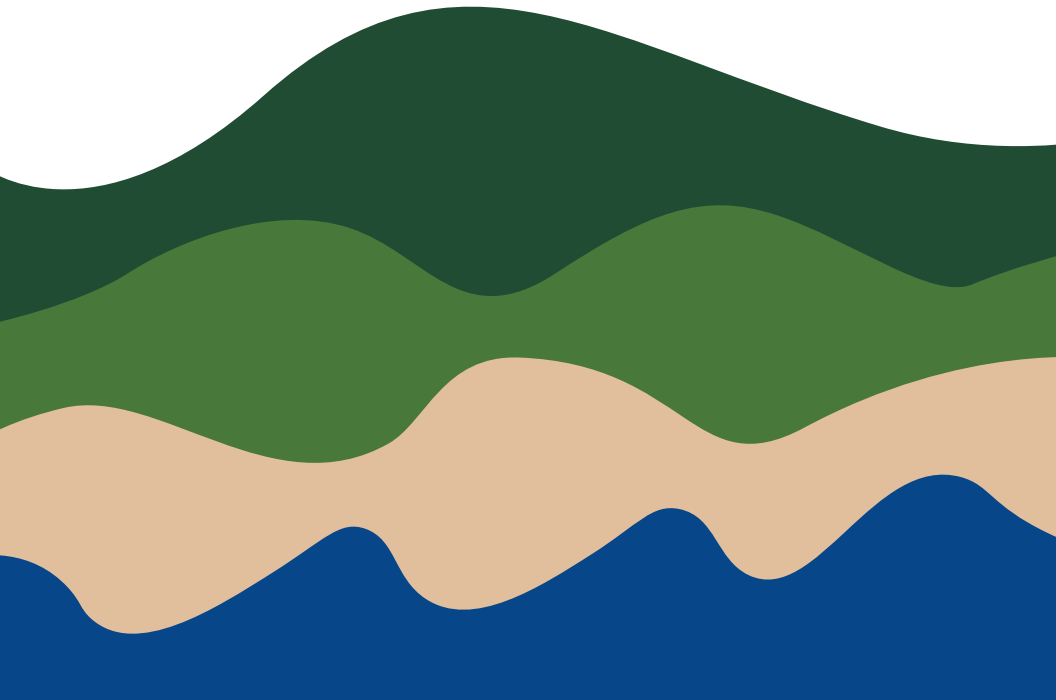




# GREAT LAKES ATHLETIC CLUB

## **CLUB POLICIES**

UPDATED: 6/5/2024



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# CLUB HOURS

All hours are subject to change

## Hours of Operation

Monday-Friday 5:00am - 9:00pm  
Saturday & Sunday 6:00am - 8:00pm

## Child Care Hours

Monday - Saturday 9:00am - 1:00pm  
Monday - Thursday 4:00pm - 7:00pm

## Member Services

Monday - Thursday 9:00am - 7:00pm  
Friday 9:00am - 5:00pm  
Saturday & Sunday 10:00am - 3:00pm

## Special Hours and Club Closings

New Years Day	1:00pm - 11:00pm	Thanksgiving	Open until 3:00pm
Easter	Closed	Christmas Eve	Open until 3:00pm
Memorial Day	Normal Hours	Christmas Day	Closed
4th of July	Open until 8:00	New Years Eve	Open until 3:00pm
Labor Day	Normal Hours		

\*Holiday hours are subject to change\*

# FAMILY HOURS

For Junior Members (ages 11 and under), Parent/legal guardian must be with child(ren) at all times

## Gymnasium and Racquetball

Monday - Sunday ALL DAY!

## Indoor Pool

Monday, Wednesday & Friday 11:00am - 6:00pm

Tuesday & Thursday 11:00am - 4:00pm

Saturday & Sunday 12:00pm - 6:00pm

# OUTDOOR POOL

(Memorial weekend - Labor Day weekend)

No separate Family Hours

Monday - Thursday 11:00am - 7:00pm

Friday - Sunday 11:00am - 8:00pm

# GUEST POLICIES

**Resident Day Pass: \$10**

**Non-Resident Day Pass: \$12**

- » A liability waiver must be filled out when entering as a guest for the first time
- » Guest's ages 11-17 must have a parent fill out a liability waiver at the facility to give them access (no entry without signature from parent)
- » Children under 11 must be accompanied by their parent or legal guardian unless further documentation is filled out.
- » Guest passes give you full access to GLAC amenities including workout floor, group fitness classes, childcare, basketball, pools and racquetball courts.
- » Guest pass is valid for one day only.
- » Guest fees are paid per person.
- » Can use the Childcare as guest, parent must be in facility entire time.

