



Veterans Park Community Center (VPCC) Rules & Regulations

HOURS OF OPERATIONS

1. Monday–Thursday 5am–9pm, Friday 5am–7:30pm, Saturday 8am–6pm, Sunday 12–6pm.
2. Holidays to be observed and closings will be posted.
3. Times are subject to change at the discretion of the VPCC management.

KID FIT CHILD CARE

1. Hours:
 - a) Morning: Monday to Friday (8:15am–12pm), Saturday (8:15–11:30am)
 - b) Evenings: Monday to Thursday (4:15–7:30pm), Friday (4:15–6:45pm)
 - c) Cost is \$2 per child per hour. 2 hour limit. Child care passes: \$10 per month for first child, \$5 per month for each additional child, 2 hour max per child per day.
2. Children must be at least 12 weeks through 12 years of age.
3. Parents must remain on the premises while their children are in the child care area.

GENERAL RULES FOR THE VETERANS PARK COMMUNITY CENTER

1. Anyone utilizing the VPCC will be utilizing the facility at their own risk. It is the responsibility of individuals who participate in VPCC activities and who are under physician care to have permission from their doctor before beginning any exercise program.
2. All visitors, guests, and patrons must enter and exit the building through the main entrance and check in at the front desk with each visit.
3. Patrons 13 years to 15 years must have an active Youth or Family **membership**. A legal guardian must be present to purchase a youth or family membership for anyone **17** years or younger. Children 13–15 years old must have completed and passed the Youth Orientation class to use the Fitness Center or the upstairs facility unsupervised. **DAY PASSES WILL NOT BE SOLD TO CHILDREN 15 YEARS OR UNDER WHO ARE UNACCOMPANIED BY A LEGAL ADULT.**
4. VPCC members must scan in using their member ID (MID) card. Membership will be verified with each visit. Failure to present MID card can result in denial of use of the VPCC. Replacement cards are available for purchase. Members whose memberships have expired have the option to renew their membership or purchase a day pass.
5. CAREGIVERS: The patron’s designated primary caregiver is granted access at no cost for the sole purpose to aid the patron. The caregiver may not utilize any of the facility’s amenities for personal gain. So while they have access to anything the member does, a part of the standard or basic membership, the caregiver cannot utilize the services and amenities.
6. Proper attire (shoes, shirts, and pants) must be worn at times while utilizing the VPCC. The dress code is in place to help protect against the transmission of viruses and infections, create a comfortable exercise experience for all center users and increase the safety of all participants. Failure to follow these dress code guidelines will result in denial of use of the VPCC.
 - a) Athletic shoes (rubber soled) and socks must be worn. Sandals, open toed or open backed shoes are not permitted in fitness areas.
 - b) Tops that expose skin beyond the 4 inches underarm rule are prohibited. Tops should cover the chest, abdomen and waist.
 - c) Bottoms must not expose the buttocks or privates and must be free of material that could cause tears in fitness equipment such as belts, studs, rivets and zippers.

