HAYWOOD
REGIONAL HEALTH & FITNESS CENTER

Membership Handbook

MEMBERSHIP

Types of Memberships:

- Individual (Age 14 & older)
- Couple
- Family
- Senior Individual (Age 62)
- Senior Couple
- Senior 85 & Older
- Corporate

Daily, weekly, monthly, and student passes are available.

Payment

Payment is due on or before the ninth day of each month. Access to the facility will not be permitted when the account is two months delinquent, and a late fee is applied.

Dependents

To qualify for our "Couple/Family" membership options prospects do not have to present a marriage certificate or share a last name. If prospects can present two of the following documents with applicant names, they will be qualified to complete contract:

* Bank statement
* Tax Return (do not need second verifying document)
* Property Tax
* Electric or Household bill
* Home/auto insurance
* Child's Birth Certificate with Parent's name.

Membership Renewal

Membership will automatically renew on a month –to-month basis after the six month obligation date, unless the member notifies the center thirty-days prior to the expiration of the membership agreement.

Voluntary Cancellation with 30 Day Notification

To cancel your membership, you must notify the Front Desk or a member of the business office at least thirty (30) days prior to the cancellation date, stating your membership number, all names on the membership, and the date you wish to cancel. In order to cancel a membership before the agreement expires, a $50.00 cancellation fee will be required. Cancellations are for full months only; no partial month cancellations will be accepted.

Equipment Orientation

New members receive one complimentary Equipment Orientation. An Exercise Specialist will answer any questions you have regarding the use of fitness equipment.

Please schedule your appointment at the second floor fitness desk.

Building Access & Fitness Center Usage

All members must enter and exit the building through the main entrance. Your membership card, which will be made upon your first visit as a member, must be presented each time you enter the Fitness Center. ***Access to the facility will not be allowed without a membership card.*** Membership cards are for sole use by the member whose name and photo appears on the card. Unauthorized use of the card by persons other than said member will result in termination of membership. Please report all lost or stolen cards immediately. Replacement of a membership card will require a $5.00 replacement fee.

The Fitness Center is not responsible for any lost or stolen items.

GENERAL POLICIES & PROCEDURES

Etiquette & Attire

⇒ Etiquette, courtesy, and appropriate language are to be observed at all times.

⇒ Proper footwear for the area of the facility and equipment being used must be worn. Only non-marking tennis shoes are allowed in the multi-purpose room, gymnasium, and the racquetball courts. No open-toed shoes will be permitted other than in the pool area. Proper and appropriate attire, including shirts, must be worn while in the Fitness Center.

⇒ As a family oriented facility, please ensure all clothing is appropriate for working out in the center.

⇒ When using Saunas or Steam Rooms, a towel or bathing suit must be worn.

Lobby Phone

The lobby phone is a courtesy phone for use by members. You must dial "9" for an outside line. **Please limit phone calls to one minute.**

Smoking/Food & Drink

Smoking, alcohol, and illegal drugs are not permitted anywhere on the Haywood Regional Health & Fitness Center premises. Eating and drinking are allowed in designated areas only. Drinking water is permitted in a covered sports bottle.

Parking

- *Vehicles parked in patient parking must clearly display (inside left front windshield) a dated parking pass from Cardiac Rehab or Physical Rehab.*
- *Members may park in Rehab patient parking areas when Rehab is closed (signs are posted).*
- *All vehicles parked in Handicap Parking must clearly display a valid handicap parking pass.*
- *All motorcycles need to be parked in a designated parking space.*
- *The area of curb marked with red is a designated Fire Lane. Parking in this area is not permitted.*

Rule Violations and Changes

Violations of posted or written rules, and/or rules enforced by fitness center staff may result in membership suspension and/or termination. The rules and policies are subject to change at the discretion of management.

Towels, Locker Keys, and Equipment Rental

Towels, locker keys, and equipment will be issued at the front desk. If equipment is issued to the member, the membership card will be held until the items are returned. All items need to be returned in the same condition as they were checked out.

The following equipment is available to be checked out:

- Basketballs, Volleyballs, & Racquetball Equipment

Hours of Operation

5:30 AM – 9:00 PM Monday-Thursday

5:30 AM – 8:00 PM Friday

7:30 AM – 5:00 PM Saturday

1:00 PM – 6:00 PM Sunday

Pool Hours of Operation

6:00 AM – 8:30 PM Monday-Thursday

6:00 AM – 7:00 PM Friday

8:00 AM – 4:00 PM Saturday

1:00 PM – 5:30 PM Sunday

Hours are subject to change with notice at the discretion of management.