## Grandparent Guest Policies

Member grandparents may bring grandchildren to family hours if a delegation of parental powers form is filled out by child's parent/legal guardian allowing them to be their guardian in the facility.

## Guest Policy for Minor Children

### *Delegation of Parental Powers*

The liability waiver for minor children (3-11 years) must be signed by both, the parent/legal guardian AND the delegated member in charge and presented to the front desk before admittance to the club. The delegated members must be 18 years or older. Parent/legal guardian must be facility.

### The following guidelines also apply:

- » May use the outdoor pool, indoor pool, racquetball and basketball courts during family hours.
- » Caregiver must stay with child(ren) at all times

# AGE REQUIREMENTS

## Age 18+

**Member:** Full access to all areas.

### **Non-Member:**

- » Sign guest waiver and pay guest fee per person.
- » Full access to all areas.
- » To use childcare, a guest fee must also be paid for the child(ren).

## Age 15-17

**Member:** Full access to all areas without a parent present.

### **Non-Member:**

- » Pay guest fee per person.
- » Liability Waiver must be signed at front desk by parent/legal guardian.
- » Parent/legal guardian NOT required to stay in the building.

## Age 11-14

**Member:** Parent/delegated guardian may agree to drop off child(ren) at facility with no supervision. Upon entering, the child will receive a pink colored band at the front desk showing they are allowed to workout with no supervision.

**GLAC reserves the right to revoke or suspend membership for the following misconducts:**

- » breaking or misusing equipment.
- » Failure to re-rack weights or return equipment to designated storage area.
- » Partaking in activities that could cause harm to themselves or others.
- » Being disrespectful to GLAC staff members.

**Non-Member:**

- » Pay guest fee per person
- » Liability Waiver must be signed at front desk by parent/legal guardian.
- » Parent/legal guardian **NOT** required to stay in facility.
- » Parent/legal guardian must sign youth fitness waiver at front desk (see above for description of levels).
- » Receive Pink Band.

## Age 3 months - 11

**Member:**

- » May use outdoor pool, indoor pool and basketball/racquetball courts during family hours with supervision from parent/legal guardian.
- » Use of Childcare.

**Non-Member:**

- » Pay guest fee per person.
- » Parent/legal guardian must be present at all times.
- » May use outdoor pool, indoor pool and basketball/racquetball courts during family hours with supervision from parent/legal guardian.
- » May use Childcare.

# LOCKER ROOM POLICIES

- » Personal belongings, gym bags, backpacks, etc., are not permitted in the hallways, lobbies, or activity areas.
- » Orion Township staff is not responsible for lost or stolen belongings.
- » Use bathing suit extractor prior to storing swimsuit in locker.
- » Please dry off before exiting shower area.
- » No taking pictures or videos in the locker room.
- » No showering when club has closed.
- » The Michigan Department of Health, by law, requires members to shower before using the pool.
- » Children 3 years of age and older are not permitted in the opposite sex locker room. Family locker rooms are provided for your convenience.
- » Locker rooms are closed same time as club closing, refer to club hours for hours of operation.

## Steam Room & Dry Sauna Policies

- » Anyone with a medical condition should consult a physician prior to using rooms.
- » Only members ages 12+ are permitted to use the steam room and dry sauna. No exceptions.
- » Limit exposure to 15 minutes.
- » Allow a 5-minute cool-down following workout before entering steam room. Remove all jewelry.
- » No lotion or shaving allowed.
- » Do not put anything over equipment such as towels, paper, etc.
- » No pouring liquid material on equipment.
- » To maintain cleanliness, hygiene, and respect for all individuals using our locker rooms, it is required that all patrons wear a towel while in the locker room area including steam room and dry sauna.

