

## WEIGHT ROOM/CARDIO CENTER

- No food allowed. Drinks are permitted in bottles with a reclosable top.
- The Weight Room and Cardio Center are reserved for those ages 14 and up. There is no exception to this rule. Any person, even an infant in a car seat, under the age of 14 is not allowed in the weight room or cardio center, even if with an adult.
- After each exercise, wipe down the machine with a wiper and/or cleaner.

## LOCKER/DRESSING ROOMS

- Lockers are first come, first served.
- Lockers are day use only. Items left overnight will be removed.
- A towel service will be available through the front desk.

## LOST & FOUND

- Lost and found items will be located at the Front Desk.
- Lost and found items will be held for 3 weeks. After that time, items will be discarded or donated to a local charity.

**Do you not know that in a race all the runners run, but only one receives the prize? So run that you may obtain it.**

1 Corinthians 9:24

# Rec Center HOURS

	OPEN	CLOSE
Monday	6:00 AM	7:00 PM
Tuesday	6:00 AM	7:00 PM
Wednesday	6:00 AM	7:00 PM
Thursday	6:00 AM	7:00 PM
Friday	6:00 AM	7:00 PM

Create Self-Service Account by visiting:  
[coolspringrec.ezfacility.com](http://coolspringrec.ezfacility.com)  
Download MemberMe+ app from App Store

PHONE NUMBER:  
**804.746.0801**

9283 Atlee Station Road  
Mechanicsville, VA 23116  
Email: [reccenter@coolspring.org](mailto:reccenter@coolspring.org)  
[coolspringrec.org](http://coolspringrec.org)



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# WELCOME TO COOL SPRING REC CENTER



# MISSION STATEMENT

We seek to combine the gift of leisure with the companionship of Christ.

Clients and Friends,

It is my pleasure to welcome you to the Rec Center of Cool Spring Baptist Church. My desire is for you to enjoy yourself in a safe and fun manner while playing or participating in our daily activities.

This document designed to clarify and instruct you in our standards and expectations for participants. The Rec Center is a unique facility that is constantly being used for the purpose of glorifying Christ while "Playing for Him."

I trust this document will be useful to you. Remember, our mission is to "Combine the Gift of Leisure with the Companionship of Christ."

Playing For HIM,  
Shane Standlick  
Director of Recreation & Fitness

## REGISTER ONLINE



Create a Self-Service Account at  
[coolspringrec.ezfacility.com](https://coolspringrec.ezfacility.com)

Download **MemberMe+** app from App Store

## PAYMENT OPTIONS

- Day Pass - \$3
- 1-Month Membership - \$20 *(Minimum required to attend SilverSneakers classes without insurance)*
- 3-Month Membership - \$50
- 1-Month Pickleball Pass - \$10 *(Pickleball Only)*

## GENERAL & DRESS CODE

- All children ages 10 & under must be accompanied at all times by an adult, 18 years or older, with an active membership. No membership is required for children ages 10 and under.
- Children ages 11-13 must have a membership and are allowed on the track, basketball courts & game room without an adult or parent. Children must be 14 to be in the Weight Room, Cardio Center or use the fitness equipment.
- No Profanity.
- No fighting or excessive arguing.
- Sitting on the stage is not permitted.
- Volunteers **are not** allowed to keep personal items for guests/members. Please use a locker or leave your personal items at home or in your vehicle. **We are not responsible for personal items that may be lost or stolen.**
- No spaghetti straps or bare midriffs. Shirt logos must not be provocative and distracting to others.
- Shorts must be worn on your waist. Underwear should not show. No sagging or baggy pants, rolling down your waistbands, etc. Shirts must be worn at all times.

## BASKETBALL COURTS / GYM

- The basketball courts will be open for the community to play basketball during specific times. Please review the calendar located on your MemberMe+ app or at the Front Desk.
- The maximum number of participants allowed in the gym, to play or watch basketball, will be limited and monitored by the Cool Spring Staff. Once the limit is reached, guests entering the Rec Center to play or watch basketball will be asked to return another time.
- No food allowed. Drinks are permitted in bottles with a reclosable top.
- Mark resistant shoes are required. No work boots or street shoes.
- Hanging on rims is strictly prohibited.
- Programmed activities have priority over free play.

## RUNNING TRACK

- The track is for exercise, not watching.
- Distance around the track: 16 laps = 1 mile.
- Walking/running shoes are required for the track. Without them, you will be asked not to use the track.
- Walkers use inner lane & runners outer lane
- Please follow directional signs.

## GAME ROOM

- No food allowed. Drinks are permitted in bottles with a reclosable top.
- The Pool Table can only be used by those ages 11 & older. Those ages 10 & under must be accompanied by an adult (18 yrs or older).
- All equipment must be checked out at the Rec Desk.