

ROCK-CLIMBING WALL:

The rock-climbing wall hosts “open climb” at various times during the week. Open climb times are posted at the FMC Welcome Desk. The cost for open climb is \$3.00 per person. Participants must be at least 4 years old, and must have a rock-climbing waiver on file before climbing (parents/legal guardians must sign the waiver for anyone under the age of 18). A parent/legal guardian must remain in the rock wall area for all participants ages 4-11.

GROUP FITNESS CLASSES:

Many Group Fitness classes are offered each week. Classes include Pilates, Cycle, Boot Camp, Step, etc. Classes are \$4 each. Participants may buy 5 or 10 visit cards or an unlimited 30 day visit card at the Front desk. Check at the Information Board or on the web site for a full listing of class times and descriptions.

GAME ROOM:

Every game has proper rules. Players are expected to respect them and the equipment. Do not move tables or chairs; do not sit on any game tables.

EQUIPMENT:

Equipment such as basketballs, volleyballs, racquetball equipment, etc will be checked out at the Equipment Room in the gym. You may bring your own pool cue, ping pong paddle, racquetball racket, & racquetballs.

RACQUETBALL COURT:

The racquetball court is available for reservations. FMC participants can make reservations no earlier than one day in advance. Reservations are limited to 1 hour of play time. If the participant has not arrived 15 minutes after the reservation time, the racquetball court will be available for open play. To make reservations, contact the FMC Welcome Desk at 824-6184.

WALKING/JOGGING TRACK AND CARDIO EQUIP:

1. 11 laps equals one mile on the track.
2. No one under 12 years old allowed on the track.
3. Any youth 12-15 years of age must have adult supervision to use the cardio area.

4. Participants on the track must remain in single file when there are more than two (2) people on the track. Everyone must be moving, no standing or hanging on the rail.
5. 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.
6. Please do not talk on a cell phone while using the track. Step off the track to make/take phone calls.
7. There is a **30 minute time limit** on the use of the cardio equipment. Participants wishing to use a piece of cardio equipment already in use may take a reservation card from the machine to insure a spot as the next participant. Participant must stay within site of the equipment when waiting. Thank you.

WEIGHT ROOMS:

1. Anyone age 16 & up may use the weight rooms.
2. Any Youth 12-15 years of age must have adult supervision.
3. No one under 12 years of age is allowed in the Weight Rooms.
4. Do not bang weights or abuse the equipment. Violation of this policy will result in loss of weight room privileges.
5. All weights are to be returned to their proper racks.
6. Sanitary wipes are made available for you to clean the equipment off.
7. No personal training permitted unless it is with an FMC trainer. Personal trainers are listed on the Information Boards.
8. Any behavior deemed as risky or inappropriate (lifting beyond your ability, dropping weights, improper use of equipment, etc.) will result in loss of weight room privileges.
9. Proper foot wear (no sandals, flip flops, boots permitted.)
10. Always ask for assistance if you are unsure how to use the equipment. **Orientation appointments** on how to use the weight rooms and cardio equipment can be scheduled at the Front Desk.

MEN’S & WOMEN’S LOCKER/DRESSING ROOMS:

1. Participants must not leave valuables in an **unsecured locker**. All FMC participants are responsible for their own personal belongings.
2. For safety reasons, it is especially important that under-age children be closely supervised by their responsible parent or guardian while in this area.
3. No cell phone use allowed in the locker room areas.



FIRST BAPTIST
HENDERSONVILLE

FAMILY MINISTRY CENTER POLICIES & PROCEDURES

FMC Hours of Operation

Monday	5 am to 9 pm
Tuesday	5 am to 9 pm
Wednesday	5 am to 6 pm
Thursday	5 am to 9 pm
Friday	5 am to 6 pm
Saturday	7 am to 4 pm
Sunday	Closed for church services

Come worship with us this week!

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

Policies and procedures are subject to change.

FAMILY MINISTRY CENTER

PURPOSE: The purpose of the Family Ministry Center is to provide a place...

