



PCC COMMUNITY CENTER RULES

Check-in 1st

All people must check-in at the front desk before proceeding beyond the lobby (staff, members, guests, and people dropping children off for lessons/camps). If just accompanying a child to lessons, the child's guardian needs to sign our guestbook waiver and release of liability (no guest fee needed if only observing a lesson).

General Conduct

- All people must communicate and behave respectfully and follow Center rules while on PCC Community Center property.
- While suggestions and feedback are greatly appreciated, operations decisions are made by the Staff.
- This is an alcohol-free and non-smoking campus.
- Children under the age of 16 must have an adult guardian on the Center campus who is 18 years of age or older.
- Children ages 7 years old and older may stay in the lobby (not other places at the Center) without direct adult guardian supervision as long as their adult guardian is at the Center and the child follows all Center rules. If the child is not able to behave in a way that is encouraging and respectful to others, the privilege of being in the lobby without adult guardian supervision is revoked.
- Children 6 years old and younger must either be in Child Care or within 15 feet (no physical barriers between) of an actively supervising adult guardian.
- All personal training and/or instruction must be done **ONLY** by PCC staff members (trained and certified in that area of expertise). If you are interested in becoming an instructor and/or trainer please contact the department Director of the area in which you would like to work.

Aquatic Rules

- The main pool is open for lap and recreational swimming at certain times throughout the day and availability varies throughout the year. The current swim availability schedule is available in the Center lobby kiosk and posted on our website (www.peninsulacommunitycenter.com). Some scheduled workouts use all the lanes for a period of time. Please check the schedule for the current pool availability times.
- In accordance with California law, persons under 14 years of age will not be permitted to swim unless under the direct supervision of another person 18 years of age or older. Direct supervision is defined as the supervising adult being no more than 15 feet away from the child(ren), actively enforcing PCC rules, and in the same vicinity as the child(ren). Same vicinity means that no gates or barriers stand in the way of the supervising adult's visible and physical path to the swimming child(ren).
- No running.
- No glass containers.
- Coast guard approved life vests **ONLY**. **ANY CHILD WEARING A COAST GUARD APPROVED LIFE VEST MUST BE ACCOMPANIED BY AN ADULT IN THE WATER**.
- No sitting on or hanging on lane lines.

- No diving.
- No dunking, spitting, or horseplay.
- Kickboards, fins, snorkels, and water fitness equipment are for lap swimming and fitness classes only.
- No inflatable toys, squirt guns, and hard balls (dive toys and soft balls okay).
- The Center staff has final authority on lane usage and may use 1-2 lanes and the deep end at any time for instructional and training purposes.
- Children who are not toilet trained must wear a disposable swim diaper **with** a reusable swim diaper over to prevent accidental fecal release in the water. Even still, if a child has a fecal release, they will need to be removed from the water immediately.
- Only PCC employees may teach swim lessons at the Center
- Diapers may not be changed directly on tables or chairs (use changing mat) and must be disposed of in trash containers immediately.
- Babies and toddlers in stroller phase, must be either in arms or in their strollers, securely strapped in, and within view of the adult supervising them at all times.
- Persons having active diarrhea or who have had active diarrhea within the previous 14 days shall not be allowed to enter the pool water.

Baby Pool Rules

- The baby pool is only to be used by children 5 years of age and under. Children must be under the direct supervision of a person 18 years of age or older.
- Floating devices are not permitted. However, pool toys are permitted. Center toys and equipment are reserved for our aquatics programs only.
- Each child must have an adult inside the baby pool gate actively supervising the child from within arms reach.

Diving Board Rules

- Only one person on the board at a time.
- Forward entrance into the water only. No reverse or inward jumps or flips.
- Swimmer must go directly to the ladder after going off the board.
- Swimmer on board must wait until the person in front of him/her has reached the ladder before jumping.
- One bounce only.
- No running on board.
- Use board at your own risk.
- Any PCC employee may close diving board if the rules are not being followed.

Island Day Rules

- Children under 14 years must take a swim test BEFORE using the Island.
- Do not use the Island until signaled by a Lifeguard to do so.
- Do not jump or dive onto the island. This may cause the Island to pop and be shut down.
- People who fall off the Island must swim to the nearest wall and exit. There is no climbing back on once fallen off.
- No hanging on the ropes that attach the island to the lane lines.

Hot Tub Rules

- An adult in the hot tub area must supervise anyone less than 14 years of age.

- When the hot tub is crowded, please limit use to 5 minutes. The first to enter the hot tub will be the first to exit.
- Maintain a calm environment. No horseplay (spitting, splashing, swallowing water, wrestling, sliding down handrails, swimming underwater).
- Children must be toilet trained in order to use the hot tub. No diapers of any kind allowed.
- No glass containers in the hot tub area.

Locker Room Rules

- No cell phone use in the locker rooms (silenced, no calls, no photos).
- The adult locker rooms are for ages 16 and up only.
- There are youth restrooms & showers for children up to age 15. Parents may accompany their children to the youth locker rooms but may not use these facilities unless accompanying their children. Adults, please use discretion.
- Children 5 years and older may NOT use opposite sex Youth Showers and Restrooms. Example: Boys 5 years and older must use the Boys Youth Showers and Restrooms.
- Blow dryers for the youth restrooms & shower building may be checked out by an adult in exchange for car keys or form of ID. For safety reasons, we do not leave the dryers in the building full-time or check-out dryers to people under 16.
- No running or horseplay allowed in restroom, shower, and locker room facilities.

