

## RULES & REGULATIONS

Our Rules & Regulations are designed with you, the member, in mind. 12 Month Memberships cannot be cancelled prior to the end of this period, unless written documentation is received, which indicates you have moved more than 50 miles away, or you have a permanent, disabling condition (\$50 cancellation fee applies for both events). After your initial 12 month membership, you may cancel your membership at any time, with no cancellation fee. All cancellations are effective on the first of the month, with no refunds. **Please note our deadline of the 25<sup>th</sup> of the month for changes, freezes & cancellations.**

**All members and guests must check in at the front desk each visit.** Please scan your key tag each visit. On your initial visit, we will also take your picture for security purposes. Club premises and parking lot are totally non-smoking.

**ATTIRE:** Members and guests are required to wear shirts at all times. Inappropriate attire is not permitted. Swimsuits are not permitted outside the pool and locker rooms. Closed toe athletic shoes must be worn on the courts and in fitness areas; no sandals or flip flops allowed in workout areas. We recommend pool shoes or flip flops in shower and pool areas. Members must maintain a reasonable standard of personal hygiene.

**CARDIOVASCULAR EQUIPMENT:** Please adhere to a 30 minute time limit during busy times.

**CELL PHONES:** Please refrain from talking on your phone in all work-out areas & place your phone on "vibrate". No photography or videos of any kind are allowed on club premises without permission from management. Please place your cell phone in your gym bag before entering the locker room.

**CHARGING ITEMS TO YOUR ACCOUNT:** Bank or credit card information is required to charge items to your account. Charges are added to your monthly dues.

**CHILD CARE:** Parents must be in the club at all times. Parents are required to sign in and out in the childcare room. Any fees not paid at check-out will automatically be billed to your account. Changing diapers is the responsibility of the parent. Drinks must be in enclosed plastic containers. No gum is allowed. Children misbehaving will be removed from childcare. Please do not bring your child if he/she exhibits any symptoms of illness.

**CHILDREN:** Do not leave your children unattended at any time. If Child Care is not available, children may sit in the waiting area only if they are supervised by an adult. You cannot leave your children in the waiting area while you work out. Club Staff are not responsible for children, except in the Child Care room during posted hours.

**Children age 6 & over** must use same-sex locker room.

**Children under age 12** may use the pool only & must have supervision.

**Children ages 12-14** may use cardio equipment, play racquetball & must be supervised. They are not allowed to take classes or be in weight rooms.

**Children 15+** may use all equipment. Children 13-15 may use weight equipment only if approved by UGWC trainer or management.

Children misbehaving or abusing equipment will be banned from future privileges. Only children 16 & over may take spinning classes. **Children must be added to a membership to use any equipment**, or you can pay a \$10 guest fee each visit for them to use the pool and/or equip-

ment if they are proper age. Please note posted rules regarding children. Parents are responsible for any damage or injury caused by their children.

**CIRCUIT RESISTANCE MACHINES:** Our staff can show you how to use these machines, or you can hire a personal trainer for more personalized instruction. We are always available to assist you with any machines if you have questions.

**FREE WEIGHTS:** Please remove plates from equipment, place dumbbells on racks when finished and cable attachments on the rack.

**FREEZING YOUR MEMBERSHIP (12 Month Memberships only):** You may freeze your membership for one month or more. **Freezes must be in writing on or before the 25<sup>th</sup> of the month, and are effective on the 1<sup>st</sup> of the following month.** These months are added to the end of your membership agreement to fulfill 12 months of paid membership. Members who prepay for 12 months may freeze at any time during the month for min. of 1 month, and additional months are then added to their membership. Freezes are not retroactive and no credit is given for dues already paid.

**GUEST POLICY:** All guests must register at the front desk and sign a Consent Form before using any equipment. Picture ID is required. No set-up on circuit machines is provided, but guests may use all equipment. Guest fees are \$10 a day or \$25 a week. Guests under age 18 are not allowed without a Consent Form signed by a parent or guardian.

**LOCKERS & TOWELS:** Please bring a lock to secure your items. Lockers are for day use only; please remove your lock when you leave.

**LOST & FOUND:** Wellness Center is not responsible for lost or stolen items. Valuables are kept at the front desk and other items go in "Lost & Found" for one week.

**PERSONAL TRAINING:** Get the best results with a one-on-one with a certified personal trainer for \$40 an hour, or \$20 for 1/2 hour. We require 8 hours notice for cancellation to avoid charges.

**RACQUETBALL:** Goggles must be worn on the racquetball courts at all times. Court may be reserved at the front desk.

**SAUNA & STEAM ROOMS:** We recommend drinking plenty of fluids prior to and during use of these areas. No glass containers are allowed. Limit your time to 10-15 minutes. Swimsuits or towels are required at all times. We do not allow shaving in these areas, use of oil or aromatic-inhalants, or children under 16. Turn off units when you leave. All units will close 30 minutes early. Please check with your physician before using sauna or steam rooms.

**SWIMMING POOL:** There is no lifeguard on duty; use of pool is strictly at your own risk. Please shower before entering pool. Children must be supervised at all times. Please note restricted hours and posted rules regarding children in the pool. We do not allow diving, running, jumping, horseplay, food, drinks in breakable containers or balls. Walk slowly in pool area and locker rooms; pool shoes may be purchased at the front desk.

**\*Key tags are non-transferable. Do not give your key tag out to a non member to use or you risk forfeiture of your membership.**