



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Attention Members:

Steam room will be cleaned sometime between 1-1:45pm daily. It will be closed during that time.

***Please, DO NOT use any fragrant or non-fragrant lotions, oils or sprays.**

***Please, make sure to shower after use of steam room before entering the pool**

***Also, DO NOT take paper towels or water bottles into the steam room.**

- **No long pants. Only shorts or bathing suits. No rolled up long pants**
- **No long sleeved shirts. Only short sleeved, sleeveless or bathing suits. No rolled up sleeves please.**
- **Proper footwear - no sneakers please.**

Lifeguards have final say. Violation of these rules will be addressed on an individual basis.

We appreciate your cooperation in keeping the steam room in working order and safe for everyone.

JERRY LONG FAMILY YMCA

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Our Mission: Helping people reach their God-given potential in spirit, mind and body".