

**Cincinnati Sports Club
Rules and Regulations
Effective April 1, 2017**

- I. The Club rules are to ensure a comfortable and professional environment for everyone.**
- A. All physical activity carries with it inherent risks to individuals of all ages. The fitness equipment and the facility in the Cincinnati Sports Club present hazards which, if not avoided, could cause serious injury or death. Prior to using equipment or the facility members will read all warning labels, instructions, signs, and placards in the facility. Members unsure as to how to use equipment or facility will seek the assistance of staff. Members must monitor their physical condition at all times and if needed will cease participation and seek prompt medical attention.
 - B. Harassment of club members, guests and/or staff is strictly prohibited. Harassing behavior is conduct that unreasonably interferes with a person's use of the Sports Club facilities and/or creates a hostile or offensive environment. Any member who witnesses inappropriate behavior at the Club should notify Club management immediately.
 - C. State law prohibits anyone from bringing alcoholic beverages onto the Sports Club property.
 - D. The Cincinnati Sports Club facilities and its grounds are smoke free.
 - E. Solicitation is not allowed on the Cincinnati Sports Club or Mall's property without the written permission of the Cincinnati Sports Club Manager. Solicitation includes, but is not limited to, posting or displaying any material, soliciting of goods or services whether for sale or not, and the soliciting or signing of any petition.
 - F. No photographic equipment of any kind, including cell phone cameras, may be used in the facility or on the premises without the approval of the Marketing Manager.
 - G. ALL training, personal, group or other will be administered by Club personnel ONLY.
 - H. There shall be no use of profane or abusive language in the Sports Club facilities.

II. Sports Club

- A. Membership to the Club and the use of its facilities are subject to the rules and regulations adopted by the Club, as amended from time to time, including any and all rules, regulations and directions posted in the Club's facilities and grounds. These rules and regulations are incorporated by reference to the Agreements as set out in full. Managers of the Cincinnati Sports Club may require those in violation of these rules and regulations to leave the facility and premises.
- B. Please limit cell phone use on the fitness floor and track to emergencies only.
- C. The Member Advisory Board of Governors serves as a liaison between the Club Management and its members. Members are encouraged to use the Board by voicing their suggestions and concerns through the Advisory Board of Governors. The Board will serve only in an advisory capacity and will not have duty or power to bind or to act on behalf of the Club or its members.
- D. The Sports Club has a Medical Advisory Board whose purpose is to provide medical guidance to the management and staff of the Cincinnati Sports Club as it relates to fitness, nutrition, and other health and wellness protocols of the Club. The Medical Advisory Board serves only in an advisory capacity and has no duty or power to bind or to act on behalf of the Club or its members.
- E. Access to the Sports Club is through presentation of your membership card. If you have misplaced your card, a replacement can be made at no charge.
- F. You are welcome to bring guests with you to the Sports Club for a nominal guest fee. Children under 12 will be at a reduced rate. Each guest is permitted to use the Club only three times per month. An increased guest fee will be charged to all guests on their fourth and subsequent visit. **All guests must present a photo ID upon registration.** Guests will sign a waiver of liability and register at the front desk prior to using the Sports Club facilities. Members wishing to bring more than 2 guests at any given time should call beforehand to make special arrangements. Any guest under the age of 18 must be accompanied by a parent or legal guardian and have a waiver of liability signed by the parent or legal guardian.



Two Convenient Entrances
3950 Red Bank Rd &
5535 Murray Ave.

MAIN LINE 513.527.4000

FAX 513.527.5030

WWW.CINCINNATISPORTSCLUB.COM

C. Please report any broken or damaged equipment to the fitness desk.

XXV. Tonics Spa and Salon

- Q. Tanning: Reservations for tanning can be made up to 7 days in advance. For your safety, tanning is limited to one time per day for a maximum of 20 minutes. Members are provided protective eyewear. Tanning appointments are forfeited if you are 10 minutes late. Must be 18 years old to use tanning bed unless prescribed by your physician and approved by your guardian.
- R. Service Appointments: Cancellations are required at least 24 hours prior to the appointment to avoid being charged in full. This policy is in place out of respect for our therapists/ cosmetologists and our clients. Cancellations with less than 24 hour notice are difficult to fill and it prevents someone else from being able to schedule into that time slot.
- S. Massage: Anyone under the age of 18 must be accompanied by a parent.

