

MONTANA **ATHLETIC CLUB**

837-2582 | MontanaAthleticClub.com  

Member Handbook

JANUARY 2020

Welcome to the MAC. Congratulations on your decision to join the family.

Understanding the information in this handbook will add to your satisfaction as a MAC member. We want to provide you with many opportunities to pursue a healthy lifestyle through exercise, recreation, social activities and health education. We value your input, so please feel free to stop by the MAC Concierge or Front Desk and let us know how we are doing. Once again, welcome to the Montana Athletic Club.

MAC STANDARDS

SECTION I: HOURS OF OPERATION

A. FACILITY

Hours

Monday through Friday 5:00 AM - 9:00 PM

Saturday & Sunday 8:00 AM - 6:00 PM

Hours are subject to change based upon members' utilization patterns. The MAC doors will be open no sooner than the posted times. **All members and guests must exit the building no later than the posted closing time.**

B. HOLIDAY HOURS

The MAC might be closed for certain holidays such as New Years Day, Easter, 4th of July, Thanksgiving, and Christmas Day. The MAC will close early on Christmas Eve and New Year's Eve and open later the day after each of those holidays. The MAC will be open with limited services for Memorial Day and Labor Day. This is not an exclusive list of Holiday or closing days.

C. CLOSURES

The MAC or sections therein may periodically be closed for a short period to perform the necessary maintenance required to keep the facility in firstclass condition. In the Fall, our Club Scrub may close the MAC for 2 days to do a deep clean. Dues will not be prorated for these closures.

SECTION II: HOUSE ITEMS

A. MEMBERSHIP CARDS

Each member 14 years of age or older will receive a membership swipe card. This card is required for entrance.

B. CHECK IN

You may enter the MAC by swiping your membership card at the Front Desk. Members under the age of 14 are not issued cards, but must check in at the Front Desk with an accompanying adult member.

Children ages 13 and under are not required to have a membership but must be signed in at the Front Desk by an accompanying adult member.

No one will be allowed in the facility without appropriate identification or payment.

C. CLASS REGISTRATION (See the MAC program guide)

1. Members are given first priority for class registration. Most fitness classes and special workshops are free to members, while others are offered at a discounted fee. Check our seasonal schedules for current offerings. If space is available, you may join a class after the registration period.

2. Payment must be received at the time of registration.

3. If, after the first meeting of a class, you decide for any reason that you do not wish to continue, your registration fee will be refunded in full. After the second

class, fees are nonrefundable. Special circumstances may qualify, i.e. medical conditions. (Refer to section IV, Part B, Number 7)

D. LOCKER ROOMS

1. Day use lockers are available at no charge. Please bring your own lock. Locks are also available for purchase at the Front Desk. Any locks left overnight will be removed and the contents of the locker will be placed in the lost and found.
2. Rental lockers for storage of personal items are available for an monthly fee. Check at the Concierge for availability or to place your name on a waiting list. There is a fee for key deposits/replacements.
3. Supervision of children under 13 is required by an accompanying adult member.

E. TOWELS

1. Shower towels are available at the Service Desk for a fee. Current rates will be posted. Please return used towels to the laundry bin at the Service Desk.
2. To help control costs, please do not remove towels from the MAC.

F. ATTIRE

1. All members are expected to wear proper workout attire for their particular activities.
2. Any clothing that has writing or symbolism which degrades, humiliates or threatens another person(s) is prohibited.
3. No opened toe shoes or bare feet allowed in any fitness area. Shirts must cover a majority of the skin when in contact with exercise machines.
4. No cut off jeans in pool areas.

5. Shoes worn outside the facility may not be worn in any fitness court or aquatics area.
6. Swimmers must dry off and wear a shirt if entering lobby areas.

G. VALUABLES, LOST & FOUND

1. The MAC will not be responsible for any items lost, stolen or damaged in, on, or about the facility or parking lot.
2. You are advised to leave your valuables at home. Do not leave them unsecured within the facility. Do not leave them unattended in your vehicle.
3. Lost & Found items are kept for two weeks and then donated to charity.
4. All lost items must be claimed in person.

