



## **Membership Policies and Procedures**

Congratulations on your commitment to a healthier lifestyle. We would like to take this opportunity to emphasize specific policies and procedures to insure the integrity of your membership.

Membership ID is required for entry into The Club facility; please scan your club membership card when you enter the facility. All guests are required to pay a \$10.00 guest fee, complete the guest register, and comply with all guest policies limit to 3 visits per year. Guests are only allowed during hours in which the club is staffed. If a member brings a guest during non-staffed hours, he/she will have a \$50.00 charge deducted on the date of their next draft.

Proper exercise attire assures a healthy environment. This includes: No jeans, jean shorts or work clothing is permitted. No work boots. No cargo pants with zippers and metal buttons. No short shorts or any other clothing considered by management to be suggestive will not be permitted. All clothing should not be see through and have questionable slogans. No hoodies, sunglasses, skull caps on the exercise floor.

I understand that if I choose to request a contract cancellation, as specified and allowable under the contract, I must do so in writing with any required evidence. You will receive a written confirmation from management. Personal training, Healthy Lives™ and fitness assessments are available at an additional cost. We only allow personal training by employees of THE CLUB.

As a gym courtesy we ask that you rack all weights. We do not allow weightlifting chalk and movements such as deadlifts, power cleans and any other form of Olympic lifting. We ask that you refrain from loud grunting while working out. No tobacco products of any kind are allowed in THE CLUB facilities.

A rate guarantee fee of \$39.00 will be billed on the anniversary of your membership agreement date to help maintain our facilities and ensure the best workout experience possible.

AdvoCare solicitation is prohibited in our facilities unless The Club employs you.

### **Assumption of Risk**

I desire to voluntarily engage in the various programs at THE CLUB. The programs include aerobic dance, group exercise classes, cycling classes, cardiovascular machines, resistance machines, and free weights. All programs and amenities may vary depending on location.

I understand it is my responsibility to seek physician approval concerning any preexisting health risks. I understand there are some discomforts and risks associated with physical activity, such as muscle soreness, strains and sprains, and occasionally cardiovascular problems including high blood pressure. I understand every effort is made to reduce said risks through ongoing training and continuing evaluation of THE CLUB personnel.



### **The Club Equal Opportunity Statement**

The Club seeks, enrolls and maintains membership without regard to race, religious creed, color, national origin, ancestry, physical disability, mental disability, medical condition, marital status, sex, or age. All club members shall have full and equal access to the club facility. All members with disabilities shall be entitled to reasonable accommodations for their physical and mental impairments. Any member who believes that he/she is/has been treated unfairly on any of the aforementioned matters should first report to the club manager or to Mike Elinski at The Club.

### **Check In**

You must check in at the front desk and present your membership card before you use the facilities. New members must show a copy of the contract along with picture ID until you receive your ID card. The Club will not allow access to anyone 30-days past due on his or her payment obligations set forth in your agreement. The Club may require proof that your membership is current.

### **Membership Cards**

The Club issues a membership card to members for identification purposes. You may not let anyone else use it. Use of your card by anyone else will cause it to be confiscated, and a \$5.00 fee will be charged to redeem it. The ID card is The Club's property and you must return it immediately if your membership is terminated, cancelled, or frozen. There is a \$10.00 charge for lost ID cards.

### **Guest Privileges**

The Club encourages you to bring friends, relatives, and business associates for a visit. Guest is to pay a \$10.00 guest fee and must be accompanied by a member. The guest fee can be applied towards a membership for up to 30 days. The guest must check in at the front desk, be at least 18 and sign a medical and injury release form and take a tour with the club membership representative before using the facility. The club may restrict the number of guest and times you may bring guests. You must inform guests about these policies because The Club will ask them to leave the facilities for any policy violations. We limit the same "in town" guest to 3 visits per year.

### **Conflicts Regarding Use**

Please don't linger on equipment because other members may want to use it. No member should monopolize the equipment or weights. If there is a sign-up list for the use of the equipment and a maximum time limit on its use, The Club expects members to follow the Rules. In short observe gym etiquette. If there is a conflict of use, let The Club staff resolve it.

### **Steam & Pool**

We ask that you shower before using the steam and pool



### **Weights and other Equipment**

If at any time you are unfamiliar with the use of any of the club's equipment or if you would like to be shown the proper technique, please ask a staff member for assistance. As a reminder you should not throw dumbbells, if they can't be controlled on the way down use a spotter or lower your weight. Please replace the weights on the rack after use and wipe off any benches after your use.