XXVI. Indoor Athletic Field

- A. Children under 12 years of age must be accompanied by a parent or legal guardian unless participating in a Club program.
- B. The field may be used by members and their guests when there is no scheduled activity on the field.

- G. A Manager-On-Duty is available to assist you if you have any concern or need special attention. To reach the Manager-On-Duty, please contact a staff member.
- H. Monthly statements, which detail the forthcoming months dues and the previous month's charges are sent to all members on the 16th of each month via email. Payment is due by the 1st of each month. Payments may be made by direct billing to a credit card or Electronic Funds Transfer (EFT) through a checking account. A late fee will be assessed on accounts not paid by the 10th of each month. Members who have past due balances not paid by the 30th of the month will be denied Club access.
- I. All new membership accounts are required to have two forms of payment through electronic funds transfer through a credit card or bank account. Any membership account that becomes past due will require two methods of automatic payment.
- J. Members will not be paged while at the Club unless there is a medical emergency. We will be happy to take messages for you and leave them at Member Services.

III. Resignation of Membership: If I choose to resign my Club membership, I agree to submit my resignation, in writing via mail, email (memberrelations@cincinnatiportsclub.com), or fax (513-527-5030) at least 30 days in advance on or before the 1st or 15th day of the month prior to the month I wish to resign. (For example, if I wish to resign any date from September 1st -14th, the Club must receive written resignation by the 1st of August. If I wish to resign on any date from September 15th -30th the Club must receive written resignation by the 15th of August). If I am unable to meet the deadline, I agree to accept the responsibilities of membership for the extra month. I further agree upon resignation from the Club to return all club membership cards and to bring my account balance to zero.

IV. Membership

- A. The Club may terminate your membership effective at any time for any lawful reason, including but not limited to violation of the Club Rules and Regulations, nonpayment, unacceptable credit, or any adverse action taken against the Club or its members. If the Club decides to terminate your membership, the Club will promptly refund all payments for unused services, less any amount owe to the Club, except your initiation fee.
- B. A leave of absence may be taken for any reason. If you choose to take a leave of absence your Club membership, you must submit a completed leave of absence form at least 30 days in advance on or before the 1st or 15th day of the month prior to the month you wish to resign. (For example, if you wish to take a leave on any date from September 1st -14th, the Club must receive written form by the 1st of August. If you wish to take a leave on any date from September 15th -30th the Club must receive written form by the 15th of August). If you are unable to meet the deadline, you agree to accept the responsibilities of membership for the extra month. Upon leave from the Club you shall bring your account balance to zero. A completed leave of absence form will be required along with applicable suspension fee of \$150. The club reserves the right to amend this fee. The maximum length of a leave of absence is 2 years.
- C. A leave of absence may be taken for medical reasons. A letter from your physician will be required accompanied by a completed leave of absence form. Upon return from a medical leave a reactivation fee of \$150 will be charged. The Club reserves the right to amend this fee. The maximum length of a leave of absence is 2 years.

- I. Floatation devices are not permitted in the diving well.
- J. Children wearing flotation devices must be within arms length of parent or guardian.
- K. Prolonged breath holding is not permitted.

XXI. Outdoor Baby Pool

- A. Warning: There is no lifeguard on duty. Parents or guardian must watch children.
- B. Children under 12 years of age must be accompanied by a parent or legal guardian unless participating in a Club program.
- C. Children must be potty trained or wear a swim diaper.
- D. Do not use baby pool if you or your child have diarrhea.
- E. Change diapers on diaper changing stations and not on pool furniture or pool deck.

