

Facility Rules

Gymnasium

- Children under 12 must be accompanied by an adult at all times.
- Food and drinks are not permitted in the Gymnasium.
- Only liquids in spill-proof containers are allowed; no glass containers are permitted.
- No dunking or hanging off the rims and nets is allowed.
- Rough play, fighting, and the use of foul language violate the membership code of conduct and may result in loss of membership privileges.

Fitness Center

- Only MCWCC staff members are allowed to provide personal fitness instructions. No soliciting is permitted.
- Please wipe off the equipment after each use with MCWCC-supplied cleaning products.
- Wear appropriate athletic attire and closed-toe shoes at all times.
- Be courteous and allow others to take turns on equipment if you are waiting. Respect both the equipment and others.
- Keep yourself hydrated. Only liquids in spill-proof containers are allowed; no glass containers are permitted.
- If you are unfamiliar with how to use any equipment, please ask a staff member for assistance.
- When using free weights, set them down gently. Slamming weights is prohibited.
- The use of video recording devices is not allowed.
- Children aged 8-11 must be accompanied by an adult at all times while on the fitness floor. Teens aged 12-15 are required to complete a Fitness Center Orientation before using the facilities, and it's encouraged for an adult to accompany them.

Group Exercise Studio

- MCWCC members and guests are not allowed to lead or organize any group exercise. All group exercises must be organized and taught by the MCWCC staff.
- Please make sure to arrive early or on time for all group classes, as late arrivals can disrupt the class.
- Some classes may require participants to sign up in advance. Please check the schedule to identify which classes require a reservation.

Child Watch Center

- Child Watch is a benefit exclusive to Community Center members; guests cannot utilize this service.
- The hours for the Child Watch Center are from 9 am to 12 pm, and hours may change in the future based on needs.
- Children 8 and under are welcome in the FREE Child Watch Center.
- Children should arrive fed and in a clean diaper, as MCWCC does not change diapers.
- Drinks and snacks are allowed but must be labeled with the child's name.
- There is a 2-hour time limit per day in the Child Watch Center.
- For the protection of your child and the safety of others, your child must be signed in and out by only one individual. A phone number is required at sign-in.

Field House

- Absolutely no food or beverages are allowed on the field at any time. Only water is permitted.
- A lacrosse helmet is required at all times while on the field.
- Proper footwear is required, including molded cleats (max 1/2"), turf shoes, or other soled athletic shoes such as cross-trainers or running shoes. Metal cleats or spikes are prohibited.

Locker Rooms

- Our locker rooms are family-friendly. We ask members to be as modest and discreet as possible. Please refrain from nudity.
- Members are encouraged to secure their personal belongings while using the locker rooms, as the MCWCC is not responsible for lost, damaged, or stolen property.
- Lockers are day use only. No overnight lock-up. If locks are left for extended periods they will be removed.
- Personal locks are permitted while you are using the facility. Additionally, locks can be provided at the front desk to members for day use only.
- Cell phone use, including taking photos, video chatting, or recording not allowed in locker rooms.

Pool Rules

1. Appropriate swimwear is required at all times. Excessively loose-fitting and/ or revealing swimwear is prohibited.
2. No running at any time.
3. Do not enter the pool with open wounds or contagious illnesses.
4. Inflatable flotation devices are not allowed. However, U.S. Coast Guard-approved PFDs (Personal Flotation Devices) are welcome.
5. Avoid hanging on, climbing over, or swimming across lane lines to ensure a safe swimming environment.
6. For the hygiene of all pool users, we require the use of swim diapers for individuals who use diapers or pull-ups.
7. Eating or chewing gum is prohibited and will be strictly enforced.
8. You are welcome to bring water in a spill-proof clear plastic bottle. Please refrain from bringing any other types of bottles or liquids into the pool area.
9. Pushing, dunking, excessive splashing, or roughhousing with other swimmers is prohibited.
10. To prevent accidents, please refrain from playing on or under the railings on the ramp or stairs.

11. Our lifeguards are here to ensure your safety. Please comply with their instructions at all times for the well-being of all guests.
12. All members are required to shower before entering the pool to remove lotions and oils that disrupt the chemical balance of the pool.
13. Lap lanes are reserved for lap swimmers only.
14. Swim instruction provided by an instructor not employed by the MCWCC is prohibited.

Pool Age Requirements

- Children aged 0-7 years of age must be accompanied by an adult over the age of 18 at all times and within arm's reach.
- Children aged 8-11 must be accompanied by an adult over the age of 18 at all times within the pool area.
- Children ages 12 and up are permitted to use the pool independently.

Deep End Swim Test:

- Swim tests must be administered by a lifeguard or the pool manager.
- Swim tests are necessary for children under the age of 12 and must be re-administered every year until they reach 12 years of age.
- Deep-end swimmers will be given a bracelet or wristband indicating they have passed the deep-end test.
- Swim one length of the pool without touching the wall or lane line.
- Tread water for 30 seconds in the deepest part of the pool.
- Exit the pool using the side without assistance (no ladder or stairs).

Spa Rules

1. Appropriate swimwear is required at all times. Excessively loose-fitting and/ or revealing swimwear is prohibited.
2. Do not enter the spa with open wounds or contagious illnesses.
3. Individuals with health concerns such as weakened immune systems, heart disease, diabetes, high or low blood pressure, or are currently pregnant must consult a physician before using the spa.

4. When using the spa, please avoid the use of substances such as alcohol, marijuana, anticoagulants, antihistamines, vasoconstrictors, stimulants, hypnotics, narcotics, or tranquilizers.
5. Individuals should limit themselves to 15 minutes in the spa per day. Prolonged exposure may result in fainting, dizziness, and nausea.
6. As a safety precaution, infants are not allowed in the spa.
7. Eating or chewing gum is prohibited and will be strictly enforced.
8. You are welcome to bring water in a spill-proof clear plastic bottle. Please refrain from bringing any other types of bottles or liquids into the spa area.
9. To ensure an enjoyable experience for all spa users, please refrain from pushing, dunking, excessive splashing, or roughhousing with other spa users.
10. Playing on or under the railings on the stairs is prohibited.
11. Our lifeguards are here to ensure your safety. Please comply with their instructions at all times while on the pool deck.
12. All members are required to shower before entering the spa to remove lotions and oils that disrupt the chemical balance of the spa.

Sauna Rules

1. Individuals with a history of health problems should consult their physician before entering the sauna.
2. Members should shower before entering the sauna to remove lotions, oils, makeup, and other beauty products.
3. No newspapers, magazines, or books are allowed in the sauna.
4. To ensure everyone's comfort, a towel or swimsuit must be worn at all times while using the sauna. No nudity. Street shoes and sweat-suits are not permitted.
5. Individuals may spend no more than 10 minutes in the sauna per day to prevent illness.
6. Allow for 5 minutes of rest before entering the sauna if you have just exercised.
7. Children under the age of 12 are not permitted in the sauna without adult supervision.
8. Please refrain from pouring anything on the sauna heating elements, including water or oils.
9. As a safety precaution, infants are not allowed in the sauna.