

## Fee-Based Instruction Policy

Personal training, coaching or any type of instruction for a fee at any West Suburban YMCA is provided by YMCA employees only. This includes and is not limited to fitness training, swim coaching and sports coaching. Persons not employed by the Y are prohibited from providing instruction of any kind at the YMCA for a fee to members or participants.

An individual may be seen as providing instruction if they are:

- Receiving payment for:
  - An exercise or coaching session
  - Designing a program or workout

Failure to comply with the Fee-Based Instruction Policy may result in suspension or termination of YMCA membership privileges.

### Field House/Gymnasium:

To do personal training on West Suburban YMCA basketball courts you must:

- **Be a member (Both trainer and participant)**
- **Have the hoop/court rented.**
- **Have permission from the Association Director of Athletics**
- No personal training during our afterschool hours, evening hours, and some weekend hours. (These are our most busy hours at the facility where we also have courts rented out and Y programs running)
  - 3:00pm - 9:00pm Monday – Friday
  - 9:00am – 4:30pm Saturday & Sunday
- Cones and other training equipment should NEVER be set up to claim a court or exclude other members during open gym hours.
- All hoops should be a shared shooting space or pick-up space during open gym times.
- You cannot exclude other members from the hoops/courts when training.
- Video/recording devices and stands are NOT allowed to be set up.

"Personal training for a fee of any kind is only allowed 5:30am - 3:00pm, Monday – Friday, and 7:00am – 9:00am or 4:30pm – 7:00pm on Saturday and Sunday " Both Participant and Trainer must be a WSYMCA Member."