XXII. Outdoor Splash Pad

- A. Warning: There is no lifeguard on duty. Parents or guardian must watch children.
- B. Children under 12 must be accompanied by an adult. The Splash Pad is not staffed.
- C. Children must be potty trained or wear a swim diaper.
- D. No food or drink on Splash Pad.
- E. Glass articles of any kind are prohibited in the pool area.
- F. No running or horseplay.

XXIII. Outdoor Playground

- A. Warning: There is no staff on duty. Parents or guardian must watch children.
- B. Children under 12 must be accompanied by an adult.
- C. Any person entering the playground area assumes the risk of bodily injury.
- D. All mulch must remain in the playground area.
- E. Supervision of all children is highly recommended.

XXIV. Game Room

- A. Must be at least 12 years old or accompanied by a parent or guardian.
- B. Please return all game pieces to their original position after use.

XVIII. PGA Golf Simulator

Must be 14 to use the golf cages unless taking lessons with a staff member, in a league or accompanied by a parent or if 12-13 years of age and successfully completed the certification program.

- A. Hitting bays are available free with reservation. Maximum time allowed for reservation is ½ hour. Practice times are not available during lesson times.
- B. Please be courteous and return golf balls and golf clubs to their place when complete. Please turn off projector after use.
- C. Only 2 people are permitted in the golf center at a time.
- D. All golf instruction will be administered by club personnel ONLY.

XIX. Mind/Body Center

- A. Must be supervised by a CSC instructor in a fee based activity to utilize the Pilates equipment (Reformer's, Cadillac's, etc.).
- B. All training, personal, group or other will be administered by CSC Club personnel ONLY.

XX. Outdoor Pool

Follow the directives of lifeguards as they relate to safety, inclement weather, and pool etiquette as they have complete authority at the outdoor pool and pool deck.

- A. Children under 12 years of age must be accompanied by a parent or legal guardian unless participating in a Club program.
- B. No one under 18 is permitted in the adult only areas of the pool deck.
- C. Children must be potty trained or wear a swim diaper.
- D. It is against Ohio Law to bring alcohol or glass into pool area. Alcoholic beverages must be purchased at the Café.
- E. Please check in with your membership card(s) at the check in hut. All coolers and bags will be checked.
- F. Do not use pool if you have diarrhea.
- G. Change diapers on diaper changing stations and not on pool furniture.
- H. Floatation devices are allowed at the total discretion of the lifeguards and depends on bather load, visibility etc.

- E. Included in the monthly dues, each club member shall have the use of the Club amenities that shall include: Spinning classes, group exercise classes, The Yard (outdoor fitness pavilion), Children's Center, locker rooms, squash and racquetball courts, indoor swimming pools, track, gyms, steam room, sauna, whirlpool, weight training equipment, and cardiovascular equipment. All-inclusive memberships will include the outdoor facilities. Certain amenities shall be available for an extra discretionary charge. These may include, but not be limited to, catering and private parties, class lessons for children or adults, Tonics Spa and Salon, league and clinic enrollment, tournaments, special events, permanent lockers, one-on-one training, group training, fitness programs, Pilates reformer training and group training.
- F. Charging privileges may be accessed through presenting your Club membership card with a membership number.
- G. If you would like to change your membership type, simply stop by the membership office or call 513-527-4000 to receive information pertaining to your situation. Please note that memberships may not be upgraded and downgraded or suspended seasonally.
- H. Failure to pay membership dues or additional charges may result in a suspension/deletion of a membership. A new initiation fee may be required to reinstate a membership
- I. To qualify for a couple membership, the two individuals must be legally married or have joint ownership of their primary residence.
- J. NANNY – a Nanny is a caregiver who lives with the member and works full time for the member. The cost of a Nanny to join an existing membership at the Club is \$35 per month and entitles that nanny to accompany the member's children to the Club and have independent use of the Club. The member must acknowledge in writing the addition and any change of Nanny on the account. Only one Nanny may be on an account at one time. Nannies are permitted only on Single with Dependent or Family Memberships. A \$25 processing fee will be charged for each change to a membership.

