CITY OF MORGAN HILL

CENTENNIAL RECREATION CENTER

TOGETHER WITH THE YMCA

Member Handbook

Centennial Recreation Center

171 W. Edmundson Ave.

Morgan Hill, CA 95037

(408) 782-2128

www.mhcrc.com

Welcome to the City of Morgan Hill's Centennial Recreation Center!

The City of Morgan Hill and the YMCA of Silicon Valley are proud to be collaborating to bring the residents of Morgan Hill and the surrounding communities a full service recreation facility.

The Centennial Recreation Center was built to promote multi-generational interaction and advance the physical well-being of our community. The facility offers something for everyone, featuring a Senior Center, Teen Center, Kids' Club, fitness areas, swimming pool, gymnasium, and exceptional programs and services.

Additionally, the Morgan Hill Aquatics Center and Skate Park is available for member use. The Aquatics Center offers lap swimming, aqua fitness, recreational swimming along with a variety of aquatics based programming. The Skate Park offers both BMX and skateboarding hours with a variety of features including a unique bowl as well as an exciting street section.

The activities at the CRC further enhance the YMCA's and City's efforts to help create a community that supports its youth through an Asset Building Approach. Using the 41 basic building blocks for healthy development, we will strive to empower families and provide kids with skills that they need to succeed. Our core programs are based on this goal and on the core values of Respect, Responsibility, Honesty, and Caring.

The Morgan Hill City Council, Mt. Madonna YMCA Board of Managers, and Centennial Recreation Center staff extend a warm welcome to all of our members. We thank you for your support and hope that your needs are fulfilled through our programs and facilities.

Table of Contents

About Our Facility……... 4
Code of Conduct……. 5
Membership……... 7
AWAY ……... 8
Using Membership Cards..... 8
Payment of Fees……..... 9
Financial Assistance..... 9
Change in Membership Status..... 10
Cancellation Policy……..... 10
Facility Security……....11
Other Information……..... 12
Member Advisory Statement……..... 13
Kids' Club……..... 14
Locker Rooms/Lockers……15
Group Exercise/Cycling…… 16
Fitness Center ……..... 17
Children in Fitness Center……..18
Television and Music Policy……...18
FitLinxx…….....19
Pool Descriptions……20
General Pool Rules.....21
Lap Swimming…….....22
General Pool Information……23
Gymnasium…….....24
Miscellaneous…… 25
Computer Room Guidelines……...26

About Your Facilities

CRC/Aquatics Center Pools
The CRC pool has a slide, water play feature, and three lap lanes 20 yards in length. The Aquatics Center has three pools, water slides and a spray ground. Aqua fitness classes, swim lessons (for an additional fee), recreational swim, lap swim, and party packages are available.

Group Exercise Studio
More than 70 Group Exercise classes are available weekly, including Yoga, Pilates Zumba and more. Schedules are available at the Welcome Center.

Fitness Center
The Fitness Center features strength equipment, free weights, treadmills, elliptical machines and stationary bicycles. Every member will receive a free wellness coaching session.

Gymnasium
The CRC features a full-size gymnasium with multiple basketball, volleyball and badminton courts. Gym usage will include times for Open Gym and sport leagues for both youth and adults.

Locker rooms
Separate male, female, and family locker rooms and showers are available.

Kids' Club
Trained, professional, high quality staff will provide programmed activities for your children to participate in while you work out. Kids' Club is for children ages 6 weeks to 12 years old.

Teen Center
Stop by the Teen Center to do homework, use the computers, or participate in a variety of activities. The Center is free for all teens ages 12 years to 18 years of age with a current school identification card.

Senior Center
The Senior Center offers comprehensive programs and services for adults 50+. In the Senior Center, adults have the opportunity to enjoy fitness programs, computer classes, educational classes, dance programs, card games, support groups and more. The Senior Café offers freshly prepared lunches 5 days a week, Monday through Friday at 12:00 noon. Registration ends at 11:30 a.m.

Skate Park
The Skate Park offers both BMX and skateboarding hours with a variety of features including a unique bowl as well as an exciting street section.

Code of Conduct

Members, Participants, Parents, Volunteers

Welcome to the City of Morgan Hill CRC. The City of Morgan Hill and the YMCA are inclusive organizations that strive to create an environment where all people feel welcome, comfortable and secure. Therefore, we have adopted the following code of conduct that applies to everyone in our facilities and participating in CRC programs.

