



CVSP Basic Rules

- NO outside food or drink may be brought into the facility.
- Second pair of shoes DEDICATED to inside must be worn inside the building at all times.
- Clothing must be appropriate and worn at all times.
- Shirts must be full frontal, back, and side coverage.
- Shorts must be at least mid-thigh length.

Age Limits

- 7 years and under MUST be supervised at all times by an adult 18+.
- 8-9 years can be downstairs by themselves with a guardian in the building.
- 10 years can be in the building by themselves.
- 8-13 years can be on track WITH guardian CLOSE by.
- MUST be 14 to use cardio equipment.
- MUST be 16 to use weight equipment.

Locker Rooms

- Public locker room lockers are available on a first-come first-serve basis.
- Shower towel service is provided for an additional fee.
- Bringing your own lock to lock up your belongings is STRONGLY recommended.
- Belongings MUST be taken out at the end of EVERY night. Locks will be cut off at the end of EVERY night, and belongings put into lost and found.
- Family locker rooms are specifically for guardians with small children of the opposite sex. Belongings must NOT be kept in the stalls, but put into the lockers.

Membership

- Continuous Membership: Locked in for a MINIMUM of 3 months.
- Cancellation Form NEEDS to be signed 30 days IN ADVANCE of the NEXT automatic withdrawal date in order to NOT get charged for the next month.
- Members can bring in guests, but must purchase a Member Guest Punch Pass prior.