H. SMOKING/VAPING

The MAC is a designated smoke and tobacco-free environment. No tobacco products within 100 yards of the facility. There is no designated smoking area. This includes chewing tobacco and any vaping product.

I. GUEST POLICY

1. All Guests MUST register at the Front Desk and pay the appropriate fees.
2. Any adult member (18 or older) may bring a guest of any age. Members 17 and younger who bring a guest under age 18 MUST have a guest registration and liability waiver signed by a legal guardian.

J. SPECIAL EVENTS

Special events will have precedence in facility usage and will be posted at least one week in advance.

K. PHOTOGRAPHY

Use of any camera, video or still photography is specifically prohibited at all times without the written consent of the MAC management. Cell phones are not allowed in the shower areas of the locker rooms.

L. SOLICITATION/DISTRIBUTION

No literature may be distributed nor any solicitation made on the premises without consent of the MAC management.

SECTION III: FACILITY STANDARDS

A. AQUATICS

1. Recreation Pool

- a. SHOWERING** - State law requires that you shower prior to entry into the pool and/or spa.
- b. CHILDREN** - Children age 13 and younger must be directly supervised by a responsible adult in the pools or pool area. For safety reasons, please keep a ratio of 6 kids per adult. A responsible adult must be within direct visible contact and in the pool room.
- c. RULES**- Basic rules apply: No running on deck, no rough play, NO DIVING. Equipment must be used properly.
- d. TOYS AND EQUIPMENT**- Outdoor toys and small toys are not allowed in the pools. No sharp or heavy metal objects, as they chip the pool finish. Clean, floating toys, four inches or larger in diameter are generally acceptable, although the MAC management reserves the right to disallow any toy or piece of equipment.
- e. SCHEDULING**- Please check the current Pool Schedule for information on classes, lap swim, adult swim, open swim, and special events. Scheduled classes have priority use of the pool. Members can share pool time with other members where noted on schedules. Courteous, compatible usage is encouraged. Classes requiring exclusive use of the pool will be posted.

f. LAP SWIM- Please observe lap swim etiquette. If crowded, please travel in a circular pattern and share the lane with other swimmers.

g. POOL CLOSURE- The pools may be closed for special events or maintenance which will be posted with as much advance notice as possible. We reserve the right to close any pool or 10 spa due to contamination or mechanical problems.

h. FOOD- With the exception of water in a plastic container, no food or beverages are allowed in any aquatics area. **NO GLASS ALLOWED IN POOL AREA.**

2. Jacuzzi and Dry Sauna

- The Jacuzzi and Dry Sauna are available for use by members 14 and older.
 - Children age 13 and younger must be directly supervised by a responsible adult in the Jacuzzi and Dry Sauna.
 - State law states that children age 6 and under are not allowed in the Jacuzzi.
 - Parents must be IN the water with children that are 7 years old. Water wings and toys are not allowed.
- a. DO NOT add water to the sauna! It is a dry sauna and the elements will be damaged if water is added.
 - b. Elderly persons, pregnant women, infants, and those with health conditions that require medical care should consult with a physician before entering the Jacuzzi or Dry Sauna.
 - c. Unsupervised use by children 13 and younger is prohibited.
 - d. Hot water immersing while under the influence of alcohol, narcotics, drugs, 11 or medication may lead to serious consequences and is not recommended.
 - e. Avoid using the Jacuzzi or Dry Sauna alone.
 - f. Long exposure may result in nausea, dizziness, or fainting.

3. Steam Rooms

- a. The steam rooms are available in both the men's and women's locker rooms during all business hours.
- b. Children 13 and younger are not permitted in the steam rooms.
- c. PLEASE READ AND FOLLOW POSTED PRECAUTIONS.

