



HILLTOP YMCA GYM RULES

- Food, gum or beverages are **NOT** allowed in the gym.
- Participants must wear clean, non marking shoes.
- Bare feet, sandals, street clothes or wet clothes are not permitted in the gym.
- No dunking, slamming or hanging on the rims or nets.
- Fighting will result in immediate expulsion from the YMCA.
- No spitting, swearing or inappropriate language or gestures.
- Any inappropriate use or abuse of the gymnasium or equipment may result in termination of membership.
- Equipment is to be returned to the front desk following use.
- *Good sportsmanship and demonstration of the **FOUR CORE VALUES** are expected for all activities.*

CARING HONESTY RESPECT RESPONSIBILITY

YMCA MISSION:

To serve the whole community through programs expressing Judeo-Christian principles that build a healthy spirit, mind and body.