



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

TWIN RIVERS YMCA WELLNESS INFO

Wellness Center Youth Guidelines

All youth must do an orientation. Youth have to be accompanied by an adult at all times.

Parents cannot "drop off" youth and leave the wellness center.

12-14 yrs: Cardio and Strength Equipment. No Free Weights.

10-11 yrs: All Cardio. No Strength.

8-14 yrs: Youth Fitness Center.

Wellness Center Guidelines

1. To ensure a comfortable atmosphere for everyone, please be courteous and respectful to others.
2. During peak hours (or while others are waiting) limit your time on the cardio equipment to 30 minutes.
3. Please pick up towels, water bottles, newspaper and magazines.
4. Wipe down each piece of equipment for next user.
5. Wear proper attire (no "cutoff shorts" or sandals).
6. No food or beverages (except water).
7. No cell phones.
8. Keep all personal bags & items in locker.

Providence Hospitals Youth Fitness Center

Hours

Monday - Friday 3:30pm - 7:30pm

Saturday 8:00am - 6:00pm

Sunday 1:00pm - 5:30pm

Childwatch Guidelines

1. Register your child/children before his or her first day.
2. Daily sign-in/sign-out sheet must be completed by parent or legal guardian. Children will only be able to leave with parent, legal guardian or pre-notified designee.
3. Parents or guardians who are not familiar to Childwatch staff will be asked for proper identification upon picking up the child/children.
4. Babies and Toddlers must arrive in a clean diaper before being left in our care.
5. Children who have not yet mastered potty training must be in a pull-up or diaper. No cloth training pants will be allowed.
6. All personal items left with child/children should be clearly labeled.
7. Feeding times should be scheduled outside of workout times.
8. YMCA staff will under no circumstances administer medications.
9. Children who are infectious or contagious can not be admitted to Childwatch.
10. Children need to be free of fever or taking antibiotics for 24 hours in order not to be considered a health risk to others.
11. Parents will be notified if a child becomes ill while in our care.
12. The maximum amount of time that a child can be in Childwatch is two hours.
13. It is not permissible to leave your child in the Childwatch Center and leave the premises.
14. Children must be on the family membership to enjoy Childwatch privileges.



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Track Guidelines

1. Check and follow directional arrow before beginning exercise.
2. Slower traffic use inside lanes.
3. Must continue moving while on track.
4. No leaning on rails.
5. No food or drinks. (exception - sealed plastic water bottles)

Steam & Sauna Rooms

Individuals with high blood pressure, respiratory, and/or medical problems or sensitive medical conditions should consult their physician before using steam or sauna rooms.

The temperature ranges from 115 - 125 degrees in the steam room and 170 - 180 degrees in the sauna.

Limit use to a maximum of 10 minutes.

If dizziness or illness occur during use, exit immediately and contact Member Services Center.

No use of oils or lotions.

No food or drink allowed.

Do not use if intoxicated with alcohol.

Remove newspapers and magazines after use.

No shaving.

No one under 18 allowed in steam room or sauna.

Please report any inappropriate behavior or misuse of area.

Drink plenty of water before, between, and after use of area.