

# DEFINITIONS, POLICIES AND PROCEDURES



**FACILITY HOURS:** Monday-Friday 5:30AM-9:00PM Saturday 8:00AM-6:00PM Sunday 1:00PM-6:00PM  
Office hours are from 8:00AM to 5:00PM, Monday through Friday.

## DEFINITIONS

**RESIDENT** - A person who lives within the corporate limits or police jurisdiction of the City of Gulf Shores and can provide a Gulf Shores photo drivers license or (2) proofs of residency.

Eligible proofs of residency include: *current utility bills (excluding cell phone), income tax return, social security statement, home owner's insurance statement, deed or rental agreement with the physical address of your residence (not a p.o. box).*

**NON-RESIDENT** - Any person who is not a resident.

**SINGLE** - An individual person.

**COUPLE** - A legally married couple with no dependents or a single parent/guardian with one dependent.

**FAMILY** - A single parent/guardian with two or more dependents or a legally married couple with one or more dependents who reside in the same household.

**ADULT** - A person 18 years of age and older.

**DEPENDENT** - A child under the age of 18 or a full time student.

**SENIOR SINGLE** - An individual age 55 or older.

**SENIOR COUPLE** - A legally married couple with no dependents or a parent/guardian where one person is age 55 or older.

**SENIOR FAMILY** - A single parent/guardian or legally married couple, where the age of at least one person is 55 or older, with at least one dependent child residing in the same household.

**PARENT/GUARDIAN** - A parent, step-parent or legally appointed custodian.

**FULL-TIME STUDENT** - A student 17 years of age and under - or - 23 years of age and under who is currently enrolled in college with 12 or more credit hours.

## POLICIES AND PROCEDURES

### GENERAL FACILITY RULES

The Recreation Center is open for membership to residents and non-residents.

Members must check in at the Customer Service Desk upon entering the Recreation Center.

All fees must be paid at the Customer Service Desk prior to any activity.

A waiver must be completed for all programs.

Non-members must stop at the Customer Service Desk prior to any activity to purchase a membership or daily pass.

Memberships with past due amounts on the account must pay balance prior to using the facility or registering for any program or activity.

Wristbands are given to patrons who purchase a daily pass and must be worn visibly at all times while in the facility.

Profanity, destructive and/or aggressive behavior will not be tolerated.

No smoking is allowed in any part of the building.

Behavior not respectful of the policies and procedures may result in the suspension or cancellation of membership or pass.

**CHILDREN UNDER THE AGE OF 12 MUST BE DIRECTLY ACCOMPANIED BY A RESPONSIBLE INDIVIDUAL AT LEAST 15 YEARS OF AGE OR OLDER AT ALL TIMES.**

(continued on back)

**BODENHAMER**  
CENTER



**251-968-1420** [www.gulfshoresal.gov](http://www.gulfshoresal.gov)  
310 West 19th Avenue Gulf Shores AL 36542

*Fun • Family • Fitness*



## **FACILITY ATTIRE**

Proper attire must be worn at all times.

No open-toed shoes or swimsuits allowed in fitness area.

Shirts and shoes must be worn outside of the locker rooms and pool.

Athletic shoes are required to play in the gymnasium and racquetball courts. No black soled or other marring shoes allowed.

## **INDOOR TRACK**

All children must be directly accompanied by a responsible individual over the age of 15.

Groups must be no more than 2 lanes wide.

Walkers should stay to the inside of the track. Runners should stay to the outside.

Please follow posted signage regarding the walking direction for each day.

The track may not be used for game observation or photography.

## **FITNESS CENTER**

No one under the age of 12 is permitted in the Fitness Center.

Persons between 12-14 years of age must have a signed waiver and be accompanied by an individual at least 15 years of age at all times. Ages 15 and older may use equipment without adult supervision.

Please consult with a physician before starting any fitness program.

Re-rack all plates and dumbbells after use.

Be considerate by giving others access to equipment in between multiple sets or repetitions.

Do not remove any plates, dumbbells or equipment from the Fitness Center for any reason.

Limit time to 30 minutes on all cardio equipment.

Please clean equipment after use. Antibacterial wipes are available for use.

Personal Trainers are available. Please see the Customer Service Desk for information.

## **AEROBICS CLASSES & ROOM**

Class fees may apply.

Class size is determined by the instructor.

No infants or toddlers will be permitted in the room during aerobics classes.

To minimize the risk of injury, participants will be asked to remain in the class through the cool-down period.

## **GYMNASIUM**

Food and drinks are not allowed in the gym. (Closed water bottles are acceptable)

Gymnasium availability is subject to change due to programs and events.

## **RACQUETBALL**

Racquetballs, rackets and protective eyewear are required and available from the Customer Service Desk.

Food and drinks are not permitted inside the racquetball courts.

Reservations for the racquetball courts may be made up to 7 days in advance and are limited to 1 hour.

## **POOL**

Pool hours and lane availability are subject to change due to programs and season.

Pool may close at any time due to inclement weather and will be reopened when conditions are deemed safe.

All persons using the pool must shower before entering.

Any person having an infectious or communicable disease is prohibited from using a public pool.

Persons having open blisters, cuts, etc. are advised not to use the pool.

AQUACLIMB: No floats or masks while climbing. Must be able to swim width of the deep end to use.

Swim diapers must be worn by anyone who is not yet potty-trained. Available for purchase at the Customer Service Desk.

## **MUSIC**

Recreation Center guests have diverse musical and television tastes. We strive to provide eclectic music and programming choices throughout the day by providing random, rotating selections. Due to the high volume of foot traffic through the building, we do not take requests. We recommend bringing a personal music playing device (MP3 player, CD player) with headphones to listen to during your workout if you do not agree with our music selections.

