



# GYMNASIUM GUIDELINES

**Welcome to the CRC Gymnasium. This is a family-friendly space available for all to enjoy. Please adhere to the following guidelines to provide a safe and enjoyable space:**

- Please follow the designated daily schedule of activities in each gym space.
- Non-sanctioned practices of any type are not permitted.
- Children under 12 years of age must be supervised when not in a program.
- Please use headphones for all personal music/listening.
- Water and sports drinks must be in closed containers, no glass containers.
- Only non-marking sole shoes permitted.
- Shirts are required.
- Actions that demean individuals are prohibited: foul language, obscene gestures, taunting, bullying, or hazing.
- Physical behaviors not tolerated include: pushing, shoving, aggressive play, fighting, etc.
- Please secure your personal belongings; PDOP is not responsible for any loss of items.