KINESIOLOGY DEPARTMENT

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

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.

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.

TOPS

YES: gym shorts, gym pants, sweat pants

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

BOTTOMS

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

SHOES

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.