

**WILLIAMSTON PARKS AND RECREATION DEPARTMENT  
GAYLORD PERRY PARK CENTER  
RULES & REGULATIONS**

**Center Hours**

Monday-Thursday	7:30am – 8pm
Friday	7:30am – 5:30pm

**Perry Park Hours (excluding Center)**

Daily	Sunrise to Sunset
-------	-------------------

*Also open after sunset for department approved programs*

**General Center Rules**

- All members and guests must sign in at the front desk each visit.
- Guest fees are not accepted after 5pm.
- Smoking is not permitted inside the Center.
- Horseplay and profanity will not be tolerated.
- Shirts must be worn in the lobby, meeting room, and fitness rooms.
- Boxers should not be visible.
- Persons under 14 must be accompanied by an adult.
- Parents are responsible for control of their children at all times.
- For safety and to maintain a family atmosphere, staff may enforce rules not listed.

**Weight Room Rules**

- Children under 14 are not permitted to use cardio equipment or weights.
- Place free weights back on racks after use.
- Help control the spread of germs. Spray off equipment after you use it.
- Do not slam or drop weights.
- Only bottled drinks are permitted. No food is allowed in fitness room.
- All music should be played through headphones at a tolerated level.
- Ask for assistance if you are not sure how to use a piece of equipment.
- The Recreation Department recommends consulting your physician before beginning any fitness activity.
- The Recreation Department staff does not have personal training certification. Any suggestions given by staff should be used at your own discretion.

**Gym Rules**

- Only bottled drinks permitted. No food or gum is allowed.
- Dunking is not permitted.
- Non-marking tennis shoes must be worn on the gym floor.
- Side Doors are for emergency use only.