CLEAN AND COMFORTABLE
LOCKER ROOM GUIDELINES

**KEEP IT SAFE.** Secure your belongings. The YMCA is not responsible for lost, damaged or stolen items. Bring workout essentials & leave valuables at home.

**USE IT DAILY.** Participants using locker rooms must provide their own locks.*

**CLEAR THE AIR.** Please respect the respiratory sensitivities of others by avoiding the use of scented perfumes, colognes or other scented aerosols.

**HELP CONSERVE.** Please monitor your water usage when using showers & sinks.

**DRINK UP.** Stay hydrated with water. No food or additional drinks in locker room.

**ROOM FOR ALL.** ADA-accessible Changing Rooms available for individuals with disabilities & families.

**ALL IN THE FAMILY.**

- Women with children please use Women’s locker rooms or Family changing rooms – boys may enter up to age 5.

- Men with children please use Men’s locker rooms or Family changing rooms – girls may enter up to age 5.

**TURN IT OFF.** Use of cell phones & cameras are prohibited.

* Check with your local Y for additional locker options.