# FLOOR POLICIES

- » Report any maintenance problems or other facility problems to Orion Township staff.
- » Personal Belongings, gym bags, backpacks, etc., are not permitted in hallways, lobbies, or activity areas.
- » Closed toe athletic footwear required. Shirts are mandatory.
- » Appropriate athletic attire required at all times. No bathing suits permitted.
- » leaning weights on bars, against walls, pillars, or mirrors is prohibited.
- » Dropping/slamming weights is prohibited.
- » Allow others to work in between sets.
- » Equipment must be wiped down after each use.
- » Dumbbells and weight plates should be placed on racks or machines after use. Failure to re-rack weights may lead to suspension of membership
- » Please do not move any weight loaded machines or equipment benches.
- » No standing on equipment.
- » GLAC staff reserves the right to inform patrons how to use equipment properly.
- » Violations of GLAC rules or policies may lead to removal from facility, loss ort suspension of membership.
- » For your safety, you must use spotters, collars and pins to secure weights.
- » Must vacate the building at closing time, no exceptions.

# COURT POLICIES

## *Basketball/volleyball & Racquetball/Squash*

- » Appropriate athletic attire required at all times. Shirts must be worn.
- » Non-Marking athletic footwear required.
- » No dunking or hanging on rims
- » No spitting. This is strictly enforced and could warrant immediate suspension or termination of membership.
- » Gum is prohibited. Please dispose in wastebaskets.
- » No shooting baskets on court already being used for a full court game.
- » No food on basketball courts.
- » Zero tolerance rule on fighting (If warranted the police will be called)



# POOL POLICIES

## Rules of Admittance

- » For yours and others safety, admittance to the pool may be refused for the following reasons:
  - › *Infections or communicable diseases.*
  - › *Infectious conditions, such as cold, open wounds or blisters.*
  - › *Under the influence of alcohol and/or drugs.*
  - › *Any persons in the opinion of the aquatic supervision whose admittance would be detrimental to the operation and safety of the pool.*
- » Children under 11 years of age will not be admitted into the pool area unless accompanied by a parent/legal guardian or someone that has been designated by the delegation of parental powers.
- » Babies under 3 months of age are not allowed in the pool or on the pool deck.
- » Proper swim attire:
  - › *Lined swimsuits (no exposed metal buckles, zippers, etc.)*
  - › *Thongs are prohibited.*
  - › *No jean shorts in the water*
- » Children of toilet training age must wear aqua diapers.
- » The locker rooms are to be used for changing diapers, **NOT** the pool deck.

## General Pool Rules

### ***Please follow instruction of lifeguards on duty***

- » GLAC management reserves the right to remove members and guests from the pool for any type of misbehavior. No standing on equipment.
- » ***No swim band:***
  - › Guardian 15 years or older are required to be in the water and in arms reach of children under the age 12 who do not pass the swim test.

***GLAC offers two levels of swim tests:***

- 1. Orange Swim Band:** Child(ren) must be able to swim/tread the width of the pool and back to pass this level.
  - 2. Purple Swim Band:** Child(ren) must be able to swim/tread the length of a lap lane and back.
- » See on duty lifeguards for swim band testing.

- » Swim band testing is not required each pool visit, test results are held in our system. Member must ask front desk for a band when visiting the pool. Child(ren) will have to take another test when going from orange swim band to purple swim band.
- » Children under the age of 11 cannot be left in pool area unsupervised.
- » Everyone is required to take a shower before entering the pool.
- » No running allowed on deck areas and/or in locker rooms.
- » No water wings permitted.
- » Lap swimming only in lap lane.
- » Hanging, standing or sitting on lap lane lines or dividing ropes is not allowed.
- » Obey "no diving" signs. Feet first entry in 5ft or less water depth.
- » No spitting in or spouting of pool water.
- » Rough housing is not allowed in the designated food areas.
- » Food Items are only allowed in the designated food areas. Snacks will be available for purchase at the outdoor pool.
- » Smoking/vaping is not allowed on property.
- » Pets or animals, except trained guide dog accompanying a person who has a disability, are not permitted in the swimming pool area. Guide dogs are not permitted in the pool.
- » Glass, breakable, and/or hazardous objects are not permitted.
- » Strollers and car seats are not permitted on the pool deck. Designated stroller parking area is available when using the outdoor pool.
- » Hypoxic training is NOT permitted.
- » Lap swimming only in lap lanes; no playing in lap lanes; no lap jogging in lap lanes.
- » Children are not allowed in lanes unless passed purple wristband swim test, lap swimmers get priority.
- » Lane etiquette/sharing is expected during busy times. Circle swim by staying on the right side of the lane or keep to one side of the lane. If you refuse to share lane you will be asked to exit the pool until a free lane is available.
- » All non-swimming children must be in arm's reach of guardian of 15 years or older, even if wearing life jacket.
- » Lifeguard response drills will be conducted during open times. Pool users are expected to follow the directions of the lifeguards as if it were a life emergency.
- » Do NOT cross outdoor lap lanes to get to other areas of the pool.