- d) Staff may use their discretion on this policy.
7. Members and guests 16 years and older have full access to VPCC.
 8. Children 15 years and younger have various restrictions. It is the responsibility of each visitor, guest, or patron to familiarize themselves with these restrictions. Restrictions are located in membership section of this document. The restrictions apply to non-members as well. Read #3 under General Rules.
 9. Food, snacks, and beverages are prohibited throughout the facility during normal VPCC day to day operations except in the lobby area. Non-flavored water and special events are the only exceptions.
 10. Other than audio provided by VPCC, no audio equipment may be used unless with headphones.
 11. Pets are not allowed inside the VPCC. Service animals are welcome.
 12. The entire VPCC campus is tobacco, drug, and alcohol free.
 13. Cabot Parks and Recreation or VPCC are not responsible for lost or stolen items. Members and guest have the option to secure valuables in a locker. Lockers may be checked out at the front desk. All articles must be removed from lockers at the end of each workout session. The VPCC has a lost and found area, items are kept for two weeks.
 14. Towels are provided to patrons for their use during their exercise sessions. Towels are limited to one towel per customer per visit. Towels must remain onsite at VPCC. Patrons must bring their own swim and shower towels.
 15. VPCC patrons are asked to observe proper hygiene and avoid using the center when sick. Patrons are asked to refrain from wearing perfume or cologne to protect our other patrons who have asthma and other illnesses.
 16. Any patron who willfully or neglectfully causes damage shall pay for damage to the VPCC property. Willfully striking facility walls will result in immediate play termination. Patrons are responsible for damage incurred by dependent children.
 17. Disrupting or interfering with the workout of another patron is prohibited. Patrons must respect the right of others by using courteous and appropriate behavior. Inappropriate behaviors includes boisterous, riotous, threatening, indecent conduct, abusive or obscene language. Any misconduct, abuse of equipment, facility or personnel will not be tolerated. Membership and fees will be forfeited at management's discretion.
 18. In accordance with Arkansas state law, the VPCC and all property owned and operated by the City of Cabot Parks & Recreation department are smoke free. Smoking, including the use of e-cigarettes or vapor devices, is strictly prohibited VPCC premises. Any person who is convicted of a violation of this law may be punished by a fine. Additionally, members and guests who fail to comply with this policy are subject to disciplinary actions.
 19. The community center will use the following procedure to address violations of the community center rule, policy, or regulation.
 - a) 1st offense – Verbal Warning, privileges may be revoked.
 - b) 2nd offense – Written Warning, privileges may be revoked.
 - c) 3rd Offense – Privileges revoked for one year.
 - d) Fighting is an automatic one (1) week suspension. Multiple offenses will result in permanent suspension.
 20. These rules and policies are subject to change at the discretion of management. The VPCC reserves the right to refuse or revoke membership or services to a member or non-member for any reason including falsification of membership information.

MEMBERSHIPS

1. Members must adhere to and follow all VPCC rules and regulations. Members agree to the membership agreement and additional terms as set forth by VPCC Management.
2. Membership fees are subject to change. Members will be appropriately notified of such changes.

3. Membership Categories:
 - a) Youth Membership, Ages 5-17.
 - b) Adult Membership, Ages 18-59. Applicable only to the named adult. Spouses or children of members holding an adult membership are entitled to the rights and privileges of the adult membership.
 - c) Married Couple. Legally married couples only. Proof of marriage may be requested. An adult (1) and a child (1) may share a married couple. Proof of legal guardianship may be requested.
 - d) Senior Membership, Ages 60+. Senior memberships are available to members aged 60 and older.
 - e) Senior Couple. A senior couple is defined as an individual and spouse, who are legally married, one of which is 60 years or older. Proof of marriage may be requested.
 - f) Immediate Family. Family memberships are defined as any legally married couple or single-parent and their dependent children up to 18 years. Dependents 18 years to 23 years must currently be enrolled in college. Roommates, adult siblings, or live-in relatives are not eligible for family membership. Proof of legal guardianship or college enrollment may be requested.
 - Children 15 years and younger have limited use of the facility. Children 15 years and younger must be accompanied by a parent or responsible person 18 years or older at all times. Failure to abide with policy will result in termination of privileges.
 - Dependent Children, Ages 5-15. The equipment and facility comprising the VPCC are simply not designed for children under the age of 15. Children of the age group must be accompanied by an adult at all times. Children may not sit in the hallway while a parent plays basketball, or exercises in the weight room, or is participating in a fitness class. Children may not be upstairs without adult supervision.
 - Dependent Children, Ages 13-15. Juniors 13 to 15 years of age holding a membership shall be able to use VPCC on a limited basis. Juniors 13 to 15 may use the fitness center only **after** taking **and** passing the youth fitness orientation class provided by VPCC trainers. These members must present their membership cards with the indicator that states they have passed the fitness orientation class to utilize the weight room on their own. *Members 11-13yrs who have previously taken the fitness orientation and passed the class will not lose their privileges. The fitness orientation class will only be offered to members 13-15yrs starting October 1st, 2019.*
4. Proof of legal guardianship must be presented at time of application for any minor child not included as immediate family. Legal proof of marriage may be requested with married or family memberships.
5. Members shall give written notice to the VPCC of any changes to personal information.
6. Downgrading a membership is not allowed during the contracted time. Once a membership expires, a member may choose a different membership package.
7. Legitimate verification of the circumstances and cancellation must be present in writing if an individual is unable to continue their membership by reason of death, medical disability, or residence is permanently relocated outside of our service area. All membership packages are subject to \$25.00 service in the case of a refund.
8. To properly terminate a membership, the member is required to submit the request in writing and bring account balance to zero. Advance written notice is required. All accounts not paid in full within 30 days of the date billed will be subject to cancellation, service fee, and remaining balance.
9. The VPCC reserves the right to refuse or revoke membership or services.

