

WRAC
Seventh and Main Street
PO BOX 447
Wray, CO 80758

WELCOME
TO THE
Wray
Rehabilitation
and
Activities Center
(WRAC)

WELCOME TO THE WRAC INFORMATION PACKET

The following information is provided to assist you in understanding the Mission of the WRAC and to utilize the facilities to its greatest potential. If you have any questions, please feel free to contact the staff at the WRAC for additional information or assistance.

MISSION STATEMENT

Wray Rehabilitation and Activities Center

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“Providing Opportunities to Improve the Health of Our Community”

Wray Rehabilitation and Activities Center is a 501(c) 3 non-profit exercise and restorative health facility, located in northeast Colorado. Our mission is to improve and maintain the physical, mental and social health of people of all ages.

GOAL STATEMENT

To nurture a healthy lifestyle through exercise and education; promote positive social interaction of all ages; supplement the services offered by the hospital and the medical community; and support wellness and effective stress management.

VISION STATEMENT

To sustain a center that is self-supporting with memberships that are affordable. Our employees and volunteers are the source of our strength and the service we provide is the result of our combined efforts

Non-Discrimination Statements

All are welcome to participate in activities/classes/programs at the Wray Rehabilitation & Activities Center, Inc. (WRAC). The WRAC is committed to the principles of diversity. In such spirit, the WRAC does not discriminate on the basis of race, religion, creed, color, sexual orientation, age, physical challenge, nation of origin, gender, or any other characteristic. We welcome all to enjoy the wellness/fitness opportunities provided at the WRAC.

How it Started...

The Wray Rehabilitation and Activities Center (WRAC) began as a dream of a small group of visionaries. This group formed a voluntary board in 1986 to research, survey and compose a plan for an activity center.

After considering results from their studies and surveys the board decided the community's needs would best be served with a new facility. It was also decided that the center must be a self-supporting facility which would physically, mentally, and culturally benefit person of all ages.

A Dream Come True...

After much hard work the WRAC opened its doors April 1, 1992. This 2.4 million dollar facility was built with money raised by fundraisers, donations, and grants. (No tax money was used to build the WRAC and no tax money is used to operate the WRAC).

The WRAC is a spacious and well-lit structure with many glassed areas that are strategically positioned to maximize natural illumination from the sun.

Walking through the building gives one a warm, comfortable feeling rather than that of an institution. At the same time, the structure is compact. It accommodates a large number of activities into its 23,000 square foot area.

WRAC GENERAL POLICY

All members and guests utilizing the WRAC do so at their own risk. Anyone using the facility shall practice courteous conduct and respect

staff and other users. Profane language, abuse of equipment, or harassment of other users will not be tolerated. *No one shall charge for services on the property without written permission.* The WRAC has the right to suspend or revoke user privileges as deemed necessary.

Hours of Operation:

- ◆ Monday- Thursday: 5:00 a.m. - 9:00 p.m.
- ◆ Friday: 5:00 a.m. - 7:00 p.m.
- ◆ Saturdays: *(June - August)* 7:00 a.m. - 2:00 p.m.
(September - May) 7:00 a.m. - 4:00 p.m.
- ◆ Sunday: *(September - May)* 1:00 p.m.- 6:00 p.m.
(June - August) 1:00 p.m. - 4:00 p.m.

Check- In:

- ◆ All patrons and guests must check-in at the front desk prior to using the facility.

Clothing:

- ◆ To ensure better hygiene and a welcoming environment, proper attire must be worn ALL times in the WRAC. Clothing must be clean and free of mud, dirt, & grease.
- ◆ Proper athletic attire; including shirts, and pants, must fully cover the torso and mid-section (sports bras should be worn underneath shirts).
- ◆ Appropriate gym footwear; closed-toed athletic shoes must be worn at all times, (no sandals, high heels, work boots, flip flops, bare feet, etc.)
- ◆ No jeans, cargo pants, dress suits, or cut-off shorts are allowed.

Use of Equipment:

- ◆ The WRAC suggests all patrons and guests using the Nautilus to complete one training session before initial use or view videos on our website at www.wracofwray.org

Posted Guidelines:

- ◆ Please check the specific regulations posted in each area of the facility. Members and guests are asked to follow the directional arrows on the upstairs track. Walkers walk on the inside and runners use the outside of the track.

Rental Lockers:

- ◆ Rental lockers are available for use on a daily basis. All rental locker keys must be left at the WRAC. A \$5.00 fee will be charged for lost locker keys.

Lost or Stolen Articles:

- ◆ The WRAC is not responsible for valuables or other articles lost or stolen. Please return any found articles to the front desk. After 90 days, any items not claimed will be disposed of.

Non-Tobacco Campus:

- ◆ The WRAC is a non-tobacco campus.

Food and Drink:

- ◆ Food and drink are allowed in lounges, reception and meeting room areas only. No alcoholic beverages are allowed inside the WRAC.

The WRAC is a beautiful facility and we ask that all who enjoy it assist in keeping the facility clean and in good working condition by following the above policies. Thank you.

WRAY REHABILITATION AND ACTIVITIES CENTER

~What Children Can Do In Every Area of the WRAC~

Ages 0 to 4 years old:

- ◆ Must have an adult (18 or over) with them at all times.
- ◆ Children's play area located in racquetball court B may be available with frequent adult supervision for youth **8yr and under**.

NAUTILUS ROOM:

- ◆ If a child is in a stroller or carrier, the child must remain with the adult **AT ALL TIMES**.
- ◆ May not use or sit on Cardio and Nautilus equipment.

BASKETBALL and RACQUETBALL:

- ◆ Children may use this area with adult supervision.
- ◆ Badminton is available upon request.

