



Gymnasium Rules

- “Open Gym” is for basketball and court sports only, unless specifically granted permission from JCC staff for other uses.
- No hanging on rims/nets of basketball/volleyball equipment.
- Proper athletic attire is required, including closed-toed athletic shoes, dry shorts (no wet bathing suits), and shirts.
- Food, drink, gum, vaping, or tobacco products are strictly prohibited (only water/sports drinks in non-glass containers).
- No strollers, skate shoes, skates, skateboards or motorized vehicles.
- No exercise equipment, including weights, dumbbells or exercise balls.
- Do not throw, hit, or kick balls (or any objects) against the walls (padded or not).
- Gymnasium fixtures, including baskets, curtains, and scoreboards are to be operated by JCC staff only.
- Offices and closets are not to be entered by members unless accompanied by JCC staff.
- Pickleball nets may be pulled out and used by members so long as they are returned after use.
- Gymnastics equipment is for JCC provided training, classes and programs only. Open gym use of gymnastics equipment is strictly prohibited.
- JCC members and guests are not **allowed** to bring in outside personal trainers or sports trainers (i.e. basketball, tennis, weightlifting) to provide one-on-one or group training in the gymnasium without written permission from the JCC Director of Operations or the Executive Director.
- The JCC employs trainers who conduct both private and small group training courses and clinics which are open to members and guests.
- Members + Guests may not provide services, whether free or paid to other members or guests for personal training, fitness classes, sports specific training, or other.

- If you play music, please be respectful of the people around you – music must be “clean” and volume at a reasonable level.
- Sessions of private instruction or any form of personal training are to be conducted only by JCC employees or their designates. No outside contracting or non-approved private instruction is allowed.
- Do not prop the gymnasium doors open; if you need doors open, ask JCC staff for assistance.
- Please clean up after yourself using the trash receptacles located outside the gymnasium doors.
- Basketballs can be checked out at the fitness desk by JCC members using their membership card, on a first-come basis.
- Use courts and provided equipment at your own risk.
- Please secure all personal and valuable items on your person or in a locker. The JCC is not responsible for any thefts or lost items.
- Individuals have the financial obligation to replace balls or equipment damaged, stolen, or lost due to negligent behavior.
- Scheduled activities take precedence over other activities.
- Open Gym Schedule will vary by season and program. Please check the current Gym Schedule posted outside on the gym doors or on the website at www.shawjcc.org. **The JCC reserves the right to alter the schedule when necessary. Notification will be posted in advance whenever possible.**
- The posted gymnasium schedule can only be modified by the JCC Director of Operations or the Executive Director.
- **NO FIGHTING OR PROFANITY will be tolerated.** If you become involved in an altercation, you may be asked to leave the building.
- Failure to comply with any of these rules can result in a verbal warning up to termination of your JCC membership. We reserve the right to modify the rules at our discretion to ensure the safety of all members, guests and staff.