

POLICIES AND PROCEDURES

CELL PHONE USE

- Talking on your cell phone is permitted in our front lobby *only*.
- Texting, reading, game playing and/or listening to music is permitted in our cardio and fitness areas of the Club, however, the phone must be on mute.
- Cell phone use is prohibited in the locker rooms.

GENERAL RULES

- No gum is permitted in any activity room.
- Smoking is prohibited in all areas of the Club.
- Proper attire: sneakers, tops/shirts, shorts/pants, are required on the fitness floor and outdoor fitness areas at all times. Sandals are prohibited in any of the fitness areas.
- Use of profanity is unacceptable in the Club.

MEMBERSHIP POLICIES

- Members must scan their ID card upon entering The Chatham Club.
- All members must complete and sign a membership agreement and medical history questionnaire prior to beginning membership and/or an exercise program. If you are under the age of 18, a parent or guardian signature is required on both forms.
- A Medical freeze may be granted with a physician's recommendation.
- Members may put their membership on a 30-60 consecutive day Maintenance freeze one time during a calendar year. Your account will be charged \$50.00 plus tax. Each additional family member will be charged \$35.00 plus tax. Regular monthly dues will automatically resume at the end of your freeze date.
- Members on a Medical or Maintenance freeze may not use the Club or extend guest privileges.
- All memberships billed electronically must be cancelled with a 30-day written notification prior to the 15th of the month.

GUEST POLICY & FEES

- Guests must be in the company of a current member of the Club, present a guest pass or pay the appropriate guest fee (see below).
- Guests must be 14 years of age or older to use any fitness area of the Club unless accompanied by a personal trainer.
- All guests under 18 years of age must have a parent or guardian sign the Guest Card.
- Guests are required to complete a Guest Card each time they use the Club.
- Guests are limited to a maximum of 5 visits per calendar year.
- Guest passes may be purchased in advance by visiting or calling our business office between the hours of 10:00am - 5:00pm.
- The Chatham Club reserves the right to revoke guest privileges for any person at any time.

FEES: Silver – Fitness: Adult \$15.00; Student \$10.00 Gold – Squash Court Fee: Adult or Student \$25.00

HOURS OF OPERATION

Holiday hours will be posted prior to the holiday. Inclement weather may result in delayed opening or early closing.

Monday – Thursday	5:00 am - 9:00 pm
Friday	5:00 am - 8:00 pm
Saturday/Sunday	6:30 am - 6:00 pm

(over)

STUDENT/TEMPORARY MEMBERSHIPS:

- All students or temporary members are required to scan their ID card upon entering the club.
- Members purchasing less than 1 month of membership will not be issued an ID card, and must stop at our front desk to check in.
- Guest policy and fees. Your membership allows you to bring guests to the Club. Please refer to our guest policy on the Policies and Procedures page.

GROUP FITNESS POLICIES:

- Participation in the warm up is highly recommended. No one will be admitted to a class 10 min. after a class has begun.
- Please refrain from wearing perfume or cologne to any class.
- Keep conversation to a minimum.
- Do not do your own routine. This is discourteous and distracting to your fellow members and the instructor.
- Leave gym bags and handbags in your locker. Bags are potentially dangerous to participants and limit the amount of usable space in the studio.
- Members may not use the stereo equipment.
- Participate in the cool down. It is recommended that you bring your heart rate back to normal.
- Cell phones must be on mute in all areas of the Club.
- Spinning - First time students should arrive at least 10 minutes early. The instructor will assist in bike adjustments to fit your leg position and basic pedaling techniques.

STRENGTH TRAINING AND CARDIOVASCULAR AREAS:

- Proper procedure and care should be followed when using the equipment.
- Please wipe down the equipment after use. Antibacterial wipes are provided throughout the Club
- Re-rack free weights and weight plates after use.
- No one under the age of 14 is permitted to use the equipment unless accompanied by a personal trainer.

SQUASH INFORMATION: Please refer to our Adult and Junior squash pages.

PERSONAL TRAINING INFORMATION: Please refer to our Personal Training page.

BABYSITTING POLICIES AND HOURS:

Mornings: Monday-Sunday 8:30am - 12:00pm

- Children must be at least 8-weeks of age.
- A 20-visit babysitting card may be purchased for \$90.00 at the front desk. The member babysitting fee is \$5.00 per child. The babysitting fee for guests is \$10.00 per child.
- Parents must accompany their child to the babysitting area(s) and sign in.
- Parents may not leave their children unattended in any area of the Club during babysitting hours.
- If a child becomes unmanageable, attendant will interrupt the parent's workout to attend to their child.
- Attendants do not change diapers or give scheduled feedings.
- Babysitting time limit is 1 hour and 45 minutes. Parents are to remain on the premises.
- Sick children will not be admitted in the babysitting area(s).
- Food, bottles, cups, or your children's personal toys are not allowed in the babysitting area(s).
- All infants, toddlers and children must have their feet covered or have shoes on.
- Biting - When a child bites, a staff person will alert the parent immediately and the child must be removed from the area. If a child bites on more than one occasion, the parent will then be asked not to bring the child back to the babysitting area(s) for a period of time determined by the babysitting supervisor.
- Children 3 years old and potty-trained will be cared for in the upstairs babysitting area. Children 11 and older may be left seated in the lobby opposite the front desk ONLY. Unattended children who misbehave will be escorted to the babysitting area(s). For those who continually misbehave, they will lose their unattended privileges.
- Please inform the babysitting staff if someone else is picking up your child.