### **General Policy for Minors**

To join, all minors need the financial guaranty of a parent or guardian and must sign the membership agreement.

### **Babysitting**

We will babysit your child ages 3 months to 9 years for a maximum of 2 hours. We ask that you do not leave the facility and know that you will be asked to change your child's diaper. We do not supply diapers and snacks. If bringing a snack or drink please be sure to have the snack and or drink in a non-spill container. We have the right to refuse or ask to leave any child who reacts negatively or cannot behave. The club will ask that you make other babysitting arrangements. The Club does not permit children over four years old of the opposite sex in the dressing or shower rooms. If the child is not on the family membership there will be a \$5.00 charge per child.

**Minors 12 and Under** May not use the workout facilities at any time.

Minors 13-17 May use the facilities without being accompanied by a parent or guardian if the minor is a member or a guest and their parent or guardian signed the financial guaranty and the membership agreement. The Club reserves all right, in its discretion, to require that a parent or guardian accompanies a minor.

### **Lockers**

The Club provides lockers for your use on a daily basis only and suggest that you use a lock to protect your property. Do not leave and valuable property in the locker at any time. The Club is not responsible for any theft or damage to your property.

### **Prohibited Items and Activities**

**No Alcohol, Drugs, or Smoking:** You cannot use the facilities at The Club while under the influence of drugs, alcohol, or medication. Also, The Club does not permit smoking, alcohol, illegal drugs, including steroids in its facilities.

**No photographic or Video Equipment:** No cameras, videotaping or any photographic or video equipment are permitted unless you have written consent from The Club.

**Food & Beverages:** Food and beverage consumption is allowed if in a spill-proof container.

**Personal Training:** The Club employs all personal trainers on the premises. We do not allow non-employees to personal train.



### **Dress/Towel Policy**

The Club requires you to wear appropriate clothing and footwear while in the facilities. Listed are the general guidelines: gym shorts, T-shirt, tank top, aerobic and sweats are all right for exercising or aerobics. Please refrain from wearing work boots, jeans and cut-offs. You should have a cloth towel with you during workouts to protect and clean the machines you use for the next person on the equipment.

### **Conduct**

While in the facilities, The Club does not permit and will not tolerate any inappropriate conduct. Such conduct includes, without limitations, using loud abusive, offensive, insulting, demeaning language, profanity lewd conduct or any conduct that harasses or is bothersome to members or The Club employees. This includes interfering with the daily activities, stealing of company materials and acting negatively towards and speaking about The Club staff and management.

### **Violations of Rules**

If any member or guest violates any of the Policies or Rules, The Club will also the person to stop or leave. We also have the right to terminate the violator's membership according to the terms of the membership agreement.

### **Steroid Warning**

Use of steroids to increase strength or growth can cause serious health problems. Steroids can keep teenagers from growing their full height; they can also cause heart disease, stroke, and damage liver function. Men and women can develop fertility problems, personality changes, and acne. Men can experience premature balding and development of breast tissue. There are also civil and criminal penalties for the unauthorized sales, use or exchange of anabolic steroids.

### **Membership Freeze Policy**

**Qualification:** The Club will only freeze your membership if you are in good standing with all the enrollment fees paid and your monthly dues are current.

**Medical Disability:** You must provide management with verification from your physician stating your medical disability and how it will prevent you from using the facilities. The minimum freeze is three (3) months and the maximum is six (6) months.

**Active Duty Military Transfer:** You must provide management with a copy of your transfer papers or deployment orders. There is no minimum or maximum for active duty military freeze. If you request a specific freeze term less than six (6) your membership and EFT will automatically resume at the end of the specified time.

**Religious Assignment:** You must provide management with a copy of your mission orders from the church. There is no minimum or maximum for missionary assignment freeze. If you request a specific freeze term less than six (6) months your membership EFT will automatically resume at the end of the specified time.



### **Lake Harbour Pool Guest Prices**

Ages 3 & Under - FREE    Ages 4-11 - \$10                      Ages 12 & Up - \$20

Guests are limited to 3 times per year. NO RUNNING! NO Pushing, wrestling, or causing undue disturbance in or about the pool area is permitted. NO SMOKING ANYWHERE ON PREMISES. NO glass containers of any kind will be allowed within the pool area. NO chewing gum allowed in the pool enclosure. Floating equipment including life preservers of all types, balls, rafts are not permitted in the large pool without previous permission from management. Lifeguards reserve the right to exclude anyone from the deep water who has not demonstrated sufficient ability to swim. Unauthorized persons are not allowed in lifeguard stands or in any other staff only area. NO unattended minors may swim if no lifeguard present. NO drugs or outside alcohol allowed in pool area. Persons suspected of drug or alcohol intoxication.

