



## **GENERAL CLUB INFORMATION**

Please CHECK IN with the Receptionist upon every visit to the Whitehall Club for attendance procedures.

No one, other than Club employees, will be permitted in the Health Club before or after the scheduled hours of operation, which may be revised at any time by management.

Smoking is not permitted.

Food is not permitted anywhere in the Health Club except in the café area or outside deck.

Beverages may be carried in covered plastic containers only. No glass containers are permitted in the Health Club or on the pool deck. No alcoholic beverages are permitted anywhere throughout the Health Club.

Please be courteous to other members and staff alike. Respect and courtesy go a long way.

If you have any issues or concerns, please ask the Receptionist for assistance and/or guidance so as to avoid any unnecessary confrontations.

Pets (except service animals) are not permitted in the Health Club at any time.

## **GYM**

Disinfectant wipes are available in several locations in the Gym. Each member must wipe equipment clean after use as a courtesy to others.

Cell Phone use is prohibited in the Gym area.

We are not responsible for personal exercise equipment or personal property (e.g. weight belts, gloves, cell phones, keys, etc) left in the Health Club.

Free weights are only permitted in the designated free weight area. Free weights and plates, upon completion must be returned to their proper racks.

At no time shall any equipment be removed from the Health Club.

The use of gloves is recommended in the free weight area.

When using strength training equipment, please allow others to “work in” to your routine when doing multiple sets.

During the hours of 6:am-9:am - Mon-Fri and 8:am-11:am - Sat & Sun, please limit the use of cardiovascular equipment (treadmills, ellipticals, steppers & bikes) to 30 minutes, as well as during busy hours and/or if there are other members waiting for the equipment.

The Health Club equipment should be used only in the manner specified by the directions or as indicated on the equipment. Members shall not move or modify equipment in any way.

Do not try to operate any malfunctioning or broken equipment. If you believe any piece of equipment is not operating properly, please notify the Health Club staff immediately.

The Whitehall's Board of Directors, Rose Associates Inc., and American Leisure Corp are not responsible for any injury or illness of a member from the use of any equipment in the Health Club.

Please do not bring valuables to the Health Club. The Whitehall's Board of Directors, Rose Associates Inc., and American Leisure Corp., its agents and employees shall not be liable for the disappearance, loss, theft or damage to personal property.

### **LOCKERS**

Locker rentals are available for the duration of a paid membership and are for use when you are in the Health Club only. There are Daily Lockers to use for the day only. The member assumes liability for the loss of any and all items stored in their locker.

If a locker is abandoned for 1 month after the membership expiration date, the lock will be clipped, the items bagged, tagged and held for 30 days before discarding.

***We are not responsible for lost articles in the Health Club. Any items left behind will be held in the Lost & Found for 30 days then discarded.***

### **GUEST POLICY**

Members must accompany and sign in their guest upon each visit, or call in prior to their guest's visit. **Guests will not be allowed in the facility without proper notification made by the member to our staff.** All guests entering the Club must **SIGN IN with the Receptionist** and pay a guest fee including tax.

<b><i>Guest Fees: Adults:</i></b>	<b><i>\$11.00</i></b>	<b><i>Weekdays</i></b>
	<b><i>\$16.50</i></b>	<b><i>Weekends</i></b>
<b><i>Children:</i></b>	<b><i>\$ 5.50</i></b>	<b><i>4y-15y</i></b>
<b><i>Caregiver:</i></b>	<b><i>\$ 5.50</i></b>	

Guests are entitled to use of all facilities EXCEPT CLASSES. As guests, they are required to follow all Whitehall Club rules and regulations.

Guest fees will not be refunded or credited if the Pool or Gym is closed unexpectedly due to weather conditions or circumstances beyond our control.

Guests who are not using facilities still must pay the full guest fee.

Caregivers are permitted to only bring members' children only and/or members who need assistance.

Guests who are "quickly" visiting a member but are not using the facility are limited to a 20 minute visit. They must sign in the guest book and sign out by 20 minutes or they will be charged a guest fee (listed above).

### **CLASSES**

Classes are included in the membership fees and are available for your enjoyment and well being. Prior to taking a class, a "Class Waiver" must be filled out for our records.

Please be sure to sign the Class Attendance Sheet. This assures a proper count allowing management to change schedules accordingly.

The warm-up is important! Please be on time. **If you are late, do not position yourself in front of anyone. Be courteous and stand in the back.**

Sneakers must be worn in all classes except for Yoga & Pilates.

There is "NO ENTRY" into a Yoga Class after the 5 minute warm-up.

**Do not interrupt a Class or Instructor while it is in session.** If you require a mat, weight or any other accessory please get one from another area in the Gym or ask for help at the Front Desk. If you have a complaint or need assistance, please go to the Front Desk.

There is no free swim during Water Aerobic Classes (times are listed on the Class Schedule)

If a class has 5 or less members for a consecutive 5-6 weeks, it will be cancelled or changed.

**Single Class Fee:                \$17.50                (discounted class passes are available)**

The guest taking a class must sign in and pay prior to the class.

Children are not permitted to participate or sit-in any class unless it is a youth class.

