



General Information for Day Pass users

Name _____ Age & DOB _____

Address _____ City & Zip _____

M _____ F _____ Grade(if applicable) _____ Phone _____ Other _____

Parent/Guardian (if participant minor) _____

Emergency Name/Phone _____

Special Medical Information _____

Rules of use for FITNESS CENTER & GYMNASIUM

FITNESS

NO ONE UNDER 16 YEARS OLD ALLOWED IN WEIGHT ROOM

BE COURTEOUS ON MACHINES; LIMIT TIME

RETURN EQUIPMENT TO HOLDING RACKS

DO NOT DROP THE WEIGHTS

WIPE DOWN MACHINES AFTER USE

NO SWEARING OR LOUD DISRUPTIVE BEHAVIOR

MAINTAIN RADIO VOLUME/STATION WITH RESPECT TO ALL

NOTIFY FRONT DESK IF PROBLEM/CONCERN WITH ANY MACHINE

TOWELS ARE NOT PROVIDED

PICK UP YOUR TRASH

GYM

MUST BE 12 OR OLDER TO BE IN GYM WITHOUT A PARENT.

BE COURTEOUS TO OTHERS

SHARE THE COURT

THERE IS A 2 GAME WIN LIMIT. AFTER WINNING 2 GAMES YOU WILL ALLOW

OTHER PLAYERS TO TAKE THE COURT

NO FOOD/DRINK ON THE FLOOR

BE AWARE OF THOSE WHO ARE USING THE GYM TO WALK

NO RUNNING INTO THE RECEPTION AREA

NO SWEARING OR LOUD DISRUPTIVE BEHAVIOR

PICK UP YOUR TRASH

The participant agrees to abide by all the policies and guidelines set forth by the MRC. Violations could result in denial of use of the facilities. PLEASE NOTE: NO REFUNDS OR CREDITS ON DAY PASSES.

Signature _____

Date _____