### **Rules having specific application to children:**

All children under 14 must be accompanied by parent or designated adult 18 or older approved by the pool manager, who must remain with child at all times while child is in pool area. Adults shall be responsible for and shall not leave unattended children in their care in any pool or pool area. Each child must be accompanied at all times by an adult, who will be solely responsible for the child's safety. Lifeguards are not babysitters.

Members are expected to abide by and cooperate with the lifeguard's decisions. Members are not permitted to interfere or reprimand employees of THE CLUB. If difference of opinion occurs please contact the Manager on duty.

### **Pool Parties at Lake Harbour**

Member must pay a deposit fee of \$75 at the time of scheduling. Scheduling must be done a minimum of 2 weeks in advance. Party times are Monday through Saturday 10:30-12:30 or 1:30-3:30. Clients will only be given two hours due to the other times allotted. Times will be strictly enforced so we can clean and prepare for the next client and their guests. All children and adults attending that are non-members must sign a waiver/release to enter the facility. No exceptions. Waivers will be provided at the front desk. The only food allowed to be brought into the pool area is the party treat (birthday cake, cupcakes, cookies, drinks, etc.,) NO OUTSIDE ALCOHOL! NO GLASS!! Client's items (decorations) must be removed from the premises after the event. Clients and all attendees will comply with all rules posted at the pool and with all applicable Federal, State and Local laws or ordinances. Cancellation Policy: Party cancellations must be made five days in advance of the event. Cancellation within less than 24 hours of party will constitute a forfeit of all deposits made. NO EXCEPTIONS! Rescheduling due to weather or



other uncontrollable circumstances will be dealt with on an individual basis. Parties may be scheduled May 15 – August 1, and only hosted by CLUB MEMBERS.

### **Childcare**

The Club's childcare welcomes children between the ages of three months to 12 years old. Children included on a family membership are welcome in our childcare facility for up to two hours each day. Parents must remain in The Club at all times, and sign their child in and out.

**Hours of Childcare:** Monday – Thursday: 8am-12pm and 4pm-8pm; Friday and Saturday 8am-12pm; Sunday CLOSED. Childcare is limited to a TWO hour time limit per day.

**Check-in Procedures:** A completed and signed registration form is required for each child before they can be left in the childcare area. All children must be signed in and out each time they visit the Child Care Center. You must list the area of the facility you will be using so that we may reach you in the event of an emergency.

**Snacks:** Only small snacks are allowed in the childcare area, NO meals or pizza from fast food restaurants. Due to potential choking hazards and many food allergies, children are not allowed to bring hot dogs, nuts of any kind, large pieces of fruit, cheese, popcorn, raw carrots, raisins or celery, grapes, cherries, hard or sticky gum or candy, and ANYTHING containing peanut butter. Please no milk. Only water or juice in sippy cups labeled with your child's name.

**Illness policy:** Please be considerate of The Club's childcare staff and the other children in the center and do not bring your child if they are ill. Any child with fever, diarrhea, cold, eye infection, vomiting or other illness that may spread will not be permitted in the Child Care Center. Your child must be free of fever for a minimum of 24 hours before they can return. Any child with these symptoms will be turned away from the Child Care Center. The staff may require a doctor's note before your child can return.

**Additional information:** Parents will be notified and asked to return to the Child Care Center if their child cries for more than 15 minutes, misbehaves (bites, hits, disobeys the staff, destroys property, disrupts other children), or does not respond to "time outs." Continued misbehavior or crying could result in your child being suspended from the Child Care Center. Child Care Center is on a monitored surveillance system, which can be viewed from the TV located on the west end of the cardio area. Please do not leave anything attached to your diaper bags such as hand sanitizer or sunscreen. The staff will do their best to keep the little ones away from the cubbies, but please keep in mind that the cubbies are in reach and designed for the children. We advise that children do not bring toys from home because they may get lost or taken home by another child. Our childcare staff does not change diapers. In the event your child needs a diaper change we will come get the parent or guardian to change the diaper in the designated changing areas.