Individuals are **expected** to:

- Uphold the core values of caring, respect, responsibility and honesty.
- Follow facility usage and safety rules.
- Maintain a family friendly atmosphere free of derogatory or unwelcome comments, conduct or actions.
- Maintain an atmosphere free of negative behavior focused on another's gender, race, ethnicity, age, religion, disability, sexual orientation or any other legally protected status.
- Be respectful and cooperate with CRC staff and fellow participants.

The following are **not acceptable** in CRC facilities and programs:

- Abusive, harassing, intimidating or obscene language or gestures
- Threats of harm, physical aggression or violent acts
- Clothing, signs, symbols, jewelry, tattoos or anything visible that conveys a message of hate, exclusion, intimidation, threat or violence
- Weapons of any kind
- Smoking
- Damaging or defacing CRC property
- Possession, sale, use or being under the influence of alcohol or other controlled substances
- Offensive and unlawful conduct

Protection of children is an essential value of the CRC. Failure to follow this code of conduct may result in disciplinary actions, which may include immediate eviction from the premises, loss of privileges and suspension or termination of membership. The CRC may contact security, police or other authorities for assistance or to take appropriate legal action.

We encourage individuals who experience or observe inappropriate conduct to promptly report their concerns to CRC staff. We will make every effort to ensure that reports are investigated and resolved promptly and effectively.

Cell Phone and Photo Etiquette

To protect our members, please do not use video recorders, cameras and other visual recording devices in locker rooms or other restroom facilities. Members are welcome to take videos or photos of their own children in classes and programs. Please be courteous and check with other parents before including their children in photos.

To be respectful of other members, please do not use cell phones in locker rooms, restrooms and all workout areas. In workout areas, you may keep your phone on vibrate and leave the room if you choose to take a call.

If you have any questions or concerns,
please contact our Membership Relations Director.

Membership

Types of Membership

There are several ways to participate in programs at the Centennial Recreation Center, one of which is becoming a Facility Member.

Facility Membership

Allows members to use the Fitness Center, Group Exercise Classes, Senior Center, Teen Center, Gymnasium, Kids' Club, Skate Park and Lap/Recreational Swimming and Aqua Fitness classes at both the CRC and Aquatics Center.

Membership Categories

Adult: Includes one adult and all children through the age of 21 living at the same address. Access all hours, all core programs.

Family: Two adults and all children through the age of 21 living at the same address. Access all hours, all core programs.

Special Hours: One adult, designed for seniors and those with flexible schedules. Access 10am-4pm weekdays, and any time on the weekends (no access to other YMCA's). Access all core programs during these hours. Children are not included in this membership.

Couple Special Hours: Two adults, access 10am-4pm week-days and anytime on weekends. Same rules apply as Special Hours Membership.

Adult Plus: Additional adult, ages 22 or older, living at the same address. Access all hours, all core programs.

Youth/Teen: One youth/teen, ages 12-18. Access all hours, all core programs.

YMCA Membership (6 for 1)

You are automatically a YMCA member unless you checked the box declining this benefit or are on a Special Hour Membership. This membership gives you access to five other full facility YMCAs in Santa Clara County.

Central YMCA
1717 The Alameda, San Jose, CA 95126 (408) 298-1717

East Valley Family YMCA
1975 S. White Rd., San Jose, CA 95148 (408) 715-6500

Northwest YMCA
20803 Alves Drive, Cupertino, CA 95014 (408) 257-7160

South Valley Family YMCA
5632 Santa Teresa Blvd., San Jose, CA 95123 (408) 226-9622

Southwest YMCA
13500 Quito Rd., Saratoga, CA 95070 (408) 370-1877

The AWAY Program

Always Welcome At YMCA (AWAY) is the YMCA nationwide visiting member program. The AWAY program allows CRC/YMCA members an opportunity to visit and use YMCAs across the country.

Using Membership Cards

For your protection and benefit, we require members to bring their membership cards to the Welcome Desk before entering the locker rooms or exercise areas. This not only verifies your membership, but it also helps us monitor who is using the facility.

If you forget your membership card, you will be asked to show identification (drivers license or student I.D.).

