



SEE REVERSE SIDE FOR SCHEDULE.

# KINESIOLOGY DEPARTMENT



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## USE OF FACILITIES & EQUIPMENT

- Must Be a Current CTC Student, Staff, or Faculty with a valid CTC Picture I.D.
- **\* No Guests Allowed. \***
- Must Scan I.D. in and out at the front desk
- Leave ID with attendant when checking out equipment and/or towel
- Traditional gym clothes required and athletic shoes must be worn
- Food and drinks allowed in the lounge area only
- Water is permitted in workout areas and classrooms
- CTC is not responsible for unattended items or unsecured lockers

### TOPS

**YES:** T-Shirts, tank tops with straps thicker than **one** inch. **Shirts must be worn at all times.**

**NO:** Cut-offs, half shirts, sports bras worn as outerwear, see-thru garments, bare backs, bare midriffs or tank tops with straps less than **one** inch in width. In addition, clothing with symbols, phrases, slogans containing derogatory or offensive language or images.

**USE GOOD  
JUDGEMENT!**

## DRESS CODE

Traditional gym clothes and athletic shoes are required for facility use. **Interpretation and enforcement of the dress code is at the sole discretion of the gymnasium management staff and faculty.**

## POOL GUIDELINES

- One-piece swimsuits or swim trunks required. No midriff showing, No bikinis, thongs, underwear or speedos.
- Gym attendant must be present when anyone is swimming outside of class.
- No children allowed in pool area, unless enrolled and currently attending children swim lessons.
- Participants must shower before entering the pool
- No running in the pool area or diving into the pool
- Gym Attendant or Class Instructor **MUST** be present to access pool area
- Users are required to bring their own towel. Gym staff does not provide towels for pool or showers.

### BOTTOMS

**YES:** gym shorts, gym pants, sweat pants

**NO:** Sagging, briefs, short-shorts, capri pants, cargo shorts/pants or jeans



### SHOES

**YES:** athletic shoes & athletic toe shoes. (Flip-flops and shower shoes only allowed in locker room and pool area.)

**NO:** Boots, sandals, cleats, ballet slippers (outside of ballet class), dress flats or high heels

