



# All about the JCC locker rooms



I am going to the Mayerson JCC and want to use the locker rooms while I am there. To find the locker rooms, I will walk straight through the security gates and go down the stairs.



At the bottom of the stairs, I will go straight. The Mayerson JCC has three locker rooms: family, men's, and women's. The family locker room is first on the left, the men's is second, and the women's is at the end of the hall. I should choose the locker room that makes sense to me and my group.



To enter the locker room, I will touch my blue JCC fob to the black, rectangular pad next to the door. A small light will turn green, and I may hear a 'click' as the door unlocks, that's how I know I can enter the locker room.

**For more information or accommodations, visit [MayersonJCC.org/Inclusion](https://www.MayersonJCC.org/Inclusion)**

*This resource was generously funded in part by the Mayerson JCC Excellence Fund, The Milton and Frances Schloss Special Needs and Services Fund for Children and Adults, the Jewish Federation of Cincinnati, and The Jewish Foundation of Cincinnati.*



# All about the JCC locker rooms



If the locker room door won't open, I should go back to the Welcome Desk and ask for help. They may ask me questions so that they can better understand how to solve the problem. I might feel frustrated or anxious. I can take a deep breath and ask for what I need. It is important to try to stay calm, so we can work together to solve the problem.



After I am in the locker room, I can choose any locker that is unlocked and empty to store my belongings. I need to keep my fob with me to enter some of the spaces at the J such as the fitness center, barre/Pilates studios, and JPlay. I do not need my fob to enter the pool.



I should never look through other people's belongings in the locker room. If the locker I want to use already has items inside, I will pick a different locker. That may be disappointing or frustrating. That's okay, I can still have a great day at the J no matter what locker I use.

**For more information or accommodations, visit [MayersonJCC.org/Inclusion](https://www.MayersonJCC.org/Inclusion)**

*This resource was generously funded in part by the Mayerson JCC Excellence Fund, The Milton and Frances Schloss Special Needs and Services Fund for Children and Adults, the Jewish Federation of Cincinnati, and The Jewish Foundation of Cincinnati.*



# All about the JCC locker rooms



The JCC has towels I can use while I am there. I will find towels in the locker rooms and the fitness center. When I am done with my towel, I should return it to a large black bin with the words "TOWELS ONLY" on top. These bins are in the gym, locker rooms, and even by the gates to exit the building.



Sometimes people change their clothes in the locker room and you can see their bodies. Someone else's body is none of my business. I should not stare at or ask about anyone else's body in the locker room. If I want to change somewhere private, I can use a stall or a shower.



The locker rooms also have showers. I can bring my own soap and shampoo or use the ones provided. Before I swim, I need to rinse my body off in the shower. I can use any shower that is open.

**For more information or accommodations, visit [MayersonJCC.org/Inclusion](http://MayersonJCC.org/Inclusion)**

*This resource was generously funded in part by the Mayerson JCC Excellence Fund, The Milton and Frances Schloss Special Needs and Services Fund for Children and Adults, the Jewish Federation of Cincinnati, and The Jewish Foundation of Cincinnati.*



# All about JCC locker rooms



I will know if someone is in a shower because I will hear the water running and see the door and curtain are closed. I should never open a shower door because that means someone is already in there.



After I change, I can go to the pool through a door at the other end of the locker room or I can leave from the same door I came in and find the barre studio, Pilates studio, or fitness floors. My items will be safe until I am done using the facilities at the JCC!

**For more information or accommodations, visit [MayersonJCC.org/Inclusion](https://www.MayersonJCC.org/Inclusion)**

*This resource was generously funded in part by the Mayerson JCC Excellence Fund, The Milton and Frances Schloss Special Needs and Services Fund for Children and Adults, the Jewish Federation of Cincinnati, and The Jewish Foundation of Cincinnati.*