Please note: Access to the CRC may be denied if the proper identification is not presented. If a member fails to bring his/her membership card on an ongoing basis, the member must purchase a new Membership Card for a $5 fee. Membership cards are the property of the CRC. Your membership card and use of your membership is restricted to the original holder. These privileges are non-transferable and may not be used by friends or relatives.

Guests of Members

If members bring a guest under the age of 18 years old please note that their parent/guardian has to sign a waiver in advance. Waivers may not be signed by the member.

Payment of Fees

Enrollment Fees
Members are required to pay an enrollment fee at the time of enrollment; this is to help with the ongoing costs of facility operations. Members whose membership that has lapsed more than thirty (30) days are required to repay the enrollment fee upon rejoining.

Changes in Payment Plans
The CRC must be notified in writing at least fifteen (15) days in advance of any changes to a membership account. Contact the Welcome Center staff for more information.

Fee Increases
You will be notified in writing at least 30 days in advance of any increases or changes in fees.

Membership Fees

Membership fees are payable in one of the following ways:

ANNUALLY: Annual membership fees may be paid by cash, check, or credit card (Visa, MasterCard).

MONTHLY: Monthly membership fees are payable by an automatic bank draft (Electronic Fund Transfer). This payment method requires members to sign a bank authorization and submit a voided check. Note: A service charge will be assessed for returned checks and returned bank drafts. You have the option of being drafted on the 1st or the 15th of the month.

Financial Assistance

Contact the Welcome Center Staff or Member Services Director for more information.

Change in Membership Status

The CRC recognizes that there may be circumstances under which members may need to change the status of their membership.

Any changes to a membership requires a fifteen (15) working day written notice prior to your draft date. Please see specific polices related to changes below.

Membership Hold Policy

A membership may be placed on hold up to a maximum of three months during a 12-month period.

A service fee of $15 will be owed at the time of the request to put your membership on hold.

Downgrade Policy

We do not issue refunds for downgrades. We need a 15 day notice prior to your draft date to downgrade a membership.

Upgrade Policy

All upgrades from Adult, Special Hours, or Youth/Teen memberships to Couple Special Hours or Family membership will require the $25 enrollment fee ($75 family enrollment fee less your initial $50 enrollment fee) to be paid in addition to any prorated membership fees. The $25 enrollment fee will still apply even if you were once on a family membership.

Cancellation Policy

The CRC recognizes that there may be circumstances under which members may need to cancel their memberships.

A fifteen (15) working day written notice is required prior to your draft date to stop the next bank draft.

Any refund due to annual paying members will be made on a prorated basis. Refund checks will be mailed or the original credit card will be credited.

Any exceptional circumstances will be handled on a case-by-case basis, subject to arrangement with the Membership Director.

Facility Security

Member and guest security is of the utmost concern to the CRC. Please help us in creating a safe environment. The following are some steps that can assist in keeping the facility and your possessions as secure as possible.

INSIDE THE FACILITY

- **Report All Suspicious Persons to the Welcome Desk.** Getting information to staff and police as soon as possible usually can prevent a theft.
- **Report All Thefts.** If you determine that an item has been stolen, report it to the Welcome Center immediately. The Welcome Center staff will assist you in contacting the police to file a police report.
- **Lock Up All Belongings.** Do not leave items anywhere in the facility unattended. Lock up all items in lockers or keep them with you. Make sure your lock is securely locked. Locks are offered at an affordable rate at the front desk for those that need them.

IN THE PARKING LOT

- **Report All Suspicious Activity to the Welcome Desk or the Police Department.** If something looks out of place report it immediately. Do not hesitate to report people parking for extended periods, looking into other people's cars, or acting in any other unusual manner.
- **Do Not Leave Valuables in your Vehicle.** Do not provide any reason for people to want to break into your car. If you have to leave items keep them in secure areas out of sight.

Other Information

Lost and Found

The CRC is not responsible for lost or stolen items. There is a Lost and Found at the Welcome Center. Items are held for a maximum of one week before they are donated to local charities.

Emergencies and Injuries

Contact a staff person immediately in the event of an emergency or injury. Staff is required to document all incidents/accidents.

