



YOUTH FIT ZONE RULES AND GUIDELINES

Effective 11/4/13

- The New YFZ Activities Schedule goes into effect Monday, November 4, 2013. Each session is set to start at a specific time and the location (if different than YFZ) is noted on the schedule.
- Weekend hours will remain the same:
Saturday 9am-2pm and Sunday 9am-12pm
YFZ members can enter anytime during the weekend operational hours for a Fitness Circuit.
- YFZ members may participate in the YFZ scheduled activities for a maximum of 2 hours per day.
- There is a 2 ½ maximum facility time limit for all YFZ members which includes YFZ activities and time spent in the Youth Lounge.
- You may enter **ONLY** YFZ at the scheduled session start time). No late comers will be allowed entry. Late comers can wait in the Youth Lounge for the next session to begin (Monday-Friday).
- If you arrive early for a class, you may wait in the YFZ lounge area. You will not be permitted to join a session already in progress as it is disruptive to the members participating.
- There will be Homework Helpers available in the YFZ lounge from 3:30pm to 7:30 pm Monday through Thursday to assist any member with their homework while waiting for a class to start.
(Limited school supplies will be available)
- Appropriate gym attire is required and sneakers are a **MUST**.
- No food or gum allowed in the YFZ or during a class at any other location in the gym.
- Water and or a sports drink are permitted.
- Good Sportsmanship is expected and Vision Sports Club follows a zero tolerance policy on bullying.