

### WEIGHT ROOMS/PERSONAL TRAINING:

- Anyone age 16 & up may use the weight rooms.
- Youths 12-15 years of age must be accompanied and supervised by an FMC adult participant or an FMC adult registered guest, age 18 or older.
- **No one under 12 years of age is allowed in the Weight Rooms.**
- Do not bang weights or abuse the equipment. Any behavior deemed as risky or inappropriate (lifting beyond your ability, dropping weights, improper use of equipment, etc.) Violation of this policy will result in loss of weight room privileges.
- All weights are to be returned to their proper racks.
- **No POWDERD chalk allowed.**
- Proper foot wear is required.
- **Spray bottles and towels are provided for you to clean equipment before and after use.**
- No personal training permitted unless it is with an FMC trainer. Personal trainers are listed on the Information Boards.
- **Orientation appointments** on how to use the weight rooms and cardio equipment can be scheduled at the Welcome Desk.

### MEN'S & WOMEN'S LOCKER/DRESSING ROOMS:

- Participants must not leave valuables in an **unsecured locker**. All FMC participants are responsible for their own personal belongings.
- For safety reasons, it is especially important that under-age children be closely supervised by their responsible parent or guardian while in this area.
- No cell phone use allowed in the locker rooms.
- **FREE Lockers with locks are available at the top of the 3rd floor stairwell by the elevator.**
- Lockers are for day use only.

### ITEMS PROHIBITED:

The following items are not allowed in or on the property of the FMC: tobacco in any form (**this is a smoke free campus**), any alcoholic beverage, any controlled substances, anything considered a weapon, or anything that would detract from the Christian atmosphere.

### DRESS & BEHAVIOR

- THE FMC IS USED TO GLORIFY GOD! The language, dress & conduct of the FMC participants, guests, & visitors will be in accordance with high Christian standards.
- Offensive, suggestive, or revealing clothing will not be allowed. **Shirts and tops must always limit body exposure. NO string tank tops, cut-offs, or personally modified apparel allowed.** Tops must completely cover the midsection, chest, sides, and low back when the arms are raised. No revealing or low-cut shirts are permitted. Clothing with profane language or pictures is prohibited. Apparel must not have any sexual references, direct or indirect. Clothing advertising alcohol or tobacco products is not permitted. Closed-toed/healed footwear is required. No sandals, flip flops, or crocs are to be worn when working out.
- **Members must cover up any explicit or offensive tattoos while in the FMC.**
- The FMC staff will enforce the dress code.

### INTERPRETATION OF RULES AND POLICIES:

The FMC staff and will be responsible for the interpretation & enforcement of all rules, regulations, and policies. Any situation not specifically covered in these policies will be acted upon when the need arises, at the direction of the FMC Staff.

### DISCIPLINE:

Willful violation of any policies or rules could lead to loss of eligibility to participate in the FMC. The FMC reserves the right to refuse service to anyone purposefully violating any policy or rule.

### LIABILITY:

- The use of the FMC facilities & equipment will be at the risk of the participant. All participants must sign a waiver of liability before they or their children may use the facility. No one may sign a waiver for another participant unless a parent or legal guardian is signing for a child 17 years and younger.
- First Baptist Church, or its staff, or any of its leadership does not assume liability or responsibility for any participant.
- First Baptist Church does not make any express or implied warranty of the premises, the equipment, fixtures, or furniture.



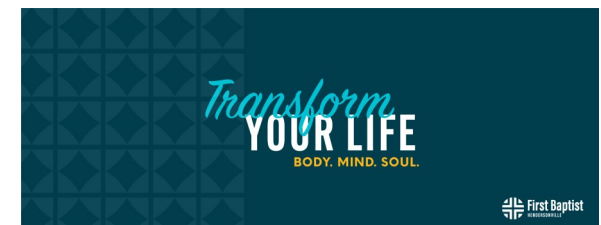
## FAMILY MINISTRY CENTER POLICIES & PROCEDURES

### FMC Hours of Operation

<b>Monday</b>	<b>5 am to 7 pm</b>
<b>Tuesday</b>	<b>5 am to 7 pm</b>
<b>Wednesday</b>	<b>5 am to 7 pm</b>
<b>Thursday</b>	<b>5 am to 7 pm</b>
<b>Friday</b>	<b>5 am to 7 pm</b>
<b>Saturday</b>	<b>7 am to 1 pm</b>
<b>Sunday</b>	<b>Closed for church services</b>

