

EastSide Centre Rules and Guidelines (Indoor)

- All members and guests are required to check in at the front desk of ESC. All members must swipe their membership or Silver Sneakers card when checking in.
- Gym and workout areas are to be used by EastSide Members or paying customers only.
- Children under the age of 10 must be accompanied into the facility by a parent or guardian 18 years or older and must be supervised by that parent and/or guardian.
- Members and guests 14 years and older may use the fitness center without adult supervision.
- Lockers are available for a fee and can be purchased at the front desk.
- Basketballs can be checked out at front desk with a valid ID Card. Persons not returning basketball(s) will be charged a fee of \$50.00 per basketball.
- ESC has ZERO-TOLERANCE for vandalism, theft, fighting, verbal, or physical threats to ESC members, guests, or staff members, possession of a dangerous weapon, drug activity or disruptive behavior resulting from the use of drugs or alcohol. If any of these infractions occur, the police will be contacted immediately, and membership privileges will be revoked.
- ESC has a zero-tolerance policy on swearing or any vulgar language. We promote a family friendly environment.
- No inappropriate or gang related attire.
- Shirts and CLEAN athletic shoes are required at-all-times. No cleats or spikes may be worn inside ESC.
- If any rules or regulations are not adhered to, the person in question will be forced to leave.
- Use of any equipment is the responsibility of the member/guest.
- Members and guests are responsible for knowing his/her own physical limitations.
- Please clean off equipment and rack all weights after use. Remember that it is EVERYONE'S responsibility to help keep ESC a safe and clean environment.
- Gymnasium and indoor track may be closed to members and guests during special events/tournaments.
- ESC is not responsible for lost or stolen items/articles.
- ESC reserves the right to refuse admission to any person(s).
- Smoking and the use of e-cigarettes inside ESC is prohibited.
- Loitering on ESC grounds or inside the facility is prohibited.
- All program, activity, and rental fees are due PRIOR to the event taking place and entering gymnasium.
- No underage persons allowed in the restricted areas.
- No food or beverage (other than spill-proof bottled water) are allowed in gym, or workout areas/classrooms.
- Kicking balls into ceiling or dividing nets is prohibited.
- Shirts and shoes must be worn in the fitness area at-all-times.