B. GYMNASIUM

1. Consult the Concierge or Front Desk for activity options and times.
2. Use of the gym is for members, guests, and day-fee users 14 and older. Members 6 or younger must be under direct supervision of a responsible adult member or in a supervised class for which the child is registered. Direct supervision means the adult is in the gym with the child.
3. Gym equipment is available, inquire at the Front Desk.
4. Athletic shoes must be non-marking. Any shoes worn outside the club may not be worn in any fitness area, including the gym.
5. Profanity does not belong in the MAC. (See VI, Behavior Standards)
6. Gym participants are to be respectful of other users, equipment and the facility. Recklessly kicking balls or abusing equipment/facility is not tolerated.
7. NO DUNKING or hanging on rims or nets.

C. FITNESS AREA

1. EQUIPMENT

- a. Unrestricted use of cardiovascular or weight training equipment is limited to members 14 years and older. Children ages 12 and 13 may use equipment when directly supervised by a responsible adult member.

Children 11 and younger are NOT permitted in the fitness area. No exceptions.

- b.** New member orientation to fitness equipment is recommended prior to use. This is a complimentary service for yearly members. Schedule with the MAC Concierge.
- c.** At times some equipment may be reserved for special classes.
- d.** We request that members clean equipment after use. Sanitizing wipes are located throughout the weight room and studios.
- e.** Shoes and shirts are mandatory, no sandals, bare feet or other open-toed shoes. Shirts must cover the majority of skin that comes in contact with the exercise equipment.
- f.** Safety and Etiquette:
 - 1. Return and rack weights when finished.
 - 2. Always use collars to secure weight plates onto bars.
 - 3. Allow others to “work in” or take turns on weight equipment.
- a.** Wipe equipment when finished for sanitization purposes.
- b.** Refrain from swearing, grunting and making loud noises which are distracting/offensive to others.
- c.** Control weights to avoid dropping them on the floor.
- d.** Plan ahead to avoid monopolizing several pieces of equipment at once.
- e.** Chalk will not be used.
- f.** Water only (no food or beverages).
- g.** Return towels and magazines to their proper place.
- h.** During peak hours (or while others are waiting) limit your time on the cardio equipment to 30 minutes.

2. SOUTH FORK, MIDDLE FORK AND NORTH FORK STUDIOS

- a.** Any member can use any of the Studios, if they are open. The Fitness on Demand systems can be used by any member/guest, provided there is no scheduled class that would conflict. Children under the age of 13 may take any class, accompanied by a parent or guardian, provided they do not

disrupt the class. If they are causing disruption, they will be immediately asked to leave.

- b. Members may use aerobics equipment that is available. Please replace the equipment to its proper location when finished.

SECTION IV: MEMBERSHIP STANDARDS

A. MEMBERSHIP CLASSIFICATIONS DEFINED

1. Adult memberships are for those 14-60 years of age.
2. Family memberships include married couples, significant others (with same address), dependent elderly parents, and dependent children 14 through 20. The second family member, regardless of spouse or child (between 14 and 20), will pay the couple rate. When a child is no longer a dependent, he/she may continue their own membership with no enrollment fee.
3. Senior memberships are for individuals 60 years of age or older.
4. High School and College memberships are available.
5. Corporate memberships are available. Please inquire 17 with our Membership Coordinator.

B. ACCOUNTS (Monthly dues are not based upon attendance)

1. EFT (Electronic Funds Transfer) Monthly dues may be paid electronic funds transfer (EFT). To activate EFT, an authorization form (available at the Concierge Desk) must be completed and signed. Changes must be made 10 days prior to your invoice date.
2. CREDIT CARD Monthly dues may be paid by credit card. To activate payment by credit card you must see the Concierge or Accounting Department. Changes must be made 10 days prior to your invoice date.
3. FINANCE CHARGES A monthly finance charge will be applied to accounts not paid in full by the next billing cycle.
4. DELINQUENCY Delinquent accounts, 60 days past due, will be deactivated and are subject to a "no admit status" or cancellation at the discretion of the MAC management.