NURSERY POLICIES

The nursery is available for all members' children, ages three months to eight years, at a minimal rate per hour per child. There is a two-hour maximum. Parents are asked to adhere to the following guidelines to ensure the well-being of their children:

- A reservation is ***highly recommended*** in order to access the nursery service. Reservations may be made at least one day in advance by phone (452-8064) or at the nursery. Please notify the nursery two hours in advance if you need to reschedule.
- Please complete an information card on each child with any special instructions to be kept on file in the nursery. No medications will be given by the nursery staff.
- Children must be signed in and out by the parent. Parents must be present in the facility while their children utilize the nursery.
- Please provide disposable diapers, pull-ups, wipes, and other necessary toiletries for your child.
- Children who are ill will not be permitted in the nursery. If a child appears to be ill after being left in the nursery, the attendant on duty will immediately notify the parent to take the child home. Children with any of the following symptoms may not be brought into the nursery:
  - Fever within the last twenty-four hours.
  - Vomiting or diarrhea within the last twenty-four hours.
  - Child has started a new medication in the last twelve hours.
  - Runny nose (except in cases of allergies.)
  - Abnormal fatigue or irritability.
  - Stays home from school sick

YOUTH POLICIES

Participants must be 14 years of age to obtain an individual membership. A parent or guardian must be present at the time of membership sign-up.

- ***Children under the age of 14 must be accompanied by an adult (18 years of age or older) at all times while present in the facility.***
- ***Children must be 14 years of age to use the strength and cardiovascular areas.***
- ***Children must be 12 years of age to use the track.***
- Pool Area–Children under 8 years of age and/or children without basic swim skills must be supervised by an adult in the pool area.
- Racquetball–Children under 12 years of age must be accompanied by an adult. Adults only may make court reservations.
- Therapy Pool—Children must be 14 years of age to use the Therapy Pool.
- Sauna/Steam Room— Children under 14 years of age are not permitted in these areas.
- Men's Locker Room—Female children 3 years of age and under are allowed in this area. Our pool area is equipped with a family changing room for all persons older than 3 years.
- Women's Locker Room—Male children 3 years of age and under are allowed in this area. Our pool area is equipped with a family changing room for older children.
- Group Fitness Classes—Members must be at least 14 years of age to participate in adult group fitness classes and instructional programs.

RULES IN SPECIFIC AREAS

Rules that apply to specific areas are posted. Violations of posted or written rules may result in membership suspension and/or termination.

RACQUETBALL COURT

- Racquetball court may be reserved by members up to one day in advance either by telephone or in person. Court reservations will be accepted daily during hours of operation. Only one reservation may be made per phone call, per member, each hour.
- Reservations may be made in designated thirty minute blocks.
- All members must check in at the Front Desk for their court assignments. Failure to do so will result in forfeiture of reservation.
- Contact the Front Desk for court cancellations. Members may not transfer reservations to other members.
- Unclaimed reservations will be assigned to players on the waiting list. Members must be in facility to be placed on the waiting list.
- Members under 12 years may not reserve courts and may play only under the supervision of an adult.
- Only tennis/court shoes are allowed on the court surface (no black-soled shoes.)
- Eye protection is required at all times.

RULES IN SPECIFIC AREAS

Track Area

Please be aware of runners and walkers on the track. Runners and walkers have the right-of-way, so use caution when crossing or standing on the track. We ask that walkers stay on the inside portion of the track and runners stay on the outside. The track is 1/10 mile in length. Track direction changes daily, so please follow the signs. Strollers are not allowed on the track. Infants and toddlers can be carried in a carrier pack only. Barbells or other large Pieces of equipment may not be used on track. Hand-held weights only may be utilized on the track.

