



Pool & Fitness Facility Rules & Regulations

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General

The following hours of operations fall within our Conditional Use Permit

Hours of Operations

Pool

- 6am-8pm Tuesday-Sunday, year-round

Food and Beverage Service

- May-October
- Tuesday-Thursday & Sunday 11am-7:30pm
- Friday-Saturday 11am-8:30pm

Fitness Center

- Tuesday-Sunday 6am-8pm

Pool & Fitness Center

Summary

Menlo Country Club's Fitness Center will offer our members a wide variety of workout options. Members will have state-of-the-art cardio and strength training equipment, with options for every fitness level. Members will also have the opportunity to schedule 1-1 training sessions with our certified Personal Trainers, and to sign-up for group classes.

The Fitness Center is open from 6am-8pm Tuesday through Sunday, year-round.

Mission and Culture

Our goal is to provide our members with a state-of-the-art fitness center, where they feel comfortable and motivated to achieve their goals. We aim to provide a service where the member's needs are the top priority.

Target Market

Members of all ages will benefit from working out at the fitness center. There are workout machines that adapt to every fitness level and also knowledgeable trainers ready to help.

Services

Fitness

We will offer 1-1 and small group (1-4) personal training sessions, as well as select group classes starting with TRX®, HIIT, and Barre.

Swimming

Summer swim team season is May through July.

Year-round swim clinics outside of the summer swim team are September through April.

Private and semi-private swim lessons will be available year-round.

Swim activities include: Kick-off, Pancake Breakfast, Memorial Day BBQ & Family Relay, Karaoke Party, Father's Day BBQ, Pizza & Ice Cream Night, Raging Waters, Over the Hill & Casino Night, Holy Water, and Awards Night.

Fitness Center

Staffing

The Wellness Director will oversee daily operations and hire personnel, such as Personal Trainers.

Personal Trainers:

Menlo Country Club will hire trainers as Independent Contractors to come in and teach their training sessions only. Trainers get paid 80% of each training session.

Bookings

Members will sign-up for classes with the Wellness Director. Sign-ups for private sessions will be directly with each trainer.

Session Pricing (may vary depending on trainer experience)

- Depends on each trainer and is set by the trainer.
- For classes - \$160/ month for 8 classes.

Member Rules and Regulations

General

- All Members are required to review the Fitness Center Rules & Regulations and return a signed waiver form.
- It is strongly recommended that all Members attend an orientation prior to using the facility.

- Members are encouraged to check in each time at the Fitness Desk prior to using the facilities. This also includes guest check in
- Lockers are for day use only. No personal items are to be left in the lockers overnight.
- A 24-hour cancellation fee will be applicable for classes, personal training and all services. No shows will be charged.
- Cell phones may not be used for talking in the Fitness Center, locker rooms or in the Pool area. Text and data only. As a courtesy to other Members, ear pieces must be used while listening to music.
- Inappropriate conduct such as profanity or yelling could result in disciplinary action.
- No glass permitted anywhere in the Fitness Center and Pool area.
- Etiquette code must be observed. Proper attire, no running, no horseplay and/or screaming.
- Members must dry off prior to entering the Fitness Center Lobby from the pool area, locker rooms, and/or hot tub.
- Please shower prior to using the hot tub.
- Boys ages 13 & under should use the Boys locker room. Girls ages 13 & under should use the Girls locker room. Girls 14 & up should use the women's locker room and boys 14 & up should use the men's locker room. Boys & girls 13 & under that are accompanied by an adult, can use the men's and women's locker rooms, respectively.

Main Exercise Room

- Dependants 14-17 years of age are allowed without supervision, after completing an instructional and safety Youth Orientation with a Fitness Center Personal Training Staff Member. Both the dependent and parent(s) must sign the waiver form.
- Dependants 13 and under are allowed only during a scheduled private session with an Menlo Country Club Personal Trainer (fees apply). Both the dependent and parent must sign the waiver form.
- Please be considerate on all equipment. No loitering on machines when another member is waiting.
- A 30-minute limit on cardio equipment applies when others are waiting.
- Place in and/or rack your own weights.
- Do not intentionally drop weights, plates and/or medicine balls down on the floor
- Please wipe down equipment after use and return equipment used to the proper storage areas. This includes unloads bars, returning dumb bells and weights back on the racks, and all mats and balls back in the appropriate storage racks
- TRX anchor should never be removed from where it is housed.
- Use all fitness equipment only for their intended purpose.
- All classes and trainers are by appointment (fees apply).
- Classes may be open to guests if space is available (fees apply).
- Smartphones are permitted in the Main Exercise Room to utilize additional features, other than phone calls, that do not disturb the community using the facility.
- Alcohol is not permitted in the Main Exercise room.

