



**FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Cary Family YMCA Facility Rules and Regulations for Middle School Members

- The Cary Family YMCA requires that all middle school members (rising 6th–8th 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.**
- After completing an orientation and receiving a permanent card, a middle school member may bring a guest who is high school age or older. The middle school member may not bring guests who are in middle school or younger nor be responsible for younger siblings.
- Below are the rules and regulations for middle school members in each area of our facility.

Youth Wing/Court 3:

- During Tracking Out programs and Summer Camp, the Youth Wing is off limits.
- During Game Room hours, middle school students with Membership Cards may use the Game Room.
- Court 3 may be used if scheduled for open gym.
- As you enter Court 3 there is a glass wall box on the left wall. This glass wall box contains the gym schedule for the month. Check here for open gym times. The gym schedule is also online.

Middle School Locker Rooms:

- Middle School Locker Rooms are located on the main hallway of the first floor.
- Middle School Locker Rooms are great places for students to change clothes, store valuable possessions, or to simply use the bathroom.
- Middle school members can check out a locker key from the Access Desk.
- The students will exchange their Membership Card for a locker key.

Courts 1 & 2:

- Before entering Court 1 & 2 there is a glass wall box on the wall on the right by the water fountain.
- This glass wall box contains the gym schedule for the month.
- Middle school members are allowed to use Court 1 & 2. Middle School Pick-Up Basketball is on Tuesdays and Thursdays on Court 1 from 3:30pm–5:00pm.
- The Gym Rules are located inside the gym on the wall to your left.

Racquetball Courts:

- Middle school members can use the racquetball courts.
- In order to use the courts, the middle school member must sign-up for a timeslot and check out racquets, balls, and glasses from the Access Desk.
- The students will exchange their Membership Card for the equipment.
- Racquetball can be a dangerous sport, so safe play is expected on the courts at all times.

Wellness Floor:

- ***The Wellness Floor, with exception of the track, is restricted until you sign-up and complete a Middle School Orientation.***
- After you have completed a Middle School Orientation, you may use the Cybex machines in the large weight room, the track, and the cardio balcony with no parental supervision.
- You may only use the free weight room while accompanied by a parent or guardian.
- You may use the free weight room with no parent supervision when you start the 9th grade.
- The Adult Locker Rooms are reserved for members 18 years of age or older.
- Wellness Floor rules are posted on the wall between the Adult Locker Rooms and in the Large Weight Room by the Hip Abduction/Adduction machine.
- Before entering the track, there are special track rules posted on the door and on the wall by the water fountain. Please read these rules before entering the track.
- Group fitness classes can be attended by middle school students. There are a few classes that require a parent to be present. Check the schedule for details. The Group Fitness Schedule is located outside the main entrance to the Group Fitness studio and in the lobby.

Pool:

- ***Middle school members can only bring guests that are in high school or older. Middle school members cannot bring their middle school friends or younger siblings as guests.***
- Middle school members are required to wear a band when swimming in the deep end or doing lap swim.
- Pool rules and the procedure for obtaining a band are posted in the pool house.
- Pool schedules inform members of the pool's availability. You can check the website or the board posted in the pool house.
- In order to use the slide, students must be over 48 inches tall or have a pool band.
- Middle school members may use the locker rooms to change but CANNOT use the lockers in the locker rooms. Keys are not given to middle school members.
- In the locker rooms there are suit spinners used to dry bathing suits. Only 1 bathing suit goes into the suit spinner. Towels never go into the suit spinner.
- Middle school aged members and older are not allowed access to the toddler pool.
- When using the pool, always be respectful. Running and horseplay will not be tolerated.
- We also ask that if you bring food that you eat it under the cabana as to keep the bees from flying all over the pool area.