5. LEAVE OF ABSENCE The MAC has a "Freeze" or "Hold" policy. You may place your membership on hold, for any reason, for \$15 per month, with a minimum of one month.

C. TERMINATION

1. Resignation: The member may resign from the club by giving a written notice at least ten days prior to your invoice date. Monthly fees will not be prorated should membership be terminated in the middle of the month. The enrollment fee is non-refundable. Past due accounts must be paid in full. If you are still "in contract" (12 month commitment) a cancellation fee of \$75 must be paid. Once the 12 month contract is fulfilled, there is no cancellation charge. All membership swipe cards must be turned in prior to resignation. If you have a rental locker your keys are due at the time of resignation. Your membership will not be terminated until you have returned your keys.
2. Termination: The membership of any member who is in arrears in the payment of his/her account for a period in excess of 60 days may have their membership terminated. All debts and bills to the club are immediately due in full. The membership of a member may be cancelled or suspended by management for any period of time due to violation of any rules and regulations of the club, or any conduct which, in the opinion of the management of the club, is detrimental to the welfare, good order and character of the club.
3. Any guest or member, child of a member, or guest of a member found maliciously or willingly destroying or abusing the facilities of the club or exhibiting any inappropriate behaviour will be subject to immediate expulsion without refund of registration or guest fees, and the guest or member shall be liable to the club for all damages resulting from such actions. Termination of a member by the club does not relieve the member of dues or other charges, previous to the date of termination. (See section VI, Behavioural Standards)
4. Fees will be raised as warranted by economic conditions. Members will be given advance notice of such increases via postings at the facility.

SECTION V: BEHAVIOR STANDARDS

All inappropriate behaviour may be classified into three categories:

CATEGORY 1: May include, but is not limited to:

- Profanity
- Littering

- Minor disrespect towards staff, members, and/or guests
- Infraction MAC policy

CATEGORY 2: May include, but is not limited to the following:

- Defiance – unwilling to correct behaviour when asked
- Disrespect
- Spitting
- Misuse of Equipment may include, but is not limited to:
 - Hanging on rims
 - Kicking basketballs/volleyballs
 - Failure to yield equipment/space

CATEGORY 3: May include, but is not limited to the following:

- Assisting in unauthorised entry
- Vandalism
- Violence (assault/fights, threats, etc., physical or verbal)
- Careless driving in the parking area
- Any act that necessitates intervention by law enforcement

CONSEQUENCES

All incidents will be logged into a computer database for future identification of repeat offenders. Repetitive misbehaviour will not be tolerated.

CATEGORY 1: Verbal warning and explanation of the rule.

CATEGORY 2:

1. Offender removed from activity.
2. If the offender is 17 or younger, the parents will be immediately notified by phone. The incident will be reviewed with the parent, including the consequences applied.
3. If the offender is 18 or older, he/she will be removed from the activity and asked to leave the facility. If the offender is a member, a suspension of membership may result. Nonmembers will not be allowed to re-enter the club in the future.
4. Staff will file an incident report with the offender's name, member #, phone # (parent's name and phone #, if necessary) and description of the incident.

CATEGORY 3:

1. Police will be called.
2. A staff person will be present to assist and give a statement to responding officers.

DETERMINATION OF CONSEQUENCES

The MAC management will assess each incident and decide on consequence(s). The majority of Category 2 offences will carry a 30-day suspension/denied access to the MAC. After two 30-day suspensions, the offender's membership will be revoked. Category 3 offences will result in termination of membership unless otherwise stated by the Director.

APPEAL PROCESS: Appeals must be submitted in writing to the Office within 7 days of the incident. The MAC management will review each appeal. The foregoing policies and procedures are not all-inclusive. Other rules and regulations may be posted in and about the club and shall be binding on all members. Management reserves the right to change and/or amend these policies and procedures as deemed necessary for the safe and functional operation of the facility.