Weight Room Rules

- The weight room is for members ages 16 and older only (unless they are part of Go Girls, Jr. Jocks, or with a personal trainer).
- Youth 10 - 15 years of age may use the weight room area if under the direct supervision of a guardian and/or Personal Trainer. They MUST sign in at the Front Desk and wear the appropriate youth band in the weight room facility.
- Close toed shoes and shirts must be worn at all times- no sandals or swimsuits.
- No running or horseplay.
- Headphones should be worn for private music use.
- Use of Group Exercise music equipment is not allowed for personal use.
- Cell phones should be silenced and not used for phone conversations while in the weight room.
- Please respect the cardio machine limit of 20 minutes max per machine if someone else is waiting.
- Please work-in and share use of our weight room equipment. Monopolizing pieces of equipment for longer than 20 minutes is not allowed.
- Wipe down equipment when finished training.
- No Food or Drink allowed in weight room/cardio room/spin room other than H2O.
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Group Exercise Rules

- Adult Fitness Classes are based on our Group Exercise Schedule. Schedules are seasonal.
- Group Exercise classes are complimentary for all members **16 years of age or older**. Please refer to the PCC Group Exercise seasonal schedule for scheduled classes and activities.

- Youth **14 ages or older are welcome to join a Group Exercise class scheduled on our seasonal schedule if they attend with a guardian 18 years of age or older.** *Our Group Exercise instructors may request that youth use special equipment, and this is at the discretion of our instructors and Fitness Director/Coordinator.
- **Non-participating youth AND children 13 ages or younger are NOT ALLOWED to be in our Gym, Bayview or exercise areas when a scheduled class is ongoing or unattended by a guardian.** Please note our Child Care and/or Kid Care hours as they change seasonally.
- **Youth Fitness classes** - Seasonally we offer fee-based youth fitness classes for members and non-members. Registration for these classes and information for age guidelines and details can be found on our website (youth fitness).

Tennis Court Rules

- Tennis shoes are required. No black soled or running shoes.
- Tennis apparel required (no swimsuits or cut-offs). All players must wear shirts.
- No food on the courts. Water is the only beverage permitted on the courts.
- Profanity and unsportsmanlike conduct will not be tolerated.
- Please respect the courts and court equipment. DO NOT bang rackets on the court, net or other equipment. DO NOT lean on the net.
- Do not disturb players when play is in progress.
- Pass through a court only during warm-up or when a point has been decided.
- Unsupervised children 13 years and younger are not to use the tennis courts unless approved by the Tennis Director.
- The tennis platform is for adults (16 years and older) except during events involving juniors.
- Courts can be reserved for 1-½ hours for singles and doubles. Courts 4 & 5 are available for walk-on (please check in at the Front Desk). However, ongoing programs and events listed below take precedence over the courts and can impact the availability of the courts. Check the monthly newsletter, quarterly newsletter, and tennis bulletin board for information. Changes in court usage hours will be announced in advance.

Court Reservations

- You may call the Center Front Desk or go to our website to make a tennis court reservation (only one per day) up to three days in advance between the hours of:
MONDAY-SATURDAY: 7:30 AM to 8:30 PM
SUNDAY: 12:15 PM to 6:30 PM
To use our online reservation resource, please contact our Tennis Department for login information.
- Tennis courts may only be used for the purpose of playing tennis and for scheduled events. Proper tennis shoes must be worn at all times.
- No player may reserve or play in two consecutive reserved time slots.
- For the courtesy of others, call the Front Desk to cancel a court reservation.
- Court 5 is primarily a teaching court. However, it can be reserved on a walk-on basis (first come, first served) if available.

- On rare occasions, a reserved court may need to be preempted for another use. Management reserves the right to make such changes when necessary and will make every attempt to notify the person holding the court reservation in advance.

Ball Machine Policy

- The ball machine is for tennis members only. Check with the Front Desk about rental fee and instructions and sign-ups.
- The ball machine may only be used on Courts 1 and 5.
- During the prime tennis hours (weekdays from 9:00 to 11:30 AM and 4:00 to 7:00 PM and on Saturdays from 7:30 to 11:00 AM), the ball machine can only be used when courts 1 or 5 are available on a “walk-on” basis.

Gym Rules

- The gym is used for scheduled activities only, such as group exercise classes, Upward basketball, scheduled pick-up basketball, tennis lessons, middle and high school youth nights, and SACC/S&G programs. The PCC Gym is used for approved scheduled activities. Please refer to the PCC Gym seasonal schedule for scheduled activities.
- We do not offer open/non-scheduled gym time; if anyone wants to use the gym, they must submit a request for space usage through carinp@wearepcc.com

Pet Policy

- Pets are welcome outdoors on the PCC campus while on a leash and in direct control of the owner.
- Pet owners who bring their pet(s) on campus are directly responsible for the pet's behavior at all times.
- The pet and/or owner may be asked to leave the PCC campus if the pet displays negative behavior such as biting, growling or barking.
- No pets allowed in Peninsula Community Center designated spaces, with the exception of registered guide and assistance dogs or pets involved with official PCC programs.