

RULES & REGULATIONS

GENERAL

Please present your ID card & sign-in at the area control desk at each visit before proceeding to activity.

No gym bags or personal belongings are permitted onsite at the Fitness, Recreation, & Aquatics areas. Use the lockers provided in the locker rooms or corridor.

Food, beverages (except water) and smoking are prohibited anywhere in the Facility. This includes sports drinks.

No glass bottles of any kind are permitted on the premises except in the designated areas.

AT THE POOL

All persons must shower immediately before entering the pool.

No one with any open boils or rashes of the skin may use the Swimming Pool. Pursuant to NYC Health Dept. regulations, access to the Swimming Pool will require a medical doctor's permission.

Persons with hair longer than 4 inches MUST wear a bathing cap.

No creams, oils, soaps, newspapers or magazines are allowed in the swimming pool.

AT THE FITNESS CENTER, SPORTS GYM & GROUP FITNESS CLASSES

All exercise equipment must be used in accordance with the manufacturer's specifications. If you are not sure how to properly use equipment, please ask a Recreation Assistant.

We require each participant in the Fitness Center, Gym & Classes to wear athletic and/or fitness shoes.

Proper work-out attire: T-shirts with a minimum of a short-sleeve, shorts, leggings, or athletic sweat pants are required to use our Fitness Center. This protects the equipment and supports a welcoming environment for everyone.

Please do not enter the Fitness Center or Sports Gymnasium with bags, boots or street shoes, tank tops, cut-off jeans, street clothing or sport drinks. Help us maintain your facilities.

As a courtesy to other members, please wipe down the pads of machines and benches after use.

GENERAL RESPECT: It is the policy of the Fitness, Recreation, & Aquatics Program that it will not tolerate verbal or physical conduct by any member or guest which harasses, disrupts, or interferes with another's use or enjoyment of the facilities, or which creates an intimidating, offensive, or hostile environment.

Violations of Recreation or College rules will result in immediate suspension of Recreation Privileges. If it is determined by that these rules have not been observed by a student or pass holder, they will not be permitted to return until an investigation is completed.