

To Reserve FLC time and equipment, Please call 205-822-1750. The FLC hours are 10am-9pm on Mon., Tues., and Thurs. and 10am-5pm on Wednesdays. Notice: Hours and FLC availability may change due to seasonal and Church activities and staff availability. ***We ask that all guests follow the following guidelines:***

General FLC Guidelines:

- The Family Life Center (FLC) is a part of the ministry of Shades Crest Baptist Church. Those participating in its programs should dress and conduct themselves accordingly.
- Guests 13 years of age and below must be accompanied by an adult (19 years and up) while using the FLC. Groups including those 13 years of age and under must have at least one adult accompanying them. You must be 14 years of age or older to use fitness center.
- All gym and court usage by groups and individuals must be reserved in advance.
- Food and drinks are only allowed in the snack area.
- Court shoes and shirts are required for play in the gym and court areas and must be worn at all times.
- The use of obscene language, tobacco, and alcohol products is prohibited in the FLC. Clothing with alcohol, tobacco advertisements, obscene or suggestive language, or clothing that is too revealing is not permitted.
- Firearms or weapons are not allowed on Church grounds or in Church buildings except by Church security.
- Service animals are the only pets or animals allowed in the FLC.
- Personal trainers are not allowed to use the courts or fitness center for personal gain.
- Shades Crest Baptist Church does not assume liability or responsibility for any participant. Use of all equipment will be at the risk of the participant and Shades Crest Baptist does not make any expressed or implied warranty of the premises, the equipment, machinery, fixtures or furniture.

Gym/Racquetball/Pickleball Guidelines:

- All equipment should be returned to front desk when you finish using it or before other equipment is checked out.
- We request you do not dunk on the basketball goals, kick basketballs, or throw balls against walls.
- Only racquetballs/handballs are to be used in the racquetball courts.
- Pickleball nets are to be moved by Recreation staff only unless authorized to do so.
- Recreation staff permission is required to move the bleachers.

Fitness Center Guidelines:

- Lift only what you are comfortable and capable of lifting.
- Please keep all weights in the Fitness Center.
- Clean and store equipment after use (Includes re-racking weights).
- Report any damage or malfunctioning equipment to the front desk personnel.
- Television programming will be monitored by front desk personnel. When you are finished, please turn only the TV monitor off, but leave the cable box on.