- K. BABYSITTER – a Babysitter is a caregiver who does not live with the member and works full-time or part-time for the member. The cost of adding a Babysitter to an existing membership account is \$20 per month. The Babysitter must accompany the children at all times and does not have independent Club privileges. The member must acknowledge in writing the addition and any change of Babysitter on the account. Babysitters are permitted only on Single with Dependent or Family Memberships. A \$25 processing fee will be charged for each change to a membership.
- L. The Cincinnati Sports Club members have access to over 3,000 clubs around the world – clubs that are also members of IHRSA, the International Health, Racquet and Sports Club Association. The members will be required to pay that particular club's guest fee. Visit www.healthclubs.com for a list of participating Clubs..

V. Miscellaneous

- A. Within 30 days after expiration of your membership or expiration for any reason of the service rendered by the Club you may request to receive all information and material of a personal or private nature that the Club acquires from you, including but not limited to answers to tests or questionnaires, photographs or background information. Said requested information shall be returned to you by regular mail within 30 days. In the event you do not request the said information it shall be destroyed consistent with the Club's record retention policy.
- B. If, by reason of death or disability, you are unable to receive benefits from the Club, the contract shall be proportionally divided by all of the days in which the Club was made available to you under this contract, and you shall be liable for payments only for that portion of the contract that can be attributed to the period prior to your actual death or disability, exclusive of any period of time in which the Club was made available to you free of charge as part of the contract offering. Within 30 days after receiving notice of death or disability, the Club shall return to you or your representative the amount paid in excess of the proportional amount.
- C. If the Club relocates 25 miles or more from your residence or closes its facility and a substantially similar facility that would accept the Club's obligation under the contract is not within 25 miles of your residence, the contract shall be proportionally

only exception for children under 18 months of age. Please have bottle prepared and heated.

- K. In case of evacuation, all children will be escorted as a group and will meet parents outside.

XVII. Platform Tennis, Tennis Courts, and Hut

Children under 12 years of age must be accompanied by a parent or legal guardian unless participating in a Club program.

- A. The courts and hut close 30 minutes before the Club's closing time.
- B. Please be courteous and leave the courts and the warming hut as you found them.
- C. Please shut off the lights when you are finished.
- D. Heaters are to be used only to melt frost or light snow off of the platform court surface.
- E. It is against Ohio Law to bring any alcoholic beverages onto the Sports Club facility. Any alcohol must be purchased through the Club or Market Café. All players must be an all-inclusive member, or the paying guest of an all-inclusive member. Please register in the Club lobby.
- F. Courts are available for reservations one week prior to the date.
- G. The maximum time allowed for court play is 90 minutes, per day, per member for platform tennis and 60 minutes per day per member for tennis courts. If more time is desired, the Platform Tennis and Tennis facilities are available for rental.
- H. Paddles, Racquets, and balls are available to borrow or purchase in our pro shop at Member Services.
- I. If you are the last person leaving the hut, please make sure the fireplace is turned off.
- J. There is no smoking inside of the hut or on the playing surface.
- K. The tennis hut will remain locked unless courts are scheduled for use.
- L. Court lights will remain off between the hours of 9am and 4pm.

- permission is granted based on the instructor's discretion.
3. Equipment should be used for exercise; in the way it is intended.

XVI. Children's Center

The Children's Center provides complimentary babysitting for Sports Club children. Children who are not Sports Club members may use the Children's Center for a nominal hourly fee. Children will be provided physical activities while in the Children's Center. All physical activities present hazards which may lead to injury.