DAY PASSES/PUNCH CARDS

1. Day passes, child care cards, or punch cards are non-refundable.
2. Day Pass Cost: 15 years and under = \$3, 16 years and over = \$5
3. Guests 16 years and over must show picture ID, pay fee, and check-in to use facility.

4. DAY PASSES WILL NOT BE SOLD TO CHILDREN 15 YEARS OR UNDER WHO ARE UNACCOMPANIED BY A LEGAL ADULT.
5. Non-members are subject to all general rules and the entirety of the VPCC policy.
6. Anyone caught trying to avoid “pay to play” during open gym will be required to leave the gym immediately.

FITNESS CENTER (WEIGHT ROOM)

1. Patrons must be at least 16 years of age to use the Fitness Center without supervision.
2. Children ages 15 and under MUST have constant and direct supervision by a guardian. Legal guardian and child must alternate use of equipment. Guardian must be 18 years or older.
3. Children 13 to 15 may use the fitness center unsupervised only after taking and passing the youth fitness orientation class provided by VPCC trainers.
4. Food and drink are prohibited in the Fitness Center, water is the only exception.
5. Patrons should wipe down all cardio, strength and other weight-room equipment after each use. Disinfection wipes are provided and available for use.
6. Use of cardio equipment is limited to 30 minutes during peak hours or while other are waiting.
7. Compliance with free weights includes the following:
 - a) Chalk is not permitted.
 - b) Allow others to work in-between sets.
 - c) Return weight and dumbbells to rack.
 - d) Weights should not be leaned against the wall, mirrors, benches, or other equipment.
 - e) Weight or dumbbells should not be dropped or slammed on the floor or benches.
 - f) Collars should always be used to secure free weights.
 - g) Patrons should seek assistance for all spotting needs.
8. The VPCC PROHIBITS personal trainers from accompanying patrons. (Non-Cabot Parks and Recreation employees)
9. Report any personal injury or damaged or malfunctioning equipment to the center staff.

RACQUETBALL

1. The racquetball court is available to both members and non-members. Non-members must pay day pass fee.
2. Court reservations must be made 24 hours in advance. Reservations are made at the top of each hour. Please call front desk to make the reservation.

GYM/COURTS

1. VPCC is not responsible for lost or stolen items.
2. No food, drinks, or snacks permitted in the gym during open play. Water only.
3. Children 15 & under must be supervised by a responsible person 18yrs & older.
4. Shirts, pants, and shoes must be worn at all times.
5. Profanity, stealing, vandalism or any criminal act including physical or verbal abuse to patrons or staff will not be tolerated and may result in expulsion from VPCC or loss of membership privileges. Criminal charges may be pursued.
6. Dunking or hanging from rim or net is not permitted. Do not raise or lower goals.
7. Street shoes are prohibited on the playing surface.
8. Do not throw or bounce balls against walls.
9. Taunting players, coaches, officials or other individuals will not be tolerated.
 - a) Program SPECTATORS please remember:
 - These are kids.
 - This is their game.
 - Coaches and officials are human.

- This is for fun.
 - Positive cheering is encouraged.
 - Only players, coaches, and officials are allowed on playing surface.
10. The courts are shared between various programs. Please be respectful and courteous to other programs and their scheduled play times. Scheduled times are subject to change.
- Cabot Parks & Rec events such as basketball, volleyball, classes, and rentals will have priority.
 - See front desk for pickle-ball and basketball pick up game schedule.

CARDIO/FITNESS CLASS ROOMS

1. Fitness classes are included with VPCC membership or guess pass.
2. Children may participate in fitness classes as long as they can do so without creating a disturbance or increasing risk of injury to other class participants or themselves.
3. Classes with limited space require check-in with the front desk.

