**The Summit Medical Fitness**

**GYMNASIUM Rules**

Gym schedules are available at the front desk and on our website.

Please refer to the Summit Member & Guest Age Guidelines on our website.

Unsupervised use of the gym is for anyone 13 and older. Children 12 and under must be under direct supervision of an adult or in a supervised class for which the child is registered.

The gym and racquetball courts may be used by members ages 7-10 that are within line of sight of an adult in the fitness area (strength training, cardiovascular mezzanine or track).

Children 6 and under must be directly supervised by an adults.

* Members ages 11-12 may use without a responsible adult on premises.
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Basketballs, volleyballs, and soccer balls are available in the gym.

Volleyball and Pick Ball nets are also available. Contact fitness desk staff.

Athletic shoes must be clean and non-marking.

Please be respectful of other users in the gymnasium. Un-sportsman like conduct, recklessly kicking balls, etc. is not permitted.

Portions of the gym may be reserved for designated activities such as leagues or special events.

Members must use indoor felt soccer balls, no outdoor soccer balls.

NO DUNKING or hanging on rims or nets.

Specific basketball rims may be lowered for small children at the request of an accompanying adult. Please contact the fitness desk for assistance.