- A. At the parent's request, matching wristbands will be used for security identification.
- B. Children's Center babysitting is available for children 8 weeks through 12 years of age. Our mission is to provide a safe, clean, and active environment for the children while their parents enjoy their workouts. All children must be completely dressed and all walking babies must wear shoes.
- C. Parents are required to remain in the building at all times while their children are in the children's center. We will page parents as needed for emergencies. If a child is upset or crying and cannot be comforted by the staff within a reasonable amount of time, the parent will be paged.
- D. Children may stay in the Children's Center for up to 2 hours per day. Late pick-up will result in a late fee.
- E. All children must be signed in by a parent unless pre-authorized to do otherwise with the staff.
- F. All bags and personal belongings must be marked and placed in a cubbie before parents leave. Please leave all personal toys at home.
- G. Children not potty trained must come with all diaper changing essentials.
- H. We request that parent's change children's diapers before using the childcare facility.
- I. We insist you refrain from bringing sick children into the Children's Center. Children displaying any of the following symptoms will be asked to leave: cold with fever or severe runny nose, fever of 101degrees or more in the past 24 hours, constant cough, first 24 hours of antibiotics, diarrhea, fussy and abnormal disposition, rashes, and chickenpox. The complete illness policy is available in the Children's Center.
- J. No snack or meal is allowed in childcare. A plastic bottle is the

divided by all of the days in which the Club was made available to you under this contract, and you shall be liable for payments for only that portion of the contract that can be attributed to the period prior to the Club's actual relocation or closing, exclusive of any period of time in which the Club was made available to you free of charge as part of the contract offering, and the Club shall return to you the amount paid in excess of the proportional amount.

VI. Rules for Children in the Sports Club Facility

Children under 12 years of age must be accompanied by a parent or guardian at all times, unless the child is participating in a CSC program; in the Children's Center; or in the Rec Gym.

Certain areas of the Club have additional restrictions for children:

- A. Children's Center - available for ages 8 weeks to 12 years.
- B. Pool Facilities—Children must be potty-trained or wear swim diapers.
- C. Whirlpool - No one under 11 years old is permitted. Children ages 11-14 years of age must be accompanied by a parent/guardian 18 years of age.
- D. Track – Must be 14 years or older, passed the fitness certification program or accompanied by a parent/guardian. The child must be within arm's length of parent/guardian.
- E. First Floor Locker Room - children of the opposite sex are not permitted. Children of the opposite sex are permitted in the Private Changing Rooms when accompanied by a parent/guardian 12 years of age or older.
- F. Group Fitness Rooms – must be 12 or be accompanied by a parent or guardian who is 18 or over. May use the following equipment only: balls, mats, and foam mats.
- G. Racquet Courts – Lensed eye guards are required for squash, racquetball and handball play for those under 18 years of age.
- H. Massage – Anyone under the age of 18 must be accompanied by a parent.
- I. Rec Gym - 10 and older or accompanied by a parent or guardian

Must be 14 years or older to use the following areas and equipment. Those between the ages of 12-13 must successfully complete the Fitness Certification Program with an exercise specialist before using some of these areas and equipment unsupervised:

- J. Indoor Golf Simulator
- K. Fitness Floor
- L. Second Floor Mezzanine
- M. Xpress Room (if designated Family Fitness Time, ages 9-13 year olds are permitted with a parent)
- N. Group Exercise Classes
- O. The Yard (outdoor fitness pavilion and must be 14)
- P. Indoor Lap and Warm Water Pools must be 14.

Users must be 18 years of age and older in the following areas:

- Q. Sauna/Steam Room
- R. Tanning Beds – (unless prescribed by your physician and approved by your guardian).
- S. Second Floor Locker Rooms
- T. Lobby computers – (or accompanied by a parent or guardian 18 or older).

