

WEIGHT ROOM/CARDIO CENTER

- No food or drink. Water is permitted in a sealable container.
- The Weight Room and Cardio Center are reserved for those ages 14 and up. There is no exception to this rule. Any person, even an infant in a car seat, under the age of 14 is not allowed in the weight room or cardio center, even if with an adult.
- After each exercise, wipe down the machine with a towel and cleaner.

LOCKER/DRESSING ROOMS

- Lockers are first come, first served.
- Lockers are day use only. Items left overnight will be removed.
- A towel service will be available through the front desk.

LOST & FOUND

- Lost and found items will be located at the Front Desk.
- Lost and found items will be held for 3 weeks. After that time, items will be discarded or donated to a local charity.

Do you not know that in a race all the runners run, but only one receives the prize? So run that you may obtain it.

1 Corinthians 9:24

Rec Center HOURS

	OPEN	CLOSE
Monday	5:30 AM	9:00 PM
Tuesday	5:30 AM	9:00 PM
Wednesday	5:30 AM	5:00 PM
Thursday	5:30 AM	9:00 PM
Friday	5:30 AM	9:00 PM

(Please check the Rec Center for seasonal activities that could alter this schedule)

PHONE NUMBER:
804.746.0801

9283 Atlee Station Road
Mechanicsville, VA 23116
Email: reccenter@coolspring.org
coolspringrec.org



[coolspringrec](http://coolspringrec.org)



RULES & CODE OF CONDUCT

MISSION STATEMENT

We seek to combine the gift of leisure with the companionship of Christ.

Dear Family and Friends,

It is my pleasure to welcome you to the Rec Center of Cool Spring Baptist Church. My desire is for you to enjoy yourself in a safe and fun manner while playing or participating in our daily activities.

The Regulations and Code of Conduct Brochure is an important document designed to clarify and instruct you in our standards and expectations for participants. The Rec Center is a unique facility that is constantly being used for the purpose of glorifying Christ while "Playing for Him." I trust this document will be useful to you. Remember, our mission is to "Combine the Gift of Leisure with the Companionship of Christ."

*Playing For HIM,
Greg English
Recreation Minister*

GENERAL

- To use the Rec Center, guests must register, have their picture taken & receive a key card to scan at each visit. Payment options are:

Day Pass - \$2 | 1-month Family Pass - \$50 (4-person minimum & children must be under 18)

1-Month Pass - \$15 (Minimum required to attend SilverSneakers classes without insurance)

3-Month Pass - \$40

- Regardless of membership, all children ages 10 and under must be accompanied by an adult, 18 years or older.
- Participants are limited to 3 hours of participation per day.
- No Profanity.
- No fighting or excessive arguing.
- Sitting on the stage is not permitted.
- Volunteers are **not** allowed to keep personal items for guests/members. Please use a locker or leave your personal items at home or in your vehicle. **We are not responsible for personal items that may be lost or stolen.**
- No spaghetti straps or bare midriffs. Shirt logos must not be provocative and distracting to others.
- Shorts must be worn on your waist. Underwear should not show. No sagging or baggy pants, rolling down your waistbands, etc.

GAME ROOM

- No food or drinks allowed.
- The Pool Table can only be used by those ages 11 & older. Those ages 10 & under must be accompanied by an adult (18 yrs or older).
- All equipment must be checked out at the Front Desk.

BASKETBALL COURTS / GYM

- The basketball courts will be open for the community to play basketball during specific times. Please review the seasonal calendar located at the Front Desk for those times.
- The maximum number of participants allowed in the gym, to play or watch basketball, will be limited and monitored by the Cool Spring Staff. Once the limit is reached, guests entering the Rec Center to play or watch basketball will be asked to return another time.
- No food or drink is permitted. Programmed activities may have an exception to this rule as approved by the Recreation Staff.
- Mark resistant shoes are required. No work boots or street shoes.
- Hanging on rims is strictly prohibited.
- Programmed activities have priority over free play.

RUNNING TRACK

- The track is for exercise, not watching.
- Distance around the track: 16 laps = 1 mile.
- Walking/running shoes are required for the track. Without them, you will be asked not to use the track.
- Walkers must remain in the inner/wider lane. Runners must remain in the outer/narrower lane.
- Please follow directional signs.