

CHARLES SCHUSTERMAN JEWISH COMMUNITY CENTER

Fitness Center Member Rules and Regulations

Age Requirement

Children under the age of 14 are required to be supervised by a responsible adult while in the JCC.

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 style 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.

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.

A number of lockers in each locker room are available for rental on an annual basis. Full size lockers are \$60.

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 are 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 Health & Wellness Department facilities are available for rental on a limited basis. For more information contact Stephanie Blackwell 918-495-1111 fitness@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 key fob, please use it to enter the facility.

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.

Precor 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 Additional Fee Classes

For those interested in joining a class, they are included in your membership. There are no scheduled make-ups for holiday closings

Weather policy – During inclement weather, please call the CENTER to check the status of classes.

Basketball Court Rules

Proper non-marking footwear is required to be worn while using the gym. No food, drink (except water), or gum is to be brought into the gym. 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

Reservation Policy: All courts are reserved on a first come, first served basis. Courts may be reserved for racquetball or squash up to 24 hours in advance. Reservations are made at the Fitness 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.

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 up to 18 years old. Guest passes may be purchased at the front desk. The JCC honors all current out-of-town Jewish Community Center memberships. Extended guest passes are available for out-of-town guests of Center members.

Facility Hours

JCC Hours

Monday-Thursday	6:00 A.M. to 9:00 P.M.
Friday	6:00 A.M. to 5:00 P.M.
Saturday	Noon to 5:00 P.M.
Sunday	9:00 A.M. to 5:00 P.M.

Pool Hours

Monday-Thursday	12:00 noon to 7:00 P.M.
Friday	CLOSED
Saturday-Sunday	12:00 noon to 8:00 P.M..

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

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