Fitness Floor

- *Participants must be 14 years of age or older to use the strength and cardiovascular equipment and 12 years or older to use the track.*
- Please ask the Fitness Staff for assistance on equipment.
- For your safety, use of equipment other than for its designated function is prohibited.
- Appropriate exercise attire is required. Street clothes such as blue jeans, khaki pants etc. is not permitted. *Clothing with profane, inflammatory, or vulgar wording and/or images is prohibited.*
- *Athletic shoes must be worn at all times.* Shoes must be supportive, with a closed toe and covered ankle design. Work boots, sandals, crocks, flip flops, and/or bare feet are prohibited.
- Horseplay and offensive language are prohibited.
- Please limit time on cardiovascular equipment to 30 minutes if members are waiting.
- Please utilize the cleaning stations to wipe down equipment after use.
- YOU MUST HAVE YOUR OWN SPOTTER. Spotters are strongly recommended on all the following lifts: bench press, decline press, incline press, military press (standing and seated), and heavy dumbbell exercises.
- Dropping or slamming of weights is prohibited.
- Please return plates and dumbbells to their appropriate racks and place them according to weight.
- **Olympic power weight lifts that could be potentially dangerous to others in the area and are prohibited.**
- Please do not use mirrors, walls, or benches for support of body or equipment.

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Aquatics Area

The pool area will open 30 minutes after the opening of the facility and will close 30 minutes prior to the closing of the Fitness Center. Two lanes are always available for lap swimming. There is a lifeguard on duty at all times. Please check the therapy pool schedule for time when the pool is available to members, and the main pool schedule for information regarding class times. Please be respectful of the following policies and see the lifeguard on duty for more detailed information.

- Please shower before entering the pool or therapy pool.
- Pool deck may be slippery. Please use caution.
- Pool area must be vacated entirely when lightning is in the area.
- The main pool is closed from recreational swimming during group fitness classes (please see schedule).
- "Recreational Use" is the term given to any activity outside of lap swimming, class participation, or scheduled pool therapy. This includes, but is not limited to: water jogging, children playing, personal water exercise routines, etc. All recreational swimming must take place in the open area of the pool ONLY. Lap lanes my not be utilized. Recreational swimming is permitted at all times EXCEPT during group fitness classes.
- A minimum of two lap lanes will always be kept open for lap swimming ONLY, during scheduled programs. *Lanes are to be used for lap swimming only!* Anyone attempting to use lap lanes for activities other than lap swimming will be instructed to re-locate to the recreational area of the pool.
- Outside equipment is prohibited. Accessories are subject to discretion of management.
- Lap swimmers MUST share lanes. No one is guaranteed a lap lane by themselves.
- On the pool schedule, any time frame that does not have scheduled programming listed is available for open swim.
- Therapy Pool may be utilized by members and guests, ages 14 & up, when not in use by Aquatic Therapy.
- For your safety, you should cool down at least five minutes after exercising before using the therapy pool, and never stay in for more than 10-15 minutes.
- Pregnant women, elderly, and/or persons suffering from heart disease, diabetes, or high/low blood pressure should not enter the therapy pool without prior medical consultation and physician's permission.

RULES IN SPECIFIC AREAS

Aquatics Area Continued ...

- Please shower before entering the pool or therapy Lap swimmers MUST share lanes. No one is guaranteed a lap lane by themselves.
- On the pool schedule, any time frame that does not have scheduled programming listed is available for open swim.
- Therapy Pool may be utilized by members and guests, ages 14 & up, when not in use by Aquatic Therapy.
- For your safety, you should cool down at least five minutes after exercising before using the therapy pool, and never stay in for more than 10-15 minutes.
- Pregnant women, elderly, and/or persons suffering from heart disease, diabetes, or high/low blood pressure should not enter the therapy pool without prior medical consultation and physician's permission.
- Children under 8 years of age and/or children without basic swim skills must be supervised by an adult in the pool area.
- Swim diapers and diaper covers must be worn by all children whom are not yet potty–trained.

RATES AND PASSES

SIX MONTH MEMBERSHIPS

Category	Monthly Dues	Initiation Fee
Individual	$46.00	$50.00
Couple	$70.00	$75.00
Family	$83.00	$100.00
Senior Citizen Dues (62 - 85 Years Old)		
Individual	$42.00	$50.00
Couple	$63.00	$75.00
Family	$76.00	$100.00
Senior Citizen Dues (85 Years & Older)		
Individual	$18.00	$50.00
Couple	$36.00	$75.00
Family	$76.00	$100.00

We offer Corporate Rates, please inquire at the front desk

PASSES

Day Pass (13 Years & Under)	$5.00
Day Pass (14 Years & Over)	$10.00
Participants under 18 must be accompanied by an adult	
Week Pass	$30.00
Week Couple Pass	$45.00
Monthly Pass	$60.00
Monthly Couple Pass	$85.00
Monthly Family Pass	$95.00
Student Month Pass	$35.00

Add initiation fee $25.00/ person on all monthly passes

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