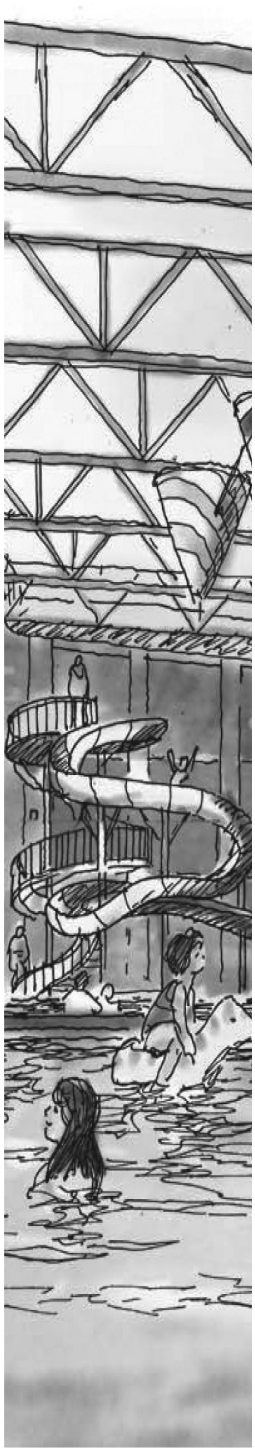
Observance of Holidays

The facility will be closed on New Year's Day, Easter Sunday, Memorial Day, Independence Day, Labor Day, Thanksgiving Day, and Christmas Day. Limited hours may be posted in observance of other holidays.

The City of Morgan Hill periodically refurbishes and cleans specific areas of the facility. It may be necessary to close certain areas at those times. Advance notice will be given.

Volunteer Opportunities

Volunteers who share their time and talent are the driving force behind the CRC's programs and services. Volunteers help develop policies and help plan for the future of the CRC by serving on committees, commissions, and serving on the Mt. Madonna YMCA Board of Managers. Others assist as program leaders. Volunteers are vital to our success. If you are interested in volunteering, please contact the Welcome Center or Member Relations Director.



Member Advisory Statement

Members and guests are advised that they use the CRC premises, facilities, equipment, and program activities at their own risk. The City of Morgan Hill/YMCA reserves the right to revoke or refuse membership.

Persons with high blood pressure, heart disease, or other known medical problems, and pregnant women should consult their physician before exercising.

Be responsible for your level of participation in classes.

If you are on any medication that will influence your exercise intensity, have any medical problems or complications, or have a history of heart disease or hypertension, please be sure to have your doctor approve your exercise program.

Participants in Aqua Fitness classes also must abide by all pool rules applicable during Recreational, Family, and Lap Swimming times.

Children under 8 years old may not participate in adult exercise classes. Youth-friendly and family classes are offered to accommodate our younger youth members. Youth must be able to follow along with the instructor during class.

Kids' Club

We provide structured programmed activities in our Kids' Club for children ages 6 weeks to 12 years while parents are working out. There is a 90 minute time limit per day for Kids' Club and parents must remain on the premises. At Kids' Club your child(ren) will always be activity and engaged in something. Please know that the television in Kids' Club will only show educational videos/shows when it is scheduled on the Kids' Club Calendar.

Occasionally, young children have separation anxiety. Our staff will try to console your child for a period of time but if your child is not adjusting, a staff person will come and get you. We encourage you to keep bringing your child to the Kids' Club on subsequent visits because once the child is accustomed to the environment, this behavior will subside. If your child is being potty-trained, please notify the staff so they can work with you and your child. Kids' Club does not change diapers. If there is a potty accident a Kids' Club staff will come get you.

Hours:
Monday-Friday 8am-8pm
Saturday 8am – 1:30pm
Sunday 8am-1pm
***Hours subject to change.**

Kids' Club Check In/Out Policy:

- Parent must review and sign our Policies and Procedures form
- Parents must show and leave their membership card OR photo ID at time of check in
- Same parent who dropped off must pick up

Sick Policy - Please be courteous to other members and not bring your child to Kids' Club if they are ill or have been ill until 24 hours AFTER the symptoms have disappeared.

Babysitting for Members - Our insurance does not allow our staff to baby-sit families involved in programs while they are employed by our YMCA. Please make it easy for them by respecting this requirement.

Locker Rooms

Locker rooms are provided for the convenience of our members. The CRC strongly encourages the use of locks on all lockers. The CRC is not responsible for items put inside the lockers. Lockers are for day use only. If locks are left on overnight the lock will be tagged and removed 48 hours later and the contents of the locker will be moved to Lost and Found.

