



CLUBHOUSE RULES and GUIDELINES

Ping Pong, Air Hockey, and Pool Table:

1. Drinks and/or food are not allowed near or on tables
2. All players must be at least 13 years of age or accompanied and playing with an adult
3. Adult Billiard Room may only be used by adults 18 and older
4. No throwing or horseplay with equipment allowed
5. Use Equipment Appropriately and Respectfully

Pool Area

1. Follow all rules posted in pool area
2. All children 12 and under must be accompanied by an adult at all times
3. Absolutely **no running** in pool area
4. No horseplay, Pushing or Shoving allowed
5. Small floats and other swim toys are allowed – please remove after use
6. Tie up long hair
7. No Diapers allowed in the Pool – Little Swimmers are available for \$1
8. Dispose of Gum and Candy before entering pool
9. No Cut offs or items that may ravel allowed in the pool
10. No Diving
11. Glass cups or containers not allowed in pool area
12. Food and Beverages are not allowed in pool area (water in plastic container is allowed)

General Rules

1. All renters are required to have a renter's card
2. Members may bring up to six guests into the club
3. Member's children between the ages 13 to 18 are allowed to bring one guest into the clubhouse with parental permission authorization form signed
4. Parties and functions are allowed in the meeting room with prior office permission
5. Proper Language and Behavior is required at all times
6. Persons not following rules may be asked to leave

FITNESS CENTER RULES AND GUIDELINES

- Clean, dry, athletic footwear is required – no street shoes or footwear that is worn outside will be allowed in the fitness center (cardio room, weight room, etc)
- No shoes, food, glass containers, or beverages (other than water in a closable plastic container), are allowed in the pool area, weight room, or cardio room
- Bring your own towel for personal use and to wipe down equipment after use
- Proper use and care of the equipment is expected
- During peak times, you may be required to limit your use of each piece of equipment to 20 minutes
- Inform staff immediately of any broken or damaged equipment
- Confine free weight usage to the black matted areas
- Do not drop, throw, or let weights fall
- When using free weights, lift only what you can lift safely. Realize your own personal limitations
- The plates, dumbbells, and bars must be returned to the racks and weight tree after use
- Remove all “Plates” from the leg sled when you are finished
- It is recommended that you have a spotter, whenever possible for safety
- Lifters are asked to alternate sets and not to monopolize the equipment
- No Texting or Phone Calls while using the equipment
- For your protection please wear supportive athletic footwear and appropriate clothing
- Proper Swim Attire is required during pool and sauna use
- After Sauna session, please shower before entering the pool
- Dispose of all Gum and Candy before entering pool
- Tie up long hair before entering pool
- No DIAPERS allowed in the pool – Little Swimmers are Available for \$1
- No cut off shorts or items that may unravel may be worn in the pool
- No one under the age of 16 is allowed to use the Fitness Facilities and Equipment
- Member Children between the ages of 16 and 18 must have signed parental authorization to use the fitness center
- Children between 16 and 18 wishing to bring a guest must have written parental authorization prior to entry into the fitness center
- Shower door is to be closed during use. Please wipe up any water on the floor before leaving shower area
- All Members must sign in upon arrival – proper identification or proof of age may be required
- Any person using the Fitness Center is required to sign a Liability Waiver Form
- Members may sign in one guest per visit at the Fitness Center and member must be present during the entire visit
- Renters are required to have a “Renter’s Card” to enter the club
- Adult supervision is required at all times in the pool area for children under 13