AQUATIC FACILITY

1. LAP SWIMMING
 - a) During busy times of the day we ask that our members share swimming lanes and follow circular swimming rules: swimmers should swim complete lap (up and back) without stopping in the middle of the lane.
2. POOL AREA RULES
 - a) The health department requires proper swimsuits. Male suits must have liners, no underwear.
 - b) Please walk while in the pool area.
 - c) Long hair must be in a ponytail or covered with a swim cap.
 - d) All patrons must shower before entering the pool.
 - e) Only coastguard approved life jackets are allowed. No floaties or rings.
 - f) No diving.
 - g) Food & drinks are only allowed on deck during special events.
 - h) Please dispose of chewing gum in the proper receptacle before entering the pool area.
 - i) Rough horseplay is not allowed at any time.
 - j) Children 12 & under must be supervised by a supervisor 16 years and over. Children 5 and under must be accompanied by a parent in the water at all times regardless of swim ability.
 - k) Proper foot wear and attire must be worn coming in and out of pool area, including locker rooms, lobby and hallways.
 - l) Swim diapers are required for children who are not toilet trained.
3. THERAPY POOL: This pool is for therapeutic purposes only.
 - a) Adults 18 and over only.
 - b) Exceptions must present a doctor's note.
 - c) Pregnant women or bathers with a history of heart disease, diabetes or circulatory problems should not use this pool.
4. INFLATABLE
 - a) You may not use the inflatable if you have a history of back or neck problems, epilepsy, heart complaint, panic attacks, or are pregnant, unwell or under the influence of drugs or alcohol.
 - b) One person at a time on the first half of the inflatable.
 - c) No sharp objects on inflatable including: buckles, jewelry, hair clips, keys or eye glasses.
 - d) No food or drink on inflatable.
 - e) Enter water feet first.
 - f) No bodily contact with other patrons. No running, diving, flips or bombing off inflatable.

INDOOR WALKING TRACK

- a) Please be aware of runners and walkers on the track. Runners and walkers have the right-of-way so use caution before entering this area. Walkers should stay on the inside lanes, runners stay on the outside lane. Track directions rotate daily.
- b) Stopping on the track or using the track to watch sporting games or events is not allowed.
- c) Parents, supervisors or guardians must stay with children at all times.

TRAINERS/COACHES/INSTRUCTORS

1. The Cabot Parks & Recreation department does not allow outside vendors to use Cabot Parks & Recreation property including the Veterans Parks Community Center, without an agreement, for personal gain (financial or not).
2. All vendors (including sports coaches/trainers, swim lesson instructors, personal trainers etc) must apply to be a recognized vendor and be approved by the appropriate personnel.
3. Approved coaches, trainers, instructors approved to use VPCC services will check-in at the front desk and provide proper identification.
4. Fees owed to the Cabot Parks and Recreation must be paid at the VPCC.

LOCKERS

1. Please do not leave items at the front desk. Lockers are available for daily use only. Lockers may not be locked overnight.
2. Members 13-15 years may provide a school ID to check out a locker. Keys and ID will be held at the front desk.

EQUIPMENT

1. Basketballs, pickle-ball nets, and paddles etc can be checked out using an ID card.

EMERGENCIES/SAFETY/INJURIES/FIRST AID

1. All members and guests are responsible for maintaining a safe environment. Everyone's cooperation is necessary to ensure that the VPCC operates properly.
2. The AED and First Aid kit are at the front desk located on the first floor.
3. If an injury occurs, patrons are asked to seek assistance from the nearest staff. The VPCC staff will implement the Emergency Action Plan. In any injury situation the injured person, when possible, and any witnesses will be questioned for an incident report.
4. **ADVERSE WEATHER CLOSURES.** The VPCC will close for adverse weather. Management will make this call. Please call before your trip to confirm. Follow our social media accounts and Remind for more the most up-to-date information. You may also subscribe to our alerts via our website.
5. **FIRE.** When the fire alarm sounds, all patrons must evacuate the building. Please follow the exit signs and instructions from the VPCC staff. Please remain calm and cooperate fully with staff.
6. **SEVERE WEATHER.** In the event of severe weather please remain calm and cooperate fully with staff. The VPCC staff will implement the VPCC Emergency Action Plan.

RENTALS/EVENTS

1. Meeting Room
 - a) Fees: Members (\$40/hour*), Non-members (\$75/hour)
2. Gym Court B
 - a) Fees: Members (\$50/2hours*), Non-members (\$100/2hours)
 - b) Additional fee: Fun House Inflatable (\$50) or stage (\$50)
3. Pool: Two (2) hour minimum, half pool
 - a) Fees: Members (\$100/2hours), Non-members (\$150/2hours)
 - b) Additional fee: Duel Race Inflatable (\$50)
 - c) Event Center (Please call 501-605-1506 and ask for Event Center for more information.)
4. *Members must hold 6 month or annual membership to receive this discounted rate.*
5. All reservations must be made 7 days in advance.