

# JCC WELLNESS & RECREATION RULES AND REGULATIONS

*Questions? Please contact Amy Underwood,  
Director of Wellness & Recreation, at 495.1111 x3038 or hwr@jewishtulsa.org*

## **Age Requirement**

Children under the age of 12 are required to be supervised by a responsible adult while in the JCC. Specific areas of the Health & Wellness facility have age restrictions as well.

## **Dress Code**

Activity appropriate attire is required. Proper footwear must be worn. Bathing suits are appropriate in pool and spa areas. Specific areas of the Health & Wellness facility have their own dress code policies.

## **Food and Drink**

Consumption of food and drink is confined to designated areas. This includes the Health & Wellness Lobby and the outdoor concession areas. Food and drinks (except for water) are not permitted in the gymnasium, squash/racquetball courts, the Fitness Center, or other areas designated by signs. CENTER staff reserves the right to grant exceptions for special programs. Please note the JCC is a kosher facility. No meat or meat products are allowed in the JCC or on the JCC campus.

## **Behavior/Conduct**

For the safety and enjoyment of patrons, abusive and inappropriate language, horseplay, and fighting is not tolerated. Violation of this or any other rule, regulation, or policy of the CENTER may result in suspension from the facility. All persons using CENTER facilities are responsible for any damages to the premises above and beyond usual wear and tear. Health & Wellness staff has the final authority involving policy interpretation, behavioral concerns and disputes.

## **Telephones**

Courtesy phones are available in the JCC Lobby and in each of the Adult Locker Rooms. CENTER staff will attempt to page members when they receive a call at the Fitness Desk, staff is not responsible for relaying personal messages to members.

## **Locker Rooms**

The CENTER has adult male and female locker rooms for those 14 years old and older. The CENTER is not responsible for lost and stolen items. Please keep valuables securely locked in a locker or leave them at home.

Lockers are available for daily use at no charge. Locks are provided. Unauthorized locks left on lockers overnight are subject to being cut off. A number of lockers in each locker room are available for rental on an annual basis. Half size lockers are **\$35** and full size lockers are **\$50**.

Payment of this rental fee entitles you to a full year locker reservation.

Members and their guests are expected to be courteous of others in the locker rooms. Please help keep the locker rooms clean and return towels to the proper receptacles.

Sauna and steam rooms are located in each of the Adult Locker Rooms. Rules for the safe and proper use of these areas is posted.

### **Lost and Found**

A Lost and Found area is kept at the Fitness Desk. The CENTER is not responsible for lost or stolen items. Items will be kept for up to one month and then donated to a local charity.

### **Facility Rentals**

The Wellness & Recreation Department facilities are available for rental on a limited basis. For more information contact Amy Underwood 918.495.1111 x3038 or [hwr@jewishtulsa.org](mailto:hwr@jewishtulsa.org)

### **Fitness Center Policies & Rules**

#### **Age Limit**

Children under the age of 14 are not allowed in the Fitness Center and are not permitted to use any of the fitness equipment.

#### **General - Fitness Area**

Members must carry their current membership card, please show it to the receptionist at the reception desk and sign in. Membership cards are not transferable.

Please follow proper sign up procedures as required in order to use the cardiovascular equipment. Use of cardio machines are on a first come, first serve basis. Advanced sign-up is permitted. There is a 30-minute time limit per machine. As a new member, you will need to schedule a fitness center orientation session prior to using the fitness center equipment.

T-shirts or tank tops must be worn at all times. Closed toe shoes must be worn. Street shoes are not permitted.

Cybox strength machines are primarily for circuit training. If doing multiple sets, please be courteous to those following the circuit. In the free weight area, be courteous of those wanting to use the dumbbells. Do not drop or slam the weights and put away dumbbells, plates, bars, and other equipment when finished. Please wipe down the pieces of equipment after you use them. Containers with wipes are located throughout the area for your use.

No food or drink, other than water, is permitted in the fitness center.

### **JCC Fitness Classes**

For those interested in joining a class, the first visit is free. All fees for classes are due on the first class day of each month. Checks should be made payable to the Jewish Community Center. Refunds for classes are made only with the approval of the Executive Director. There are no scheduled make-ups for holiday closings. There is a minimum enrollment for all classes.

Weather policy – Morning classes will be cancelled if Tulsa Public Schools are closed due to inclement weather. Evening class participants should call the CENTER at 495-1111 to see if their class has been cancelled due to inclement weather.

### **Basketball Court Rules**

Proper non-marking footwear is required to be worn while using the gymnasium. No food, drink (except water), or gum is to be brought into the gymnasium. A monthly gymnasium schedule is posted and available at the Fitness Desk. The CENTER reserves the right to alter the schedule when necessary. Notification will be posted in advance whenever possible. During Open Gym, full court games are not permitted. A variety of basketballs are available in the gym during open gym times.

### **Racquetball - Squash**

Before entering a court, players must check in at the Fitness Desk.

Reservation Policy: All courts are reserved on a first come, first served basis. Leagues, tournaments, and scheduled programs have priority. Courts may be reserved for racquetball or squash up to 24 hours in advance. Reservations are made at the Sports Desk. Courts may be reserved for other activities on a walk in basis, but are subject to being bumped for racquetball and squash. Courts are reserved for one (1) hour time blocks, and the same individual cannot reserve courts for consecutive time slots. Members are given a ten-minute grace period before the court is released. Shirts and proper, non-marking soled shoes are required to be worn at all times on the courts. Food and drinks are not allowed on the courts at any time. An adult must supervise children under the age of 12 when playing racquetball or squash.

Wearing eye guards while playing racquetball or squash is strongly encouraged. Loaner equipment for racquetball and squash is available from the Fitness Desk. Please return all borrowed equipment back to the Fitness Desk after use.

### **Guest Policy**

Center members are welcome to bring guests. A guest pass is valid for one day for all open facilities - gymnasium, tennis courts, racquetball/squash courts, game room, whirlpool, sauna, steam room, pool, fitness center, and sports complex.

Members may bring no more than three guests at a time and must accompany their guests.

Guests are limited to three visits.

Current guest fees are \$5 for adults and \$3 for children through college age. Guest passes may be purchased at the front desk.

JCC honors all current out-of-town Jewish Community Center memberships.

Extended guest passes are available for out-of-town guests of Center members. The fee schedule for out-of-town guests is as

follows:

	<u>Individual</u>	<u>Family</u>
One week	\$20	\$40
Two weeks	\$30	\$60
One month	\$50	\$100

## **Facility Hours**

### **JCC Hours**

Monday-Thursday	6:30 A.M. to 9:00 P.M.
Friday	6:30 A.M. to 5:00 P.M.
Saturday	1:00 P.M. to 5:00 P.M. (fitness center only)
Sunday	9:00 A.M. to 5:00 P.M.

### **Pool Hours**

Monday-Thursday	12:00 noon to 8:00 P.M.
Friday	12:00 noon to 6:00 P.M.
Saturday	1:00 to 7:00 P.M.
Sunday	11:00 to 12:00 Lap Swim 12:00 to 7:00 P.M.

(Pool hours change when schools begin in the Fall).

\*The swimming pool opens Memorial Day and closes after Labor Day.