

## **OCEAN CITY AQUATIC & FITNESS CENTER** **RULES AND REGULATIONS**

**GENERAL** - Cell phone use is limited at the AFC. Cell phones are not allowed to be used in locker rooms, in the aerobics room during class, and, on cardiovascular machines or while working out in the fitness rooms. Please be considerate of those around you if you have to answer a call or text message. There are public areas in the center that you may use your cell phone, please visit those areas when using the cell phone.

**MEMBERSHIP & PROGRAM CARDS** – Must be scanned at front door when entering. This rule will be strictly enforced. Membership cards are to be used by the people to whom they have been issued. They are not transferable to other family members or friends. Anyone who is found lending a card to someone else will have his/her privileges suspended. Please advise all members of your family of this policy.

**GUESTS** – Members are permitted to bring two guests each for Recreational and Lap Swimming, Weight Room, Aerobics and Sauna. Members must accompany their guest and must stay with guests while they are in the building. **CHILDREN UNDER 18 YRS OF AGE MUST BE ACCOMPANIED OR SIGNED IN BY AN ADULT MEMBER (18 YRS OR OLDER).** Guests that are under 18 years of age may use the AFC facilities. If the member is also under 18 years of age, the adult of the membership must sign the waiver and be responsible for the actions of their child and guest, if unaccompanied. Weekly Memberships may only bring children 17 & under as their guest. There is a \$7.00 fee per person.

**SAUNA – ADULTS ONLY. NO ONE UNDER THE AGE OF 18** will be permitted to use the Sauna or adjoining locker rooms. We ask adults to help us supervise this and ask anyone “underage” to stay away from this area.

**RACQUETBALL** – Climate-controlled hardwood court. Reservations must be made to the front office no more than 48 hours in advance. Street shoes are not permitted on courts, racquetball eyeguards are MANDATORY. You must be 18 yrs of age or accompanied by an adult. A \$3.00 fee is imposed for failing to notify the desk at least one hour in advance to cancel your court time. FEES PER PERSON PER COURT ARE:

Regular Time:	Monday to Friday: 8am to 4pm \$4.00 per member/ \$8.00 non-member
Prime Time:	Monday to Friday: 4pm to 8pm \$5.00 per member/ \$10.00 non-member
Weekends:	\$5.00 per member/ \$10.00 non-member

### **WEIGHT ROOM/CARDIO ROOM**

1. Proper dress is required at all times, no street clothes.
2. Shirts must be worn by men.
3. No street shoes or bare feet.
4. No smoking, eating or drinking in the Weight Room.
5. Do not slam weights. Re-rack & unload your weights after use. Wipe down equipment after use.
6. Sign up for cardiovascular equipment and observe the time limit posted.
7. CHILDREN 12 & UNDER ARE NOT ALLOWED IN THE WEIGHT ROOM AT ANY TIME.
8. OUTSIDE PERSONAL TRAINERS ARE NOT ALLOWED TO TRAIN.

### **EXERCISE CLASSES**

Must be 16 yrs to participate in Group Ex, Cycling & Water Exercise Classes; unless otherwise noted.

### **POOL AND LOCKER ROOM REGULATIONS**

1. NO SPITTING, SPOUTING WATER, BLOWING NOSE OR DISCHARGING BODILY WASTES IN THE POOL.
2. No running, pushing, horseplay, etc.

3. No eating or drinking in locker room or pool area.
4. Please bring a lock to secure your valuables each time you visit the Center. We are not responsible for lost or stolen items.
5. No swimming with open sores or contagious diseases.
6. No diving off sides of pool at angles.
7. No using racing platforms (Swim Team only).
8. No admittance to pool unless a lifeguard is on duty.
9. No personal flotation devices (PFDS) unless Coast Guard approved (check w/ lifeguard).
10. Kickboards for adults only and swim lessons.
11. Swim mats and toys for lessons only.
12. No equipment in pool with 25 or more people during recreation swim.
13. No diving off diving board.
14. During recreation time, children ages 10 or under must be accompanied by an adult when using pool facilities.
15. In the event of an electrical storm, the pool will be evacuated.
16. **PLEASE DRY YOURSELF BEFORE ENTERING HALLS.**
17. **Please take a shower before entering the pool.**
18. No talcum powder in locker rooms.
19. **NO INDIVIDUAL COACHING ALLOWED IN THE POOL EXCEPT DURING THE DESIGNATED TEAM TIME.**
20. **Boys 5 years and older may not use the ladies locker room. Please use the unisex locker room if needed.**
21. **YOU MUST BE 18 YRS OLD TO SWIM IN ADULT LAP LANE.**

LAP SWIMMERS: Courtesy of the lanes.

Lanes 1&6 (Slow Swimmers)    Lanes 2&5 (Average Swimmers)    Lanes 3&4 (Fast Swimmers)

The rules listed above are not intended to cover every situation that may arise, they are meant to insure maximum enjoyment and safety for all members. The regulations are subject to the discretion of the management and may be amended at the discretion of the Director.



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