the supervision of a parent/guardian.

Please note that all middle school members are NOT allowed in the free weight room unless supervised and accompanied by a parent or legal guardian. Also, note that the adult locker rooms are designated for members 18 years of age or older.

### Middle School Pool Rules and Regulations Overview

In order to use the deep end or to participate in lap swim, middle school members must complete a band test. Once he/she receives a band, he/she may use the entire pool.

Please note the pool guest policy: middle school members may only bring a guest that is in high school or older. Middle school members may not bring their middle school friends or younger siblings to the pool as a guest.

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***The Cary Family YMCA is not responsible for any personal belongings or the behavior of their members. Parents are responsible for the behavior and safety of their children. We encourage our middle school members and their parents to consult our wellness staff on proper technique to prevent injury and pool staff regarding pool safety. Adult Locker Rooms are located on the 2<sup>nd</sup> floor. Middle school locker rooms are located on the first floor. Adult locker rooms are only to be used by those 18 and older.***

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By signing below, we understand and agree to the Cary Family YMCA facility rules and regulations for middle school members.

Student's Name: \_\_\_\_\_

Parent's Name: \_\_\_\_\_

Student's Signature: \_\_\_\_\_

Parent's Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Date: \_\_\_\_\_