



Ascension

# Guest Information & Policies

Effective 1/1/2024

## Ascension Borgess Health & Fitness (ABHF) welcomes guests of members, & drop-in guests!

Age restrictions apply. For questions, call member services at (269) 552-2348

**All guests ages 16 and up are limited to 5 visits per calendar year, except as guests during Family & Friends times.**

**Guests are required to present photo ID** at each visit (Driver's license, state or military issued ID, student ID, etc.)

### Guests of Active Members

Members of ABHF may bring up to 2 guests into the facility at a discounted guest rate of \$10 per guest, per visit.

### Fees - Guests of Member (Regular Hours)

**Children age 0-12** not permitted during regular hours

**Children age 13-15** .....\$5

**Guest age 16+** .....\$10

*Members may bring up to two (2) guests at discounted rate.*

*All others subject to regular drop-in guest fee.*

### Youth Guests

**Children under age 13** are welcome as guests of adult members only during Family & Friends times.

**Children aged 13-15** may visit as a guest of an adult member for a \$5 guest fee at any time (free during family & friends times), staying only on the lower level, and supervised by adult member at all times.

**Children aged 16-17** are welcome as guests of the facility, with or without a member. Requires valid photo ID and parental or guardian signature.



### Drop-In guests

Non-members who are unaccompanied by a member may pay a fee to use the facility. Photo ID is required upon each visit, as well as initial registration.

-Non-members may not bring guests under age 16.

-Limit 5 guest visits per calendar year.

**Day Pass - \$15** Valid for 1 business day

**Week Pass - \$35** Non-members may purchase a week pass (valid 7 consecutive days) for \$35

### Family & Friends Times

While ABHF is an adult club we have reserved special hours for members to bring children & grandchildren under 16 to participate in select fitness activities together.

Family & Friends Times are a member benefit. All guests participating must be accompanied by a member.

### Family & Friends Hours

**Friday: 7:00pm - 9:30pm** (Family Swim ends 9:15pm)

**Saturday: 2:00 - 6:00pm** (Family Swim ends 5:45pm)

**Sunday: 1:00 - 4:00pm** (Family Swim ends 3:00pm)

**Complete Family & Friends Time info on Page 3**

## Guest Policy (over)

# Guest Policy

- Guests must be at least 16 years of age (13-15 when accompanied and supervised by an adult family member that has a membership, on lower level only)
- All guests are expected to adhere to all rules and regulations set forth by Ascension Borgess Health & Fitness.
- All guests are required to show photo identification at each visit.
- All guests are allowed 5 visits per calendar year. (Ages 13-15 have unlimited visits)
- All guests are required to pay a guest fee: \$10 if accompanied by a current member, or \$15 if alone. Members are limited to two guests per member and must remain at the facility with their guest(s). Any additional guests will be charged a \$15 fee.

## LANGUAGE & CONDUCT

The Ascension Borgess Health & Fitness management will not tolerate any obscene, derogatory or abusive language; this includes graphics or language on clothing or other apparel, music or television. In addition we will not tolerate any conduct, verbal or physical, that can be in anyway interpreted as offensive, intimidating or sexually harassing. Such conduct includes any deliberate damage to facility property for which you will be responsible to pay for its repair. Violation of this policy will result in suspension or termination of your guest membership without a refund and will jeopardize the membership of any sponsoring member.

The use of tobacco (smoking or smokeless), alcohol or illegal/illicit drugs of any type is prohibited within the Center, the outdoor sports facilities, campus and

parking lots. Guests will not be permitted to participate in any Center activity if it is suspected that he/she is under the influence of alcohol or drugs.

## GENERAL COURT, FITNESS FLOOR AND POOL AREA RULES

- Ascension Borgess Health & Fitness reserves the right to set aside courts for league, tournament, ladder and special event play.
- Court shoes with non-marking soles are required on basketball/volleyball courts, racquetball floors and aerobics studio.
- Street shoes are prohibited on courts, fitness areas and pool area.
- Shirts must be worn at all times.
- State law requires a soap shower before use of sauna, whirlpool, warm-water therapy pool or lap pool. Do not use creams, lotions or oils in these areas.
- Guests are required to read and observe all posted rules located in the facility and on the pool deck.

## AMENDMENTS

The center maintains the right to alter, revise or change fees, dues and the rules, regulations and policies, as deemed necessary by management. Rules, regulations or policies that are modified will become effective upon posting at the facility.