UPSTAIRS TRACK:

- ◆ Children may use the track and lounge area with adult supervision.
- ◆ Strollers are allowed on the inside of the track as long as it does not interfere with others.

FREE WEIGHT ROOM:

- ◆ Children under fourteen (14) are not allowed in this area at all.

LOCKER ROOM:

- ◆ An adult must be in the locker room observing the children at all times.
- ◆ No running or playing in the locker rooms.

SPA AREA:

- ◆ Children under five (5) are not allowed in the Spa Area.

AN ADULT IS ANYONE 18 YEARS OF AGE OR OLDER

WRAY REHABILITATION AND ACTIVITIES CENTER
~What Children Can Do In Every Area of the WRAC~

Ages 5 to 8 years old:

- ◆ Must have an adult (18 and over) in the facility at all times.
- ◆ Children's play area located in racquetball court B may be available with frequent adult supervision for youth **8yr and under**.

NAUTILUS ROOM:

- ◆ May not use or sit on Cardio and Nautilus equipment.

BASKETBALL, RACQUETBALL AREAS:

- ◆ Children may use this area.
- ◆ Badminton is available upon request.

UPSTAIRS TRACK:

- ◆ Children may use the track and lounge area.

FREE WEIGHT ROOM:

- ◆ Children under fourteen (14) are not allowed in this area at all.

LOCKER ROOM:

- ◆ Children may use it if they observe all rules.
- ◆ No running or playing in the locker rooms.

SPA AREA:

- ◆ Children must have an adult with them at all times in the hot tub, steam room and sauna.
- ◆ No running, splashing, or putting their head under the water in the hot tub.
- ◆ All patrons or guests must shower before entering the Spa area.

AN ADULT IS ANYONE 18 YEARS OF AGE OR OLDER

WRAY REHABILITATION AND ACTIVITIES CENTER
~What Children Can Do In Every Area of the WRAC~

AGES 9 to 13 years old:

- ◆ May utilize certain areas of the facility unattended following rules and guidelines. See below.

NAUTILUS ROOM:

- ◆ Children may use the Nautilus equipment if they have been trained and their bodies fit on the machines. An adult (18 and over) must accompany children using equipment.
- ◆ All cardiovascular equipment may be used as long as children respect equipment and understand how to use it.

BASKETBALL and RACQUETBALL AREAS:

- ◆ Children may use this area.
- ◆ Badminton is available upon request.

LOCKER ROOM:

- ◆ Children may use it if they observe all rules.
- ◆ No running or playing in the locker rooms.

SPA AREA:

- ◆ May use with an adult with them **at all times** in the hot tub, steam room and sauna.
- ◆ No running, splashing, or putting their heads under the water in the hot tub.
- ◆ All patrons or guests must shower before entering the Spa area.

UPSTAIRS TRACK:

- ◆ May use.

FREE WEIGHT ROOM:

- ◆ Children under fourteen (14) are not allowed in this area at all.

AN ADULT IS ANYONE 18 YEARS OF AGE OR OLDER

WRAY REHABILITATION AND ACTIVITIES CENTER

~What Children Can Do In Every Area of the WRAC~

Age 14 years and up:

Students 14 years and up may use the WRAC facility without adult supervision, as long as they abide by the rules and regulations that apply to all patrons and guests using the facility.

AGE POLICY SUMMARY

Birth to age 4:

- Must have an adult (18 and over) with them at all times
- Basketball, racquetball and track available with adult supervision
- Children's play area located in racquetball court B may be available with adult supervision for youth 8yr and under.
- No cardio or nautilus equipment
- Not allowed in the spa area

Ages 5 to 8:

- Must have an adult (18 and over) in the facility at all times
- Basketball, racquetball area and track available
- Children's play area located in racquetball court B may be available with frequent adult supervision for youth 8yr and under
- May be in spa area with an adult at all times and areas
- No cardio or nautilus equipment

Ages 9 to 13:

- Nautilus equipment if trained & accompanied by an adult (18 and over)
- Basketball, racquetball area and track available
- Cardio equipment available with proper use
- May be in spa area with an adult at all times

Age 14 and older:

- Following rules and guidelines may use the entire facility & equipment including Free Weight Room and spa area.

All-Purpose Room Basketball Guidelines

The guidelines listed **will be strictly followed and enforced** by
WRAC staff

- ◆ Basketball skill practicing **ONLY!!**
- ◆ No basketball games in this room.
- ◆ Throwing basketball other than practice shots to improve techniques is **PROHIBITED**.
- ◆ An adult (18 or over) is requested to be present with youth at all times when practicing skills.
- ◆ Adults and high school youth are encouraged to use the north basketball court.
- ◆ WRAC reserves the right to close this area for basketball use due to the safety of patrons using equipment.

We have had ceiling tiles broken under the cardiovascular/nautilus equipment, balls hitting cardiovascular equipment and damaging the display panels, balls have been sucked under the treadmills and caught between the belt and the machine, and patrons have left their workout due to fear of being hit by balls.

Our goal is to provide a place for the youth to practice skills and enhance their basketball game. It is also our desire to provide a safe place for those working out along with protecting the equipment.

DEFINITIONS OF MEMBERSHIPS

Student/Active Military

- ◆ Those persons in kindergarten and up who attend school on a **full time** basis or **ACTIVELY** serving in the military.

Individual

- ◆ Those persons over 18 years of age living in their own household or with their parent(s), who are not full time students.

Senior/Retire Military

- ◆ Those persons 65 years of age and older.

Couples

- ◆ Couples who have no children in their household who will use the facility.

Family

- ◆ Couples who have children of age to use the facility.

Single Parent Family

- ◆ Single parent with children living in the same household. Including full time students.