

## **MEMBERSHIP POLICIES:**

1. Memberships are non-refundable, non-cancellable, and non-transferable.
2. Memberships may only be purchased or renewed by an adult 18 years of age or older.
3. All members must have a current picture on file.
4. All members must swipe in at point of entry including those under the age of 18.
5. If you allow in a non-member, your membership will be revoked without refund.
6. A recurring membership is a benefit to our members to purchase an annual membership and pay for that membership over the course of one year in 12 equal installments (with a convenience fee). The recurring membership is a one year contract and the membership is non-refundable, non-cancellable, and non-transferrable.
7. An Annual membership is a one year membership & a Monthly Membership is a one month membership both with fees charged at time of application or renewal.
8. Personal headphones only. No speakers or personal radios.
9. No animals permitted in the building except those designated as a service animal.
10. No solicitation permitted on premises.
11. No outside personal trainers are permitted to train at the RAC.

## **AGE POLICIES:**

### ***ADULTS 18 & OVER***

1. Full access to the entire facility including the 24/7 area after hours.

### ***16 & 17 Year Olds***

1. Full access to the entire facility during normal operating hours.
2. MAY NOT use the 24/7 area after hours.

### ***14 & 15 Year Olds***

1. May use the basketball courts, running track, and pool WITHOUT adult supervision.
2. May use the 24/7 room, turf area, and cycling bikes upstairs WITH adult supervision.
3. MAY NOT use the 24/7 area after hours.

### ***13 Years of Age and younger***

1. May use the basketball courts, running track, and pool WITH adult supervision.
2. MAY NOT use the 24/7 room, turf area, and cycling bikes upstairs.
3. MAY NOT use the 24/7 area after hours.

## **FITNESS AREA RULES**

Members only allowed in fitness area.

1. Must be 14 or older to use any fitness equipment. Children 14 & 15 years old must be with an adult 18 & over.
2. No open toe or hard sole shoes on equipment.
3. Wear appropriate shoes only.
4. Wipe equipment after each use with the provided disinfectant wipes.
5. Use equipment at your own risk & AS INTENDED.
6. If people are waiting to use equipment, please limit your time to 30 minutes for each piece of cardio equipment.
7. All bars should be stripped after use. All weight plates & dumbbells should be re-racked in the appropriate place.

8. No food permitted in the fitness area.
9. Appropriate attire is required at all times.
10. During wet weather, please bring an additional pair of dry clean shoes.
11. Proper conduct and general behavior are expected at all times.
12. Please dispose of all trash.
13. The RAC is not responsible for any lost or stolen items.
14. For emergencies, please call 911.
15. Surveillance cameras are in use for your safety at all times.
16. LOCKERS ARE LOCATED IN THE MAIN RESTROOMS. BRING YOUR OWN LOCK TO SECURE YOUR ITEMS. ALL LOCKS MUST BE REMOVED DAILY.

### **24/7 RULES**

1. You must be 18 years and older to use the 24/7 area after hours.
2. You must be a member of the RAC to access the 24/7 area.
3. IF YOU ARE A MEMBER AND BRING IN A NON-MEMBER, YOUR MEMBERSHIP WILL BE REVOKED WITHOUT REFUND.

### **GYM RULES**

1. Must be 14 or older to enter the gym. Under 14 must be accompanied by an adult 18 and over at all times.
2. You must wear proper gym shoes. No street shoes permitted.
3. NO FOOD OR DRINKS other than water PERMITTED
4. RETURN ALL EQUIPMENT WHEN FINISHED to the proper location.
5. Scheduled classes have priority.
6. The RAC is not responsible for lost or stolen personal items.
7. Chewing gum prohibited.
8. Please be courteous to others using gym.
9. No full court basketball games.
10. Improper behavior at any time will not be tolerated and may lead to losing your membership without refund.

### **TRACK RULES**

1. Children under 14 must be accompanied by an adult 18 and over at all times.
2. Spectating activities from track area is prohibited.
3. No strollers permitted on track.
4. Track is designed for fitness use only. No speed work or sprinting allowed.
5. Walk/run in the right lanes; pass on the left.
6. 12 laps = 1 mile.

**TOT EXPRESS**

Enjoy a good workout while the kiddos have fun!

1. Parents must remain in the building,
2. Tot express is free if you have a Family membership, ages 2-12 and toilet trained.
3. Child care is available: Monday-Friday, 9:00am-11:00am, Monday and Wednesdays 6:00 -8:00 p.m., Tuesday and Thursdays 6:00- 7:00 p.m.
4. No Tot Express on the following holidays: Memorial Day, July 4th, Labor Day, Halloween, Day after Thanksgiving, Christmas Eve, Christmas Day, New Year's Eve, and New Year's Day.

**STAFF WILL ONLY BE AVAILABLE**

Monday - Friday | 5:30 a.m. - 8:30 p.m. Saturday & Sunday | 8:00 a.m. - 7:00 p.m.