Locker Rooms Rules

- No cell phone usage in the Locker Room.
- Please be courteous and wipe and clean lockers and areas used.
- Please lock all items; the CRC is not responsible for lost or stolen items.
- Locker usage is on a visit to visit basis. Please remove all items and locks after each visit. This will insure Locker availability for members.
- No opposite sex children over the age of 3 in locker rooms. We strongly encourage the usage of the Family Changing Rooms.
- Any type of harassment by either gender to any of our members or guests will result in immediate membership suspension.
- Showers are limited to 10 minutes.
- Abuse of our equipment or fixtures, loud, obnoxious behavior, and offensive language are all grounds for immediate suspension.
- No glass, aluminum cans, or food will are allowed in the locker rooms.

PARKING / BICYCLES

- Personal locks are subject to removal if left overnight
- Parking is available in the parking lot.
- Bikes should be locked in the bicycle rack
- Bike lockers are available for community use. Keys are available at the Welcome Center and will be issued with a valid photo ID.

Group Exercise Classes (Land and Aqua Fitness)

These guidelines have been established by the YMCA Health and Wellness Department to ensure an enjoyable, professionally managed fitness program. We appreciate your cooperation.

- Please be prompt to class. If you arrive late for class, please take the time to do an active warm-up and static stretch session before you join the class.

- If you must leave class early, please be sure to cool down properly by walking around for a few minutes.

- Wear aerobic shoes while exercising to decrease the risk of injuries.

- Please use weights only when the instructor specifies their use. Ankle and wrist weights are not allowed for use during the aerobic portion of the class. Potential injury to the joints is increased when weights are used improperly.

- Please refrain from excessive conversation with other class members; it is distracting and inconsiderate to other members and instructors.

- Please wipe down your mat and equipment after class.

Studio Cycling Rules and Guidelines

- Classes are on a first-come, first-served basis.
- Water bottles and towel are highly recommended.
- Cycling shoes or stiff-soled athletic shoes and padded bike shorts are recommended.
- No prior cycling experience necessary.
- Out of respect for other riders, please wipe down your bike after class to remove, dirt, sweat and oils.

Fitness Center

Learn how to use our fully equipped fitness center to your best advantage. CRC offers all members a free one-on-one wellness coaching session.

Our trained wellness coaches will:

- Suggest an appropriate workout routine for you
- Set an initial cardio and strength training program for you
- Assist in equipment usage and adjustments
- Demonstrate proper form
- Answer all of your questions

Make your appointment today at the Welcome Center or Fitness Desk! Available to facility members only.

These guidelines have been established by the YMCA Health and Wellness Department to ensure an enjoyable, professionally managed fitness program. We appreciate your cooperation.

- Please have appropriate attire and close toed shoes in Fitness Room.
- Please be courteous and use lockers or cubbies for gym bags and equipment so that Fitness Area is clear of any hazards
- Please place cell phones on vibrate or silent. If you must answer your phone, please be kind and respectable of members and guests in the area and answer in the hallway or nearby vicinity. Cell phone frequency also engages with Polar Heart Rate monitors and may provide inaccurate readings with cardiovascular machines.
- Please be courteous and re-rack weights on assigned weight trees
- Please do not slam the weights on the machines

Fitness Center

Youth in the Fitness Center

Youth members ages 8 and older are invited to use the fitness center with the following guidelines:

- Youth members 8-9 years old must be accompanied by a parent/guardian at all times (preferably exercising as well) while in the fitness center. Youth must also go through YST.
- Youth members 10-11 years old must have a parent/guardian present somewhere in the facility. Youth must also go through YST.
- Youth members who are 12 or older can use the fitness center unsupervised. We do highly recommend youth going through YST.

Youth 8-11 years old will have access to select cardio and resistance machines upon completion of our Youth Strength Training Program (YST).

Television and Music Policy

We currently have 6 televisions in the Fitness Room. Each television is dedicated to either sports, news, family friendly or local channels.

Our news channel is the most popular in the Fitness Area. In order to provide a variety of different options we have established a 2-hour block for each station that is rotated throughout the day. However, upon request, members may ask for channels to be changed, only when other members are not engaged and it is permitted to do so with out ill respect to others in the Fitness Area. We are encouraged to maintain respect and courteous towards all members to ensure customer service is equally provided.

