

SAUNA, SPA & STEAM ROOM RULES

- Patrons under the age of 18 are not permitted to use the sauna, steam room or spa.
- If you have medical conditions such as heart disease, diabetes, high or low blood pressure, respiratory problems or are pregnant, avoid exposure to high heat and humidity. Consult your physician for information on how exposure to high heat and humidity might effect you.
- Anyone having a contagious disease shall not use the spa.
- Do not use immediately following exercise or while under the influence of alcohol, narcotics or other drugs.
- Do not exercise in the sauna, steam room or spa.
- Please shower before entering.
- Do not wear rubberized or plastic clothing.
- Do not use without supervision.
- Use for no more than 10 minutes at a time. Long exposure may result in nausea, dizziness or fainting.
- No food or beverages allowed in these facilities.
- No magazines, newspapers, ect. allowed in these facilities.
- Do not pour water on sauna heating element.
- No diving or jumping into the spa. Pool depth is 3 feet.
- Spa capacity: 11 people.
- No street shoes allowed in spa area.
- First aid kit is located at the front desk.



YMCA