## Outdoor Pool

### *\*Open Memorial Day weekend through Labor Day weekend\**

- » GLAC reserves the right to shut down the pool when the outdoor temperature is below 70° or in poor weather conditions.
- » **Thunder in the Area:** Members will be informed of the potential weather situation and Orion Township staff will be on the lookout for any lightning strikes.
- » **Lightning Strike Sighted:** Outdoor pool deck will be cleared immediately. Outdoor pool will remain closed for 20 minutes after the last strike is sighted.
- » **Tornado Watch:** If the National Weather Service issues a tornado watch, GLAC staff will inform all members and will continue to monitor the situation.
- » **Tornado Warning:** In the event that the National Weather Service elevates the watch to a tornado warning, the pool deck will be cleared immediately and the GLAC staff will instruct members where to go for safety.
- » The Indoor pool will remain open for Junior Members if bad weather occurs during designated family hours. If bad weather occurs during non-family hours, the indoor pool will be opened only if there is no Swim 101 classes or swim team practices.

## Water Slide Rules

- » Must be 48" tall **OR** be at least 42" **AND** have passed an orange or purple swim test.
- » Must pass the swim test if under 12 years old.
- » Follow instructions of the slide guard. Riders must wait for start signal.
- » Swim wear with exposed metal zippers, flotation devices buckles, etc. are not permitted on slide.
- » Eyeglasses, sunglasses or goggles may not be on face while going down slide.
- » One person at a time on slide.
- » You may only ride down the slide feet first and on your back.
- » Keep arms and hands inside the flume of the slide at all times.
- » Swimming not permitted in the slide zone.
- » Parent or permitted guardian may not catch child in the slide zone. when child can not tread water by themselves.
- » After riding down the slide you must immediately exit the slide zone area.

## Diving Board Rules

- » Under 11 must have passed the purple wristband swim test.
- » Only one person on board at a time.
- » Wait for previous swimmer to get to side, and lifeguard signals OK to go
- » No goggles, snorkel masks, flotation devices on diving board.
- » No toys on board or thrown in pool for diver to catch.
- » One bounce only.
- » Only forward facing flips. No twirling or backwards flips.
- » Must jump straight off board, not off to the side of the board.
- » Must swim directly to the closest ladder.
- » No cartwheels or handstands off the board.

## CHILDCARE

### Hours of Operation

Monday - Saturday	9:00am - 1:00pm
Monday - Thursday	4:00pm - 7:00pm

Please note: Childcare hours may vary during the year based on facility demand.

## Childcare Policies

- » You MUST be the parent/legal guardian or a delegated contact that has been listed on the child's account to drop off child in the childcare.
- » The parent/legal guardian or delegated person MUST remain in the facility at all times.
- » The Childcare is available to children ages 3 months to 11 years old.
- » Children ages 3 months to 1 year are permitted a maximum of 1 1/2 hours per day by reservation only until they are over 1 year of age and confidently walking.
- » Children ages 1 (and no longer required to make infant reservations) to 11 years old are permitted a maximum of 2 hours per day.
- » Picture identification is required on account.
- » The same parent/legal guardian or delegated contact who dropped off child MUST also check out child.
- » GLAC is not equipped to provide 1-on-1 care for child(ren) of any age.