## Family & Friends Times (Next)

## Family & Friends Times

- These times are set aside for members and their children or grandchildren under the age of 16 to exercise and play together.
- Additional guest children will be permitted for a nominal fee as long as the adult to child ratio is maintained.
- Children may use certain areas of the facility as long as sponsoring member remains in that area with them.
- Maximum ratio of 3 children per adult.

Special arrangements may be made for families with more than 3 children. See member services at the front desk.

### Family & Friends Times are:

<b>Friday:</b>	7:00 pm – 9:15 pm	Pools
	7:00 pm – 9:30 pm	Gym, Racquetball Courts
<b>Saturday:</b>	2:00 pm – 5:45 pm	Pools
	2:00 pm – 6:00 pm	Gym, Racquetball Courts
<b>Sunday:</b>	1:00 pm – 3:00 pm	Pools
	1:00 pm – 4:00 pm	Gym, Racquetball Courts

### Fees - Guests of Member Family & Friends Times

<b>Member's Child or Grandchild under 15</b> .....	<b>Free</b>
<b>Guest child</b> (not child or grandchild of member).....	<b>\$3</b>
<b>Guest age 16+</b> .....	<b>\$10</b>

## Family & Friends Time Rules

*All guests must be accompanied by at least one member.*

- No more than 3 children per 1 adult
- Only members' children and grand children under the age of 16 admitted free of charge.
- Member must fill out a Family & Friends Time registration form every visit.
- All guest children (not child or grandchild of member) will be charged a \$3 guest fee.
- Members' guests age 16 and older will be charged a \$10 guest fee during family time. Members are limited to 2 adult guests at all times. Any additional guests will be charged the non-member guest fee of \$15 per person.
- We require 1 adult for every 2 non-swimmers to be in the water actively participating with their non-swimmers. Adults must be within arm's reach of their child.
- Non-Swimmer - anyone who cannot swim on their own or requires a flotation device.
- No inflatable devices allowed in the pool with the exception of those provided by Ascension Borgess Health & Fitness.

## Pool Plunge

Member's children age 7-15 may participate in Pool Plunge while their parent(s) work out in the facility if they are able to swim one length of the pool without assistance.

Pool Plunge is available:

Saturdays 2-4 pm & Sundays from 1-3 pm

### Pool Plunge Rules:

Members must sign their children in at the pool and return to the pool to check them out.

As long as the parents are in the building, children may remain at the pool without their parent(s) for a maximum of one hour per day.

Youth may not use the whirlpool. Lap lanes may be used by youth able to swim continuous laps only if there are no adults waiting to use them.

## Youth Policy (over)



# Youth Policy

Ascension Borgess Health Club was established as an adult facility allowing membership privileges to individuals sixteen (16) years of age and over. In an effort to provide a quality, safe environment for our adult members, the following youth policy has been established.

## **Children Three (3) years and younger**

- Children must be under constant and direct supervision and within arms reach of a parent or grandparent at all times.
- Children are not permitted beyond the front desk or Light Hearted Café unless participating in a youth program sponsored by the Center or participating in a designated Family & Friends Time (times shown on back).
- Children are not permitted on the second floor of the facility, on the spin bikes, in the sauna or whirlpool.

## **Children ages Four (4) through twelve (12)**

- Children must be under constant and direct supervision of a parent or grandparent or be registered in Pool Plunge (ages 7-15) when available.
- Children are not permitted beyond the front desk or Light Hearted Cafe' unless participating in a youth program sponsored by the Center or participating in a designated Family Fitness Time (times shown on back).
- Children may use gender appropriate locker rooms unsupervised as long as they are able to adhere to all rules and regulations of the facility. Children who are too young to use the locker rooms alone or those who have demonstrated a need for supervision can use the Family Changing rooms provided at the Center.
- Children are not permitted on the second floor of the facility, on the spin bikes, in the sauna or whirlpool.

## **Children thirteen (13) through fifteen (15)**

- Youth may use the gym, pool, or racquetball courts, when accompanied in those areas by a family member that has a membership, for a \$5.00 guest fee. If the Youth has a parent or grandparent that is a member, then the Youth is free during Family & Friends Times.
- Adult family member must stay within sight of the Youth they are hosting at all times unless they are registered in Pool Plunge.
- Youth may use gender appropriate locker rooms unsupervised as long as they are able to adhere to all rules and regulations of the facility.
- Youth who are unable to follow the rules outlined in the guest agreement may be subject to suspension from the facility.
- Youth are not permitted on the second floor of the facility, on the spin bikes, or in the sauna. Youth 13-15 may use the whirlpool only when accompanied in the whirlpool by an adult family member.