Class fees do not include use of the facilities except for the class.

### **REPAIRS**

The Health Club reserves the right to close all or part of its facilities for repairs and maintenance at any time and for as long a period is necessary to perform such repairs and maintenance without refunding any portion of the membership fee. Advance notice of such repairs will be posted whenever possible.

### **SAUNA AND STEAM ROOM**

You should consult your physician before using the Sauna and Steam room. It should not be used by anyone with high blood pressure, prepubescent children or someone with a background of circulatory illness.

**Do not** put wet towels, articles of clothing or newspapers/magazines on heating elements in the Sauna or leave swimsuits in the Sauna to dry. Any items found in the Sauna will be removed and discarded

**Do not** pour water onto heating rocks, as this could cause a serious electrical accident and will shorten the life of the heating elements. If you want humidity then use the Steam room

- *The Sauna produces a dry heat and generally reaches temperatures of 180 degrees. Sauna-induced perspiration creates a skin cleansing effect from skin pores opening. It is not advisable to remain in the Sauna room for more than five minutes at any one time.*
- *The Steam room helps muscles relax. It is important to also limit sessions to 5 minutes. Remaining longer can drive the body's core temperature to a dangerously high level. This is because the air is already saturated with water (from the steam). Consequently, perspiration does not evaporate quickly enough to cool off the body.*

Do not go directly into the Sauna and/or Steam room following a strenuous exercise period, especially jogging. Rest and cool down. Allow your pulse to return as closely as possible to your resting heartbeat.

## **ROOM RENTAL**

The Ball room & Card room can be rented to Members or Residents only (please ask the Receptionist to see the rental fees)

## **SUSPENSIONS AND/OR TERMINATION**

Access and use of the Health Club can be suspended or terminated at any time for violations of the Health Club's rules and regulations by anyone.

Members may also be subject to suspension due to the delinquency of their Club fees and/or ancillary dues.

Horseplay, ball playing, running or objectionable behavior, loud boisterous, obscene or offensive language, or open speaker radios in the Health Club are not permitted. The Health Club staff reserves the right to ask any members or guests to leave the Health Club if their actions are deemed unsafe or in violation of Health Club policy.

We reserve the right to revoke a membership without refund if any of the Health Club policies are disregarded.

## **CANCELLATIONS AND/OR FREEZES**

**Memberships can NOT be cancelled, refunded or transferred.** Members may freeze their account for a maximum of 12 weeks during the duration of an annual contract for medical reasons, only. You must provide us with a medical letter and include the start date and duration of the medical freeze.

## **AMENDMENTS**

The Board of Directors reserves the right to alter or amend these rules and regulations at any time without prior notice in order to maintain the safe operation of the facility.

## **SWIMMING POOL/DECK**

At the pool, it is required that you:

- Always check in with the lifeguard for lane availability.
  - When a Lap Lane is assigned, there is a 5 minutes prep time before entering the pool.
  - There is a 30 minute time limit for Lap Swimming in one of our 6 individual lap lanes.
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- *SHOWER BEFORE ENTERING THE WATER.*
  - *NO RUNNING OR HORSEPLAY*
  - *WEAR A SWIM CAP & DECK SHOES*
  - *OBEY THE LIFEGUARD WHILE IN AND ABOUT THE POOL AREA.*
  - *OBEY ALL POSTED DEPARTMENT OF HEALTH RULES.*
  - *OBEY ALL POSTED SWIMMING POOL RULES.*

The pool will close for 30 minutes upon the first sound or sight of thunder or lightning, and the pool and outdoor deck will be immediately evacuated. The

pool will reopen 30 minutes after the last sound of thunder or sight of lightning.

Children must be supervised by their parents at all times. They should not be left alone in the water if they do not know how to swim.

There is no free swim during Water Aerobic Classes (times listed on the Class Schedule)

**Pool & Pool Area Dress Code:**

**STREET SHOES ARE PROHIBITED ON THE POOL DECK.** Aqua shoes will be permitted in the pool area only. Please thoroughly dry yourself and cover up properly when walking to and from the pool deck. Wet bathing suits or bare feet are permitted in the pool and locker room areas ONLY.

Only swimsuits are permitted in the pools; no cut-offs, leotards or other attire will be permitted. Modest swim attire must be made of a nylon material.

Proper cover up is required for use when walking to and from the deck.

Members and guest are to have swimwear on when using the shower upstairs by the pool (children included).

Children in diapers are not allowed in the Main and/or Kiddy Pool unless they wear swim diapers and waterproof swim pants.

Swim caps are required in the main pool for sanitary reasons and to protect our main pool filtration system.

Pool accessories (ie: floatation tubes & mats, etc) are not allowed in the pool unless approved by Management.

Play pens, carts, etc. are not allowed within the pool area. Baby carriages and strollers shall be permitted in designated areas only.

**Food is not permitted on the pool deck.** Please use the Café tables near the stairs or on the outside deck area.

***We are not responsible for lost articles in the Swimming Pool and/or Deck areas. Any items left behind will be held in the Lost & Found for 30 days and then discarded.***