1. To connect people to God, others, & service.
2. To build relationships with everyone and help them understand their purpose in life according to God's Word, the Bible.
3. To teach participants new leisure time activity skills for increased good health & life enjoyment.

PARTICIPATION:

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

POLICIES & PROCEDURES:

1. All FMC participants must attend an Orientation session before using the FMC.
2. All FMC participants will receive a security card to access use of the FMC. FMC participants must present their security card when entering the FMC and receive the appropriate wristband or hand stamp to use the facility.

User Fee Schedule:

The annual fee for persons age 12 years old and up is \$50* a year. There is no fee for children 11 years of age and younger. ***fees subject to change**

3. Any child 11 years old & under must be accompanied by a parent or adult while in the FMC. When a child turns 12, they must attend an orientation session to continue using the FMC.
4. The supervising parent or adult may check out equipment but must supervise the use. Supervising parents or adults must stay with their children at all times.
5. Youth 15 years of age and younger may not use the facility before 12 noon unless accompanied by an adult age 18 or older.
6. Parents are strongly urged to instruct their children (12 years and up) to stay in the FMC if they are dropping the child off. (Please see #5 above.)

ENTERING & EXITING:

1. There are several doors that lead in & out of the FMC. Only one, the front door, is considered the entrance & exit. All other doors are emergency exits & shall not be opened for any other reason.

2. When entering the FMC, everyone must check in at the Welcome Desk. You must scan your ID card to use the FMC. Once you have scanned your card, we will stamp your hand with a hand stamp.
3. Some individuals will be required to wear a colored wristband.
 - **Yellow wristbands:** denotes 12 to 15 years with limited access to the FMC & does not necessarily have adult supervision with them.
 - **Parent/Guardian wristbands:** denotes play area usage or facility usage with parental/adult (over 18 yrs.) supervision 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.

INTERPRETATION OF RULES AND POLICIES:

The FMC staff and Advisory Committee 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 &/or Advisory Committee.

LIABILITY:

1. 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.
2. First Baptist Church, or its staff, or any of its leadership does not assume liability or responsibility for any participant.
3. First Baptist Church does not make any express or implied warranty of the premises, the equipment, fixtures, or furniture.

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.

GUESTS:

- In keeping with the purpose & intent of the FMC participants are encouraged to bring guests. Guests are to abide by all policies & procedures.
- Guests may visit with or without an FMC security card holder. If they are not accompanied by an FMC member, they must tour the facility prior to use.
- Guests are to check in at the Welcome Desk to sign a waiver of liability & show a form of identification if they are 18 yrs. of age. If they are under 18 yrs. of age, a parent or legal guardian must sign a waiver of liability & be witnessed by an FMC staff.

GUEST PASS:

A 5 visit guest pass is available for out of town guests who wish to use the FMC more than once. This \$10 guest pass will be issued to an individual 12 years old and up and expires 14 days from the date it was purchased.

DRESS & BEHAVIOR

- **THE F.M.C. IS USED TO GLORIFY GOD!** The language, dress & conduct of the F.M.C. participants, guests, & visitors will be in accordance with high Christian standards.
- **Athletic shoes,** shirts, shorts along with appropriate apparel must be worn at all times. Offensive attire & shirts worn or pulled above the waist will not be allowed. Appropriate dress will be determined by the F.M.C. personnel. **NO HEELIES!**
- No sagging shorts permitted.
- Running will be allowed in the gym, track, & the racquetball court. No running in the other areas.

INDOOR PLAY AREA & PARTY RESERVATIONS:

The indoor play area is for use by children 11 years old and younger. Children must be accompanied by a parent or responsible adult. The responsible parent must remain in the play area with their children at all times. There is a two hour play session limit per day. Children must wear socks in the play area. Play hours and policies are posted at the play area. The play area will close early in the event of a party or special event.

Contact Teresa Friedman, Events Coordinator, at 447-1392 to schedule a birthday party or special event.

Party package brochures are available at the play area and the information board.