

PRINCETON CLUB *"we're committed to you"*

WELCOME!

We are pleased to have you as a member. In order to ensure safety and the enjoyment of the club for all of our members, the following rules and regulations have been instituted.

CLUB HOURS

- The club is open 24 hours a day.
- See the front desk for holiday schedule hours.

MEMBERSHIP CARDS

- Your membership card must be presented each time you enter the club.
- All members are required to have an electronic photo taken for our computer system.
- Failure to bring membership card or picture ID may result in a \$1.00 "Look Up" charge.
- Admittance to the club may be denied without proper ID.

LOCKER FACILITIES

- Please lock all personal property in lockers while working out.
- The Princeton Club is not responsible for property left in lockers, lost or stolen articles.
- You may use any locker of your choice while using the facilities.
- Lost and Found is located at the lower desk and the business office.
- Any items not claimed within 30 days will be donated to Goodwill.
- Upon leaving, make sure locker and surrounding area is clean. Please close locker door.
- Members under the age of 16 should use the family locker rooms at all times, except during family times on weekends. You may also use the gender specific locker rooms or family locker rooms during family time. Members 14 and older should use the gender specific lockers rooms at all times unless accompanied by their family.

WET AREA FACILITIES

- Whirlpool and pool are co-ed, sauna and steam room are located in the gender specific locker rooms.

- Members must shower before entering pool, sauna, steam room or whirlpool.
- Please dry off in designated areas after showering.
- Shower shoes are recommended at all times in wet areas.
- No diving, jumping or horse play in pool or whirlpool.
- Do not put water on the sauna rocks.
- Do not spray sensors in steam room.
- Observe posted time limits in whirlpool and sauna.
- No shaving in the sauna/steam room.
- Family swim time is held on Saturday: 2:30pm to 8:00pm
Sunday: 12:00pm to 8:00pm.

DRESS CODE

- Suitable clothing is to be worn in the club; this includes gym shorts and T-shirts, leotards and sweat suits.
- Athletic footwear must be worn, no sandals, flip-flops or work shoes.
- A shirt must be worn.

CHILD CARE

- Child care is available for the children of members and registered guests, age 4 months-11 years.
- In fairness to all members utilizing the playroom, usage is restricted to only your children (no nieces, nephews, neighbors etc.)
- Playroom hours are: Monday - Friday 8:00am - 2:00pm, 4:00pm - 8:00pm, Sat 8:00am - 2:00pm, Sun 9:00am-2:00pm
- Childcare rules are available in the playroom.

ACCOUNTING

- Electronic Funds Payments will be drawn on the 1st of each month. Should the 1st fall on a weekend or bank holiday, it will occur the next business day.
- Any account change for electronic payment must take place by the 25th of the month or you will be assessed a \$25.00 return fee.
- A \$25 service charge will be assessed on any returned payments.
- All returned payments will be electronically redeposited.
- Anyone set up on Electronic Funds Transfer may utilize our

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House Charge program. Rather than paying cash for purchases, you may "charge" the purchases to your EFT account.

The amount of the charge will be deducted along with your next monthly payment.

- You may earn "Club Cash" for any friend or family member that becomes a member upon your recommendation. The new member needs to simply mention your name and you will be issued \$15 in "Club Cash". This "Cash" may be applied toward any purchases made within the club. (Sorry, it cannot be applied toward membership dues or account credits)

WORKOUT FLOOR

- No food or beverages allowed on workout floor; only water in a covered container.
- All free weights must be returned to the racks when finished.
- No dropping weights or grunting.
- Cell phone use is prohibited. (allowed only in lobby area)
- Any posted time limits on machines must be observed.
- Children 12 or older must be members or registered guests to be present on the workout floor (only Princeton Club members ages 12–15 are allowed on the workout floor and must be wearing the appropriate color wrist band. (children ages 12 and 13 must be must be accompanied by a parent on the workout floor) .

BASKETBALL/VOLLEYBALL COURTS

- Other than Family Gym time, a child 12 or over must be a member or registered guest to play.
- A shirt must be worn at all times.
- Gym shorts or pants need to be worn at waist level. Undergarments must be covered at all times.
- Caps, hats or any type of head gear is prohibited.
- No black-soled shoes.
- No gum or jewelry.
- No swearing.
- Spitting is prohibited.
- No bouncing of basketballs except on gym floor.
- Pick up games are allowed during open gym however, the following rules must be followed:
 - a) Games up to 15 by ones and twos
 - b) Winning team advances to next game.
 - c) Only 2 consecutive games are allowed.
 - d) Disagreements will automatically result in a 3 point shot.

RACQUET SPORTS

- Use of the racquetball courts is free. Available on a first come first serve basis.
- Courts may be reserved one week in advance at the front desk.
- Protective eye wear is required.
- Children under the age of 12 must be accompanied by a parent in Racquetball courts at all times.
- Reservations required for indoor tennis courts..
- Please pay your court fee at the front desk prior to play.
- Hourly tennis courts rates vary based on the time of day and are available in the Activity Guide or at front desk..
- Outdoor tennis courts are available on a first come first serve basis at no charge. Courts can be reserved for a \$4.00 fee.
- Lessons and Leagues have priority over open play. Please check current Activity Guide for more information.

MISCELLANEOUS

- Food and beverages are not allowed in workout or wet areas.
- Smoking is prohibited.
- Anyone under the influence of drugs or alcohol will not be allowed in the club.
- Aerobic class schedules and procedures are available at the front desk.
- Aerobic spinning bikes are to be used only for scheduled spin classes.
- Abusive language, fighting, or rudeness to any individual in the club will not be tolerated.
- All signs posted in the club are to be adhered at all times.
- Tanning rules are available at the lower desk.
- The Princeton Club is a member of the International Physical Fitness Association. If traveling or transferring to another area, please contact membership services information on affiliate clubs.
- Personal training for profit is not allowed in the Princeton Club except by designated employees of the club.
- No solicitation allowed.
- Bath towels are located at the bottom of the stairs. Please return all towels when finished to their collection bins.
- Management reserves the right to change any policy to better serve our members without prior notice to the member.
- Failure to abide by the club rules set forth by the Princeton Club will result in membership revocation.

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GUEST POLICIES

1. All guests **MUST** present a valid picture ID each time they enter the club, showing local residency.
2. Guests will be allowed a one time use of the club. After the first trial membership guest may not use another free guest pass or coupon until 12 months have passed. Out of Town guests are not allowed to use complimentary trial memberships.
3. Guests redeeming a complimentary trial membership must meet and tour with a membership counselor during the following hours:

Monday-Thursday:	9:00 am – 9:00 pm
Friday:	9:00 am – 7:00 pm
Saturday:	9:00 am – 5:00 pm
Sunday:	Noon – 5:00 pm
4. Guests entering the club before or after posted times must purchase a guest pass for \$20.
5. Guests having used the club within the past 12 months may purchase a \$20 guest pass.
6. A \$20 guest pass may be purchased only once every 6 months.
7. A \$20 guest pass is valid until midnight of the day of purchase.
8. All out of town guests must purchase a \$20 guest pass.
9. Guests must be 18 years of age unless accompanied by **their** parent or legal guardian. Proof of legal guardianship may be required.
10. Please see a membership counselor for a guest pass.