



MEMBERSHIP RULES AND REGULATIONS

The following rules and regulations are established in order to provide a safe and enjoyable environment. Management reserves the right to suspend or revoke facility usage for non-compliance to these rules and regulations.

1. Anyone in a recreation area of the Center must be a member. Membership identification must be with you at all times. Unauthorized use of the facility is not allowed.
2. Age requirements:
 - 12 years and under:**
 - ONLY allowed in Gym #1 and Gym #2 (adult must be in the gym with the child at all times).
 - CAN NOT use any other area of the Civic Center this includes the walking track.
 - 13 and 14 years old:**
 - Allowed in Gym #1 and Gym #2 as long as an adult is in the building.
 - Allowed to use all other areas of the Civic Center as long as an adult is constantly supervising them - weight room, racquetball courts (for racquetball or volleyball), and walking track. The adult may sit outside the racquetball court on the benches when supervising the racquetball court.
 - Allowed to take Group Fitness Classes (an adult must take class with them).
 - 15 years old:**
 - Allowed to use Gym #1, Gym #2, and Walk Track without adult supervision.
 - Allowed to use all other areas of the Civic Center as long as an adult is constantly supervising them - weight room and racquetball courts (for racquetball or volleyball). The adult may sit outside the racquetball court on the benches when supervising the racquetball courts.
 - Allowed to take Group Fitness Classes (an adult must take class with them).
 - 16 years and up:**
 - Able to use all member areas without adult supervision.
3. Shirts that cover your midriff must be worn at all times. Rubber sole athletic shoes that are closed toe and closed heels must be worn at all times in all areas of the Civic Center.
4. Profanity, horseplay, fighting, or derogatory comments will not be tolerated in the Civic Center. Any individual displaying these types of behaviors will be asked to leave immediately and may be subject to suspension or revocation of membership privileges.
5. We are a nonsmoking facility. No tobacco products, including vapes and dip, are allowed inside any part of the Civic Center or outside the front or side doors. Drugs and alcohol are prohibited.
6. Key fobs are required at each visit to scan in. A new key fob can be bought for \$5 to replace a lost key fob.
7. No food or drink is allowed outside of designated areas. There is a vending area where food and drink may be purchased and consumed. Chewing Gum is prohibited.
8. Use of cell phones equipped with a camera is prohibited in all restrooms, showers, and dressing areas. Be considerate of others and keep phones on silent, do not use speaker phone, and take all cell phone calls to the lobby or hallways.
9. Members are required to pick up after themselves, discard trash, and remove personal items.
10. Fitness equipment etiquette: 30-minute time limit on all equipment.
11. No outside personal trainers allowed. All instructors must be approved and contracted by MCC.
12. Members are required to wipe down cardio and fitness equipment after each use with provided wipes located in the Weight Room.
13. All members/guests will need to enter and exit through our front doors.
14. Weighted basketballs and jump ropes are only allowed in our Multipurpose Gym.
15. We loan out basketballs, pickleball, and racquetball equipment with collateral. Collateral we accept is driver's license, Civic Center key fob, or car keys.

16. Abuse or vandalism of the facility or equipment will not be tolerated. This includes hanging on the basketball goals and/or dropping weights. All workout equipment must stay in the weight room including free weights and medicine balls.
17. Being abusive towards staff or other guests or not following staff directives is subject to suspension.
18. No pets are permitted with the exception of verifiable service animals.
19. Radios, tape, or CD players are not permitted unless they are personal units used with headphones.
20. Bicycles are to be parked outside in the bike rack located in the end parking lot. Motorcycles are to be parked in the parking lot in a parking space.
21. The Civic Center and/or Civic Center personnel will not be responsible for lost or stolen articles. Items cannot be held at the front desk. Personal items should be placed in a locker and locked. Locks left on lockers overnight will be cut off.
22. Service may be refused to any member or guest who violates any rule or regulation or engages in any verbal and/or physical abuse of the Civic Center Staff or members. Violation of Civic Center rules and regulations will be cause for suspension for a period of up to one year.
23. The Civic Center or specific areas of the Center are subject to closure for a period of up to ten (10) days for annual maintenance and up to three (3) days for mechanical or operational maintenance. If not an emergency, notification of closures will be posted throughout the building and on our Facebook page.
24. We will constantly strive to meet the needs of all members. Unfortunately, there may be times when a member is unhappy with a situation. If or when this occurs, the issue will be discussed in a private and civil manner. Our manager is available to discuss problems and/or complaints in an office away from the public. Negative comments and matters of personal opinion will not be tolerated on our Facebook Page or in our facility.
25. Additional rules and regulations considered "common sense" by the Civic Center staff may also apply.

GROUP FITNESS ROOM

- \$2 per class for members or \$5 per class for nonmembers.
- Class cards can only be shared in a couple or family membership.
- 13-15 years old may take a class accompanied by an adult 18 or older.
- 16 years old and older may take a class without an adult to accompany them.
- No one under the age of 13 may take a class.

GYMNASIUMS

- Age restrictions are listed in rule #2.
- No food or drink on courts.
- We have a limited supply of basketballs that can be checked out with collateral.
- Dunking or hanging on the rims will NOT be tolerated.
- Foul language or arguing will NOT be tolerated. No smoking of any kind including vaping and dipping.
- ½ Court rule is in effect so everyone has an equal opportunity to play. Game times will be limited to a 30-minute rotation.
- We are only able to lower the goals in Gym #2.

RACQUETBALL COURTS

- Age restrictions are listed in rule #2.
- Courts may be reserved by calling us or online at www.moodyciviccenter.com
- One hour time limit unless there are no other reservations or members waiting to use the court.
- No food or drinks on courts.
- We have racquets and racquetballs that can be checked out with collateral.
- Slamming or throwing racquets is prohibited.

WEIGHT ROOM

- Age restrictions are listed in rule #2.
- All equipment must be wiped down with Clorox wipes provided.
- Use of chalk is not permitted.
- Other members must be allowed to use equipment between sets.
- Weights must be returned to the tree or rack.
- Weights may not be set against the wall, mirror, benches or other equipment.
- Weights or dumbbells may not be dropped on the floor or benches.
- Weight stacks on machines must not be slammed or banged.
- Equipment cannot be taken outside of the weight room.
- As a courtesy to other members please leave the blinds closed.

WALKING TRACK

- Age restrictions are listed in rule #2.
- Strollers are not allowed on the walk track.
- Strollers are allowed in Gym 2.
- Walk in the inside lane. Run in the outside lane.
- Daily walk/run directions are posted in the walk track
- 9 laps equal a mile.

Attire for Group Fitness, Gymnasium, Racquetball Courts, Weight Room and Walking Track:

- Proper athletic attire must be worn at all times.
- Shirts that cover the midriff must be worn at all times.
- No jeans or jean shorts with rivets are allowed.
- Lace up or slip-on type athletic shoes must be worn at all times. No open toe or open heel shoes are allowed. This includes but is not limited to: flip flops, sandals, slides, Crocs, etc. No cowboy boots, work boots, or any shoes that do not have a rubber sole are allowed.