The music in the Fitness Room is a compilation of music acquired and shared among the members for their enjoyment. Music is kept at a volume that is sustainable and not overwhelming. Music volume and control is set so that it does not overwhelm the ability to hear headphones connected to the Cardio Theatre equipment.

Equipment Rules

Spray bottles with disinfectant and paper towels are available to wipe down the machines after you have finished working out.

Equipment Time Limits

There is a 30-minute usage maximum with a 2-min cool-down period (when members and guests are waiting) on the cardiovascular machines.

Fitlinxx

Fitlinxx is an interactive fitness network designed to make sure you get a personalized workout each and every time you exercise. The system is designed to give you instant feedback while you exercise on the fitness equipment and for your fitness coach to monitor your progress and help you reach your fitness goals. Fitlinxx promotes safety, effectiveness and ease of use. If you are a CRC member you can utilize Fitlinxx to track your workouts even if you don't normally use the Fitness Center by setting up an online account at www.fitlinxx.com. Ask a Fitness Coach or the Welcome Center for more information.

Using FitLinxx lets you:

- Exercise to a customized program geared to your goals, needs and constraints.
- Receive personalized support from your fitness instructor.
- Get immediate feedback on your precise exercise movements.
- Track your workout progress.
- Enhance your overall lifestyle at www.fitlinxx.com, where you can log workouts, find articles on health and fitness, wellness and nutrition, and view member success stories.

Aquatics Center and CRC Pool Descriptions

Included in your membership is use of all the pools located at the Aquatics Center and the Indoor Pool at the CRC for lap swim, aqua fitness classes, and recreational swim.

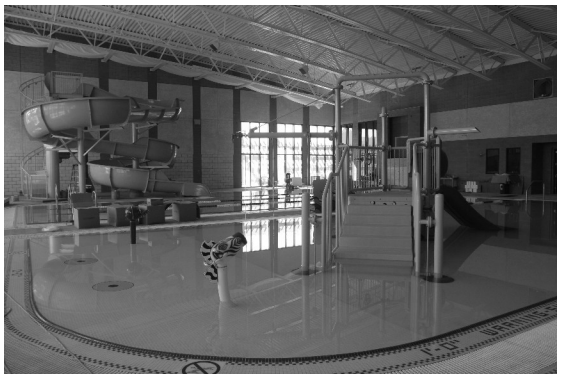
Description of Pools:

Aquatics Center Competition Pool: This pool offers a minimum of 5 lanes to 18 lanes at a time. Lanes are 25 yards in length for the short course or 50 meters in length for the long course. Deep water aqua fitness and swim lessons are also offered in this pool. It is heated year round to approximately 79-80 degrees.

Aquatics Center Instructional Pool: Both aqua fitness and swim lessons are offered in this pool. The pool is 25 yards x 15 yards in length and is heated year round to approximately 84-85 degrees.

Aquatics Center Recreational Pool: This pool offers two giant waterslides with beach entry and water playground. It is heated to approximately 78-84 degrees.

Centennial Recreation Center Pool: This pool has a slide, water play feature, and three lap lanes 20 yards in length. It is heated year round to approximately 83-84 degrees.



General Pool Rules

Pool rules are designed to ensure the safety and enjoyment of our members and their guests. Your cooperation is greatly appreciated.

- Guests must obey all pool rules and follow the directions of lifeguards and staff at all times.
- Guests must be at least 48” tall to ride the large slide and less than 48” tall to use the play structure.
- Adults may accompany small children within the play structure.
- No diving.
- No running on the pool deck.
- No dunking, sitting or standing on shoulders, rough play, or throwing objects.
- Infants and children 3 years and younger:
    - Parent or guardian must be in the water and within arm’s reach of the child while they are in the water, and
    - Must wear a swim diaper at all times in pool or water features.
- Children under the age of 9: Must be accompanied by a parent or guardian at all times.
- Youth 10-11 years: Can be in the natatorium alone as long as a parent or guardian is somewhere in the building.
- Youth 12 years and older: Can be in the natatorium alone and the parent or guardian does not need to be in the facility.
- All swimmers must shower before entering the pool and wear proper swimwear.
- No outside food, drink, glass, cans, or ice chests are allowed in the swimming pool area. (Only rental groups are allowed to have food in the natatorium patio area)
- Portable music players and other electronic devices may only be used with headphones.
- No water toys and floating objects permitted in the water
- Only Coast Guard approved lifejackets are allowed in the pools. Swimwear with built in lifejackets may be allowed on a case by case basis at the discretion of the Natatorium staff.
- Pool rules are subject to change.
- Have fun and use the pool safely at your own risk.