VII. Front Desk/Member Services

- A. Access to the Sports Club is through presentation of your membership card. If you have misplaced your card a replacement can be made at no charge.
- B. Please check in the Lost and Found Cabinet located in the Member Service hallway (across from the lap pool) for any item you may have lost while in the Club. Based on advice from legal counsel, employees are not permitted to search the lost and found cabinet to determine that an item has been found. Employees are not able to “hold” found items. All items will be immediately transported to the lost and found cabinet. The Club is not responsible for loss, theft or damage of any personal property of any member or guest within the Sports Club or surrounding Sports Club premises. Articles not claimed will be donated to charity.
- C. Reservation cancellations are required at least 24 hours prior to the appointment to avoid being charged in full.
- D. Please present your membership card at Front Desk/Member Services or check-in. Complimentary towels are available at the Member Service desk in addition to guest locker keys (in exchange for a driver’s license or photo ID). Lockers are

- 1. Use a spotter when training with heavy weights.
- 2. Return all weight plates, bars, dumbbells and equipment to their appropriate places.
- 3. Do not lean weight equipment against machines, walls or mirrors.
- 4. Avoid dropping weights. Return to start position slowly.
- 5. No yelling or cursing while lifting.
- 6. Please carry a towel and wipe each piece of equipment after use.
- 7. Please report to staff any broken or damaged equipment. Do not attempt to use any equipment out of service.

C. Indoor Track

Children under 14 must be certified or accompanied by a parent and be within arm’s length distance at all times.

- 1. Walkers must use the inside lane and walk single file.
- 2. The outside lane is for passing
- 3. No running spikes allowed.
- 4. Spitting is not permitted.
- 5. No food or drink allowed.
- 6. Please move in the direction posted.
- 7. No strollers, walkers, or wheelchairs are permitted due to the surface of the track.

D. The Yard (Outdoor Fitness Pavilion)

Must be 14 years of age or older. Danger: This area is unstaffed. Exercise at your own risk. Never exercise alone.

- 1. No cursing or swearing.
- 2. Avoid dropping weights. Return all weight plates, bars, dumbbells and equipment to their racks. Wipe down equipment before and after use.
- 3. Ask permission to “work in” on equipment being used for another’s routine; when finished, return it to its original position.

E. Group Exercise Suites

- 1. Must be 12 or be accompanied by a parent or guardian who is 18 or over. May use the following equipment only: balls, mats, and foam mats.
- 2. Must be 14 years of age or older to participate in group fitness classes unless it is a staffed Club program or

XV. Fitness Floor/Mezzanine

A. Fitness Floor

No children are allowed. Must be 14 years of age or older. Anyone 12-13 years of age who wants to use the fitness floor must successfully complete the fitness certification program before using the floor unsupervised.

1. Athletic shoes and appropriate attire must be worn at all times.
2. Please carry a towel and wipe each piece of equipment after use. We strongly encourage you to schedule an appointment prior to using equipment regardless of your past experience. Each member is entitled to receive a complimentary fitness profile, consultation and orientation as part of their membership.
3. All personal and group training may be conducted by Club staff only.
4. We encourage members to receive a new assessment every 6 months, or as frequently as needed.
5. Members who have been relatively inactive or have had a history of illness or physical concerns are strongly encouraged to seek medical advice before participating in a regular exercise program.
6. Please report to staff if you feel ill, faint or short of breath.
7. Please report to staff any broken or damaged equipment. Do not attempt to use any equipment out of service.
8. Please return reading material to the racks.

B. Weight Lifting Areas

No children are allowed. Must be 14 years of age or older. Anyone 12-13 years of age who wants to use the fitness floor must successfully complete the fitness certification program before using the floor unsupervised.

1. Ask if you may “work in” and always allow others to “work in-between” sets. When “working in,” return the seat and weight to the last user’s set-up.
2. ALL training, personal, group or other will be administered by Club Personnel ONLY.

accessible with a current membership card. Complimentary toiletries also are provided for your convenience in the locker rooms.

- E. Members losing or misplacing a locker key will be charged \$50 for replacing the lock. You must have possession of your key at all times.

VIII. Main Gym

- A. Proper footwear is required. No black soled shoes. Only non-marking athletic shoes are permitted.
- B. No food or drink on court.
- C. No hanging on rims.
- D. Do not kick, hit or throw balls or objects against walls or ceiling.
- E. Children under 12 must be accompanied by a guardian during open gym times.

