

## Locker Room

- Use of photo or video functions on personal devices in the locker room is prohibited.
- The Plus locker rooms are for adults 19 years of age and older who have upgraded their membership.
- Children are permitted in the Plus locker rooms only during Family swim times.
- Parents with children 5 years of age and older must use the same gender or family locker room.
- Family change room is for youth visiting with a parent, guardian, or caregiver.
- Any locks left on lockers overnight will be removed and the contents of the locker will be placed in the lost and found at the front desk. Only rental lockers/totes may have locks kept on them overnight.

## Pools

- No food is permitted on the pool deck.
- Lifeguards have the authority to enforce all rules.
- Please shower before entering the swimming pool.
- Proper swim attire must be worn in the general membership pools and hot tubs. Personal undergarments are not swim attire.
- No person infected with a communicable disease or having open sores shall enter the water.
- Children 6 and under must be within arm's reach of an adult, or a youth 16 and older, at all times including when in the water or deck area.
- Children 7 – 11 need to be supervised by an adult or youth 16 and older while in the pool area.
- Any child not toilet trained must wear protective water resistant swim wear.
- Observe the water depth before entering the pool, for your own safety.
- Refrain from bringing glass onto the pool deck. Water must be in a plastic or metal container.
- Lane swim is for individuals that can continuously swim lengths of the pool.

## Steam Rooms

- Users must be 12 years of age or older.
- Please limit your exposure to 15 minutes.
- Pregnant women and those with medical conditions should consult a physician prior to use.
- The use of scented products and/or botanicals within the steam room is prohibited.
- Please use a towel when sitting on the benches.
- No vigorous exercise is permitted in the steam rooms.

## Hot Tub

- Enter and exit slowly.
- Lifeguards have the authority to enforce all rules.
- Children less than 12 years of age must be within arm's reach of an adult at all times.
- Personal undergarments are not swim attire.
- No food or drinks in the hot tub area.
- Do not use the hot tub under the influence of any drugs or alcohol.
- Observe reasonable time limits. 20 minute time limit.
- A lifeguard must be on deck for the hot tub to be used at the Northwest facility.

## Pool Area Slide (Northwest)

- To use the slide, children must be able to swim to the edge of the pool unassisted.
- Only one person on the slide at a time.
- Exit area must be clear before next user can come down the slide.
- Holding of small children while sliding is not allowed.
- Feet first, laying down or sitting only. No diving or head first entry onto the slide.
- Please clear the exit area promptly after coming down the slide.
- The lifeguard has the authority to open and close the slide as needed to maintain pool safety.

## Play Structures (Northwest & East)

- Children 10 and under are allowed on the play structure and must be supervised at all times.
- No food or drinks in the play structure area.
- Please be respectful of others using the structure.
- For hygienic reasons, please wear socks.
- Slide exit area must be clear before next user can come down the slide.
- Please slide feet first down the slide.

**Downtown YMCA**  
2400 13th Ave.

**Northwest YMCA**  
5939 Rochdale Blvd.

**Monday to Friday**  
**Saturday & Sunday**

[regina.ymca.ca](http://regina.ymca.ca)

**East YMCA**  
1825 Victoria Ave. East

**(306) 757-9622**

**5:30 AM - 10:00 PM**  
**7:00 AM - 7:00 PM**



## Facility Guidelines

[regina.ymca.ca](http://regina.ymca.ca)

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## General Facility Guidelines

**All members, staff, and volunteers are expected to uphold the YMCA Core Values in all interactions: Caring, Honesty, Respect, Responsibility and Inclusion.**

All members and guests are required to provide photo identification, or a valid membership pass when entering the facilities. Guests must sign in at the front desk and provide ID.

The YMCA of Regina is a NUT FREE facility.

The YMCA of Regina is a scent sensitive facility.

The YMCA of Regina is a SMOKE FREE FACILITY. No smoking or vaping permitted within 15 feet of the entrances of the building.

No member, staff or volunteer shall participate in programs, services, or utilize the facilities while intoxicated whether from alcohol or drugs.

Appropriate Dress: shirt, pants/shorts and shoes are required in all areas except the showers and locker rooms. Aquatic swim wear is acceptable in pool area. Personal undergarments are not swim wear.

No food or drinks in the pool, gym, studio, or weight room – water only. Food may be consumed in common seating areas/lounges, cafe, and meeting rooms.

Share the equipment – 30 minute limit on all equipment. Please return equipment to its proper place after use.

Clean equipment (including mats) with provided disinfectant after each use.

Secure your belongings in the lockers. The YMCA of Regina is not responsible for lost or stolen items. Locks are available at the front desk for loan.

**DO NOT LEAVE VALUABLES UNATTENDED**

## Age Requirements

- Any child age 12 and under must have an adult with them in the facility.
- Anyone under age 10 must be directly supervised at all times by an adult.
- To access free weight and conditioning/cardio areas, children ages 10 through 12 must be supervised by a parent while using equipment. Children are still required to take an equipment orientation (ages 10 & up) and free weight orientation (ages 14 to 15).
- Exceptions to supervision requirements may be made at the sole discretion of the Fitness Director for the purposes of athletes training for specific sport, however orientations are still required.
- Wrist bands will be provided to youth who take equipment or free weight orientations, identifying to staff they have met this requirement. Lost wrist bands can be replaced at a cost of \$5.00.
- All orientations can be booked through the front desk.
- All children ages 12 and older must provide proof of age in the form of health card or birth certificate when registering at the front desk.
- Children must follow guidelines when using the play structures at the East and Northwest facilities.

## Programs

- Availability of programs is subject to capacity and staffing considerations. Schedules are subject to change.
- In the event registered classes are canceled, participants will be contacted via phone or email. When a non-registered program is canceled, the live schedule will be updated on the TV screens in the facility and on our mobile app.
- Children under the age of 10 may use YMCA facilities when accompanied by a parent or guardian over the age of 16.

***The YMCA reserves the right to suspend or cancel a membership for inappropriate or illegal behavior, or failure to comply with the guidelines and regulations outlined herein.***

## Photography Policy

**Private spaces:** It is prohibited to take photos or videos anywhere there is a reasonable expectation of privacy, including all YMCA change rooms, showers, steam rooms, saunas, family change rooms, and bathrooms.

**Public spaces:** If you do choose to use your phone, or any other camera; in areas not covered in the private spaces policy, we ask that you show courtesy toward other users of the facility and exhibit discretion in what you capture in the scene. Please limit your photos to your own activities, and make every effort to protect the privacy of others.

## Gymnasium (Downtown & Northwest)

- Please use shoes with non-marking soles.
- When the gymnasium is not being used for scheduled programs or bookings, it is available for member's use on a first come, first serve basis.
- The gymnasium can be rented at an hourly rate for private use during non-peak times. Please see Member Services to make a booking.
- Basketballs and other equipment available at the Member Services desk.
- Backpacks should be stored in lockers not in the gym.

## Squash & Racquetball Courts (Downtown)

- The downtown YMCA has squash and racquetball courts that can be booked in 45 minute intervals.
- Squash and racquetball equipment can be borrowed from the Member Services desk.
- Minimum age of 14 to reserve and use a court.
- The courts can be booked up to two days in advance either by telephone or in person. Courts can be booked for two consecutive time slots except during our peak times from 4:45 - 8:30 p.m. daily.
- During peak times, if a court is empty, inquire with Member Services to see if the court is vacant. If the time slot is empty you may continue to play.
- Please use shoes with non-marking soles.
- Safety goggles are required at all times when using the courts.