Lap Swimming

As a lap swimmer, it is very important to realize that our pool has a limited number of lanes, and there may be two or more swimmers per lane. You may find yourself swimming with someone who swims faster or slower than you. Lap lanes are reserved for lap swimming only. Water Walking is allowed in the slow lane only.

All facility members and guests ages 12 and over are allowed to swim laps during lap time and recreational time. Patrons who are 10-11 years old may lap swim, if a parent/guardian is present in the facility. Patrons 4-9 years old MUST complete and pass a swim test before they can swim in the lap lanes and parent must be in the natatorium.

We reserve the right to swim test any patron, regardless of age.
*(A successful swim test is two consecutive, complete laps of freestyle, breast stroke, or butterfly. If a patron is unable to complete a swim test, they will be asked to vacate the lap lanes).

Circle Swimming

Circle swimming is required when there are three (3) or more swimmers per lane. In this case, all swimmers will stay on the right-hand side of the lane. Please wait at the end of the pool until all swimmers in the lane have noticed that you will be joining the lane.

If two people are already in the lane, stand in the water at the ends of the lane and wait for the other two lap swimmers to acknowledge you. You can also ask the lifeguard(s) for assistance.
When you reach the walls while swimming, check for any other swimmers who may want to join the lane.

Choosing the Appropriate Speed Lane

Each lane is designated as Slow, Medium, or Fast. Swimming in the appropriate speed lane will make your workout more enjoyable. It is the lifeguard's responsibility to match swimmers with the appropriate speed lane. For safety, the lifeguard may ask swimmers to move to different lanes to accommodate faster or slower swimmers.

People Passing

As a general rule, if you feel the person behind you is creeping up to your feet, stop at the end of the pool and let him/her pass. If you are doing the passing, please wait until you get to the end of the lane to pass.

General Pool Information

Water Temperature

It is the intent of the City of Morgan Hill to provide a variety of recreational opportunities for people of all ages. It is understood that lap swimmers and swim club participants prefer the water temperature to be cooler for workouts. Participants in other activities, such as swim lessons and aquatic exercise prefer a warmer water temperature. With this in mind, the pools are heated at the following temperatures:

- Aquatics Center Competition Pool 79-80 degrees
- Aquatics Center Instructional Pool 84-85 degrees
- Aquatics Center Recreation Pool 78-84 degrees
- Centennial Recreation Center Pool 83-84 degrees

Chemicals

State law requires that the Aquatics Center and Centennial Recreation Center maintain a 1.5 ppm chlorine residual in the pool as a minimum. During the summer months the chlorine residual is generally kept at a minimum of 2.0 ppm at the start of open recreational swimming to provide a safe environment for all swimmers. The pool will be closed if the chlorine residual is below 1.5 ppm or higher than 4.0 ppm. It is understood that swimmers may have some type of reaction to chemicals in the water. Any person who has a question about the levels of chemicals in the pool is welcome to meet with the Recreation Manager and review the pools chlorine level records. In the event a person defecates in the pool, the pool will be closed until the water is deemed safe by the management.

Other

If you wear fins or hand paddles, please be careful that you do not hit someone with them. If it is crowded, the lifeguard may ask you to remove the fins or hand paddles.

Gymnasium

Appropriate exercise clothing and athletic shoes must be worn at all times. Sandals, bare feet, dress shoes, street clothes and jeans are unsafe and therefore unacceptable attire in the gymnasium. T-shirts, tank tops or athletic tops are to be worn at all times while in the facility. The following rules have been established for customers using the CRC Gymnasium.

- Non-marking Tennis Shoes only allowed on the courts.
- No profanity, instigating, or fighting. These can result in membership suspension and/or termination.
- Only water is allowed in the gym.
- No hanging on rims or nets.
- During peak hours participant must sign up on team sign up list to ensure everyone gets to play.
- Please refrain from bringing gym bags in Gym.
- Full court games may only take place when no one else is utilizing the gymnasium. If others come to play, games must move to half court.
- Drop-in basketball is for adults and youth 12 years of age or older.
- See posted rules for specific drop-in sports rules.
- Youth Gymnasium Guidelines:
    - Youth 9 or younger must be accompanied by an adult at all times
    - Youth 10-11 can use the gymnasium as long as his/her parent/guardian is present somewhere in the facility.
    - Youth ages 12 and older may use the gymnasium without supervision.