**Come worship with us this week!**

Family Ministry Center  
106 Bluegrass Commons Blvd.  
Hendersonville, TN 37075  
www.fbchville.com  
615-824-6184



Policies and procedures are subject to change. 1/1/23

## FAMILY MINISTRY CENTER

### PURPOSE:

The Family Ministry Center connects the body of believers of First Baptist Church with each other and the community through fitness and recreation. We desire to establish and maintain a spiritual tone that exalts Jesus Christ and encourages participants to honor Him through a lifestyle of physical and spiritual wellness.

### PARTICIPATION:

Participation in the Family Ministry Center is open to all members and guests of First Baptist Church & the community. Participants and Guests shall abide by the policies & procedures contained but not limited to herein.

### POLICIES & PROCEDURES:

There is an annual participation fee for persons age 12 years old and older.\* There is no fee for children 11 years of age and younger. Annual renewals must be paid by the **15th of the month** in which they are due. *\*Fees subject to change*

- For children 11 years of age and younger access is limited to the play areas and basketball courts . They must be with an ADULT FMC member to use the basketball goals and courts.
- **A member 15 years or younger can be in any area of the FMC with a supervising adult and within visual sight of the adult at all times.**
- When a child turns 12, they will need to join and pay the necessary add on fees.
- Anyone under the age of 18 must have a parent or legal guardian present to sign waiver and complete necessary paperwork. A valid driver's license must be presented at time of joining by anyone 16 years of age or older.

### GUESTS:

#### **WE ARE NOT CURRENTLY OFFERING GUEST PASSES.**

FMC members receive annually a one day up to one week pass for out of town guests residing a minimum of 100 miles from the FMC. The pass will be available to all residents of the same household.

#### **A driver's license must be presented before a guest passes will be issued.**

The guest must sign a waiver at the time the pass is purchased. A parent or authorized legal guardian must sign the waiver and provide a copy of a valid driver's license for all guests ages 17 and under. FMC members will be held responsible for their guest's behavior and to ensure they adhere to our policies. Discipline issues of a guest may result in member suspension.

### GROUP FITNESS CLASSES:

- Group Fitness classes are offered each week and **FREE** to all eligible FMC members.
- Check at the Information Board or on the web site for a full listing of class times and descriptions.
- Youths 12 –15 years of age may participate in a group fitness class.

### BASKETBALL COURTS:

- Basketball courts are OPEN and the policies and procedures for use can be found in the supplemental basketball specific policies handout.
- Use of the courts for a member's personal workout is limited when only not being used by individuals shooting on goals, group fitness classes, or other ministries of the church.

### Gym Etiquette Policy:

- Earbuds must be worn when listening to music or using your phone.
- Phone use is prohibited while on a non-cardio piece of equipment. If you must use your device please step away from the machine you are on.

### WALKING/JOGGING TRACK AND CARDIO

#### EQUIPMENT:

- 11 laps equals one mile on the track.
- No one under 12 years old allowed on the track or in cardio areas.
- Youths 12-15 years of age may use the cardio areas and track with an FMC adult participant or an FMC adult registered guest, age 18 or older.
- Walkers are to stay on the inside of the track along the railing.
- Joggers are to stay on the outside of the track along the wall.
- Please be considerate of others when either walking or jogging.
- Participants on the track are limited to a maximum of TWO wide at anytime on the track. Everyone must be moving, no standing or hanging on the rail.
- Please walk with the flow of traffic when **entering/ exiting** the cardio area.
- **M-W-F we walk clockwise, T-TH-Sat we walk counterclockwise.**
- Please do not talk on a cell phone while using the track. Step off the track to make/take phone calls.