

Basketball Court Rules

- No full-court activities are allowed during open court floor times.
 - No hanging from the rim or dunking the ball.
 - Only water is permitted on the basketball floor.
 - Only court and tennis shoes allowed.
 - Shirts are required at all times.
 - Gum, food, and glass is not permitted on the basketball court.
 - When basketball court is crowded, no cross-court basketball games are allowed, all games must be played on one basket.
 - You must be 16 years old to play *adult* full court basketball.
 - Children under 6 years of age must be supervised by a parent at all times.
 - A membership card must be presented to check out equipment.
 - Do not throw or kick basketballs or any athletic balls against the walls or the ceiling.
- ⇒ **Family Wellness has a no tolerance policy. No Profanity, No Fighting, No horseplay of any kind!**
- ⇒ **Contact Staff immediately if anyone is causing problems.**
- ⇒ **Management has the authority to implement and enforce rules that are more stringent or that supplement those listed.**
- ⇒ **Schedules subject to change without prior notice!!!**

Gym Program descriptions

- Open Gym – Anyone can use gym, no full court games.
- Open Family – Families have priority in gym, others can use gym if families aren't.
- Open Volleyball – Court is reserved for anyone to play volleyball games or practice.
- Business BB – Basketball reserved for those playing over the noon hour.
- Adult Cross Court BB – Basketball for ages 16 and up, no full court.
- Sports Clinic – Court is reserved for our youth sports clinic, check with member services for more information.
- Pick up Basketball – This is our Pick up Basketball time which reserves the right to the court during that time.
- Wellness Programs – One of our special programs uses the gym for a variety of exercises, they have first priority.