- Members may not bring their own personal trainers; All personal trainers must be assigned by Menlo Country Club.
- Members may not have access to the Studio for personal use when a class is in session.
- Power bars are available (for purchase) in the main exercise room, by the water fountain. Members are expected to write down their member number on the appropriate chit with the correct member number, name, date and number of bars taken.

Member Dress Code

- Shirts and appropriate closed toed athletic shoes are required at all times in the Fitness Center. No flip flops or barefeet in the Main Exercise Room and Studio, unless specified by an instructor.
- Tasteful exercise attire is required. Members may wear tights, leggings, exercise shorts, T-shirts, warm ups or other appropriate work-out clothing.
- Street clothes (including denim) are not permitted as exercise attire.
- Swimsuits are not allowed in the Main Exercise Room or Studio and are mandatory in the pool and/or hot tub.
- Denim in good taste is permitted at the pool. Worn/stringy hems or ripped/torn denim pants, shorts or skirts are not permitted.
- Proper club attire is required outside of the Pool/Fitness facility and upon entering the main Clubhouse. Use the locker rooms by the fitness center to change.

Cancellation Policy for Personal Training

All cancellations must be received at least 24 hours before your training session in order to avoid being charged for a session. Members who do not cancel with 24 hours notice will be charged for the cancelled session.

Maintenance

- Wellness Director will be in regular contact with the Facilities Director about any issues or concerns regarding the equipment.
- Cleaning should be performed 3 times per day. Mid-morning, mid-afternoon and at closing (this being a deeper cleaning in preparation for the next day).
- Fitness staff (Wellness Director, trainers) and cleaning staff are to make sure that towels, paper towels, hand sanitizer, and equipment cleaning solutions are always available to members.
- Members are to wipe down the equipment after each use however, fitness staff should do it if available.

Pool & Hot Tub

Member- Pool Policies

- Members and Guests must sign in each time at the sign-in folder prior to using the pool. Guest fees apply.
- Cell phones are permitted at the pool with ringer disabled. Text and data only. Ear pieces are required if listening to music.
- Inappropriate conduct could result in disciplinary action.
- No glass permitted on the pool deck or any facility in the Fitness Center.
- Etiquette code must be observed. Proper attire, no running, no horseplay or screaming.
- Suitable attire is required at all times in the pool area.
- For health standards, children in diapers must wear both a swim diaper and liner diaper in the water.
- Children 13 and under must be accompanied by an adult.

Member- Hot Tub Policies

- Elderly persons, pregnant women, infants and those with health conditions requiring medical care should consult a physician before entering the hot tub.
- Children 13 and under must be accompanied by an adult.
- Hot water immersion while under the influence of alcohol, narcotics, drugs, or medicines may lead to serious health consequences and is not recommended.
- Long exposures may result in nausea, dizziness or fainting. Children are especially at risk.
- No floaties, fins, kickboards or other pool equipment is allowed in the hot tub.

Events

Per Conditional Use Permit: A maximum of 15 events and 5 swim meets with amplified sound may be held at the Pool-Fitness Building, pool and pool patio per year; with no more than one such event per week. Events were proposed at a 371 person capacity, with 71 on the Upper Terrace and 300 on the lawn-poolside.

- Booking to be confirmed with Wellness Director before confirming booking with Member
- BEO's to be posted in kitchen by Kitchen chef and updated by Banquet Manager as needed
- Hours of operations for events? Live music?
- Food offerings and staff in position 15 minutes before posted event start time
- Set ups should be completed no later than 30 minutes out

- Dishes for large events may need to be transported to MCH and returned promptly by dishwasher
- Any additional staff including FOH, BOH, Lifeguards are passed on to the member hosting the event
- Buffet set ups in the BBQ area adjacent to the bar

Member Policies

- Members are not allowed to enter the kitchen area or go behind the bar at any time
- Televisions, heaters, firepits and music are to be controlled by the bartender and/or staff on duty only
- Club property including melamine, silverware, plastic beverageware and other F&B items are to stay within the pool complex only
- Members must ask for staff assistance with rearranging the table layouts, adjusting umbrellas or rearranging anything from its default set up
- Cell phones: cell phone use is limited to text and data only