The CRC staff will eject any player who does not abide by the rules. Offensive or threatening language or behavior that is not respectful to other members or staff will not be tolerated and will result in ejection and/or termination of membership.

Miscellaneous

- As a courtesy to other members, only personal stereos with headphones may be used in the workout areas.
- All CRC workout areas are co-ed.
- Exercise clothing must be worn at all times in exercise areas. Street clothing is not allowed. Shirts and closed-toed athletic shoes must be worn at all times in exercise areas.
- No food or drinks (except closed water bottles) are allowed in the locker rooms and exercise areas.
- Rates, fees, and schedules are subject to change.
- Black-soled tennis shoes are not permitted in the aerobic studio or gymnasium.
- The City/YMCA is not responsible for lost or stolen articles.

Questions regarding membership policies should be directed to the Membership Director, Associate Executive Director, or Recreation Manager. These staff members will be happy to discuss CRC policies with you.

Computer Room Guidelines

The Centennial Recreation Computer Lab is open during specified hours, as scheduled by CRC staff. Senior and teen use of the computer lab will be given first priority in scheduling. Computer use is free for CRC members and $2 for non-members.

SENIOR HOURS (For adults 50+ ONLY):

Monday-Friday	8am-3pm

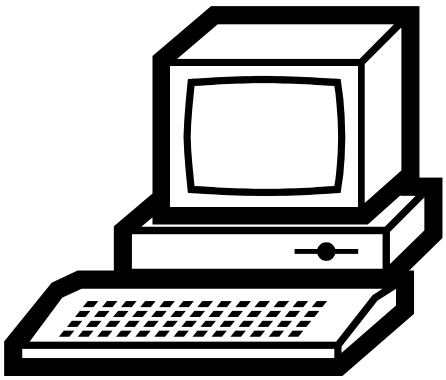
GENERAL HOURS (18+ of supervised by parent):

Monday-Friday	3pm-10pm
Saturday	8am-8pm
Sunday	8am-6pm

The following rules have been established for customers using the CRC Computer Room:

- **FOOD, DRINKS AND LIQUIDS**: Are **not allowed** in the Computer Room
- **PHONES**: Please remember to turn your cell phone to OFF/ SILENT upon entering the Computer Room. Should you receive a call, please step outside the room to answer.
- **AGES**: Minimum age to use the room without supervision is 18. People under 18 must be supervised by their parent or legal guardian. Youth 12-18 can use the Teen Center computers across the hall during open hours.
- **HYGIENE**: The Computer Room is a small space where people sit closely together. Please make sure to use the proper hygiene practices, as to not disturb others.

- **INAPPROPRIATE MATERIAL**: Viewing inappropriate material is expressly forbidden on all computers at all times. Inappropriate materials include, but not limited to, pornographic images, violence or gambling.
- **MONITORING**: All computer use may be monitored by CRC staff for review of appropriateness and safety.
- **FILE STORAGE:** The City will use hardware/software that "locks" the hard drive of the computers. Users cannot save anything permanently to the hard drive. Users should save files to removable storage media or email files to themselves.
- **COMMENTS:** Comments or concerns can be directed to the welcome desk.
- **COMPUTER USE TIME & SIGN IN PROCEDURES:** Is limited to one half hour when others are waiting. The following steps should be taken when using the computers.
    - Check in at the Welcome Desk and present your membership card or photo ID (non CRC members will be charged $2.00 to utilize the computer lab)
    - After checking in at the Welcome Center you will be provided with a magnetic card to access the computer room.
    - Users should not allow others into the computer lab. Everyone must check in at the Welcome Desk.
    - Please only utilize the computer that were assigned to.



CITY OF MORGAN HILL

CENTENNIAL RECREATION CENTER

TOGETHER WITH THE YMCA

Centennial Recreation Center

171 W. Edmundson Ave.

Morgan Hill, CA 95037

(408) 782-2128

www.mhcrc.com