- » For the safety of your child(ren), if the Children's Center reaches its maximum capacity, you may be asked to wait to check-in your child until the next check-out occurs.
- » Parents MUST abide by our Exclusion of Sick Children policy to ensure that the Children's Center is as healthy and sanitary as possible.
- » We reserve the right to remove or suspend children that are perceived as dangerous to themselves or others.
- » Regarding separation anxiety, if a crying child cannot be comforted within a 10-minute period, parents will be paged to return to the child.
- » Orion Township provides a secure environment for our member's children by processing a background check on each employee.
- » Parents/legal guardians & delegated contacts are limited to a 10-minute period in Children's Center to keep a secure environment for the children.
- » NO food, candy or gum are allowed in the Childcare. A labeled non-glass water bottle is allowed. Any other beverages are not allowed and will be disposed of.
- » Socks or shoes MUST be always worn in the Childcare, bare feet are not allowed.
- » Parents are responsible for changing diapers and bathroom assistance.
- » Time-outs and redirection will be used to address behavioral problems for children 2 years and older. Redirection will be used for children younger than 2 years old. We reserve the right to suspend or terminate childcare privileges for any child who continues to exhibit unsafe or inappropriate behavior.
- » To provide the best care possible, parents or guardians of special needs children may be asked to make a reservation.
- » GLAC is not responsible for lost or stolen items.
- » GLAC reserves the right to suspend or terminate Childcare privileges from any person who neglects the guidelines.

## Infant Care Policies

- » Infants from 3 months to 1 year of age are required to have a reservation. A reservation is also required for infants over the age of 1 and not yet walking confidently.
- » Reservations can be made up to 7 days in advance by booking online from member portal.
- » Bottles are permitted only for infants who require reservations. The contents are limited to water, milk, breast milk, or premixed formula; the Childcare staff is not permitted to mix formula for bottles. sippy cups are permitted for water only.
- » All bottles, cups (non-glass), bags, pacifiers, and comfort items such as blankets are permitted but MUST be labeled. We will NOT give oral items to infants unless labeled.
- » Infants must remain seated with bottles while drinking. If an infant is unable to sit upright and hold his/her own bottle, a caregiver will hold the infant during bottle feeding.
- » Infants must have socks or some other kind of foot covering. If a crying baby cannot be comforted within a 10-minute period, parents will be paged to return to their child.

## Fee Schedule

*Use of the Childcare is included with junior membership. When fees are assessed, they will be as follows:*

- » Late check-out is \$1.00 per minute late per child. This is for children of all ages
- » An uncanceled no-show reservation will result in a \$10.00 penalty fee.
- » Warnings will be given for first-time incidents of the above.

## Exclusion of Sick Children Policy

A child exhibiting any conditions or behavior determined by the Great Lakes Athletic Club to be an illness will be excluded from the Childcare. If a child begins to exhibit signs of illness while at the Childcare, the child must be isolated from the other children and the child's parent, guardian or delegated contact must remove the child from the Childcare immediately.

Parents and guardians, please understand that we strive to provide a healthy, safe, and secure environment for all children; do not be offended if we ask you to remove or exclude your child due to health conditions.

The following list includes, but is not limited to, conditions or behaviors that preclude a child from care at our Childcare:

- » A child who stayed home from school ill.
- » A child with reportable illness who has not been cleared by a doctor.
- » A child exhibiting a fever of 100.4 degrees or higher.
- » A child who has vomited within the last 24 hours.
- » A child who has had Covid-19 symptoms within the last 5 days.
- » A child with a continually runny nose with green or clear mucous. if your child's nose has to be wiped more than two times, you will be asked to remove your child.
- » A child showing any sign of an undiagnosed rash or a rash attributable to a contagious illness or condition.
- » A child who may be showing respiratory distress (such as a bad cough)
- » A child having loose stool leakage or diarrhea within the last 24 hours.
- » A child exhibiting unexplained lethargy.
- » A child who has strep throat and has not completed at least 24 hours of antibiotics.
- » A child who has impetigo and has not completed at least 24 hours of antibiotics.
- » A child who may have had Head Lice, Ringworm, or Scabies must have doctor approval.
- » A child with Chicken Pox or has been exposed until the child is no longer infectious and the lesions are crusted over.
- » A child who has had contagious Conjunctivitis (pink eye) or pus draining from eye.

***If your child exhibits any of the following symptoms, please keep them at home! If a child does not attend school due to illness, he/she will NOT be allowed in the GLAC Children's Center.***



# GREAT LAKES ATHLETIC CLUB



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