



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GENERAL MEMBER & GUEST INFORMATION

We ask all members to conduct themselves in a manner which is appropriate for a family-centered facility. Food and/or drinks are not permitted in the facility except in the classrooms, lobby, and the café area by the vending machines. Non-glass bottles with water are allowed throughout the facility.

## ATTIRE

Please wear proper attire at all times. Athletic shoes must be worn during exercise in all workout areas of the facility. Shirts must be worn while working out in the exercise areas and during classes. Modest and lined swimsuits must be worn in the pool area only. Street clothes are not allowed in the gyms, pool, or workout areas. We recommend eye protection in the racquetball court.

## LOCKERS

You must bring a lock and remove it at the end of each visit. Items left overnight will be removed and placed in lost and found. The YMCA is not responsible for lost or stolen items. Locks are available for sale at the Front Desk. For safety reasons, please leave jackets and bags in the locker room rather than bringing them to the gym, program areas, wellness center, or pool deck. Coat racks are available upstairs by the Assembly Room and downstairs by the fitness center.

## CHILD SUPERVISION

Children ages 10 and under must be under direct supervision of an adult in all areas of the facility or enrolled in a supervised YMCA program. Children ages 11-14 (middle school age) are allowed in the Fitness Center if accompanied by an adult at all times if they have completed the [Equipment Orientation](#), but not the Free-Weight Room or Y Fit Room. High School and older are allowed in the Fitness Center, Free-Weight Room, and Y-Fit Room. After 6pm, all children ages 14 & under must be accompanied by an adult to be in the building.

BOB FREESEN YMCA P 217.245.2141  
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Everyone is welcome. Financial assistance is available.  
The Bob Freesen YMCA strengthens community through  
youth development, healthy living, and social responsibility.