IX. Rec Gym

- A. No hanging on rims.
- B. No food or drink on court.
- C. Do not hit or throw balls or objects above 8’ dasher walls or ceilings.
- D. Children under 10 must be accompanied by a guardian during open gym times.

X. Squash and Racquet Courts

- A. Court reservations for tennis/platform tennis/squash/racquetball can be made in person or by phone up to seven days in advance. The maximum time allowed for court play is 60 minutes per day per member for all courts except platform tennis which allows 90 minutes of court play per day per member.
- B. Court reservations are forfeited if players are more than 10 minutes late. Unreserved or forfeited courts are available on a walk on basis after first notifying the Member Services desk. The Sports Club reserves the right to schedule courts for tournaments, parties, promotional programs, leagues, lessons, clinics, and special events.
- C. No food or drink on wood floors.

- D. Dark soled shoes are not permitted on the racquet courts. This includes “unmarking” black soled shoes. For your convenience, you may borrow or purchase appropriate footwear at Member Services.
- E. Lensed eye guards are required for squash, racquetball and handball play for those under 18 years of age. Lensed eye guards are recommended for players 18 and older. Eye guards are available at Member Services. Equipment, including racquets and balls, are available at the Member Service desk.
- F. Only squash, racquet, pressureless tennis balls, and wallyballs may be used on the indoor courts.
- G. Children under 12 must be accompanied by a guardian while on squash/racquet courts.

XI.. Steam Room/Sauna

- A. No one under 18 years of age is permitted to use the steam room/sauna.
- B. Consult your physician before using sauna if you have any form of heart disease, respiratory illnesses, high blood pressure, take any medication, are pregnant, or have had recent hospitalization or surgery.
- C. Shaving is not permitted.
- D. Members are required to sit on towels or wear shorts.

XII. Whirlpool/Hot Tub

- A. Pregnant women, elderly people or someone suffering from heart disease, diabetes, or high/low blood pressure should not enter the whirlpool/hot tub without prior medical consultation and permission from a personal physician.
- B. Do not use the whirlpool/hot tub while under the influence of alcohol, tranquilizers or other drugs that cause drowsiness or that raise or lower blood pressure.
- C. The whirlpool will have a maximum temperature of 104 degrees.
- D. Observe reasonable time limits (10-15 minutes).
- E. No one under 11 years old is permitted. Children under 14 years of age must be accompanied by a parent/guardian 18 years of age. UNSUPERVISED USE BY CHILDREN IS PROHIBITED.

XIII. Indoor Lap Pool

- A. Warning: No Lifeguard on Duty
- B. This pool and its temperature are designed for lap swimming.
- C. Lap walking is permitted in the far lap lane . Only two lap walkers at a time are permitted in the lap pool and must share the far lap lane. Lap walking rules are subject to change and are based on pool usage and seasonality. If rule is amended it will be posted in lap pool area.
- D. Recreational play is not permitted.
- E. Children under 14 years of age must be accompanied by a parent or legal guardian and must be able to swim laps.
- F. Lap swimmers have access to all lanes at all times, EXCEPT during *Master Swim Time*.
- G. Lap swimmers should avoid swimming alone.
- H. Must share a lane if asked.
- I. Glass is prohibited in the pool area.
- J. No diving or prolonged breath holding

XIV. Warm Water Pool

- A. Warning: No Lifeguard on Duty.
- B. Children under 14 years of age must be accompanied by a parent or legal guardian unless participating in a Club program.
- C. All water classes including water aerobics, group swim lessons and private swim lessons are held in this pool. Recreational activities may be limited or prohibited during scheduled class times. Consult warm water pool schedule.
- D. Children must be potty trained or wear a swim diaper.
- E. No running or horseplay. No diving or prolonged breath holding.
- F. Nonswimmers must wear life jackets.
- G. Glass is prohibited in the pool area.