

PRINCETON CLUB

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.
- Locks are available for purchase in our Pro Shop.
- Locks left on lockers overnight will be removed and contents will be placed in "Lost and Found".
- Lost and Found is located in the laundry area and at the front desk.
- 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.
- Children over the age of 2 shall use the gender specific locker room for them. (A male child over the age of 2 shall not use the Women's Locker Room. A female child over the age of 2 shall not use the Men's Locker Room.) There is a dressing room located in the pool area for these situations. You may also use the restroom near the front desk.

WET AREA FACILITIES

- There is no lifeguard on duty.
- Whirlpool, sauna, steam room and pool are co-ed.
- A swimsuit is required.
- 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.
- Children under the age of 12 are not allowed in whirlpool, sauna, steam room.
- 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 and Sunday.
East: 10:00am to 12:00pm
West: 10:00am to 12:00pm-Sat. & 1:00pm to 3:00pm-Sun.
- The telephone in the pool area is reserved for "911" emergencies only.

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 or flip-flops.
- A shirt must be worn.

CHILD CARE

- Child care is available for the children of members and registered guests, age 0-11.
- In fairness to all members utilizing the playroom, usage is restricted to only your children (no nieces, nephews, neighbors etc.)
- Playroom hours are:
EAST: Mon-Fri 8am-9pm; Sat 8am-6pm; Sun 8am-6pm
WEST: Sat & Sun 7:45am-6:00pm, Mon -Thurs 7:45am-8pm, FRI 7:45-6:00pm
- Childcare rules are available in the playroom.
- Children are allowed in the pool only during family swim
Saturday 10am-Noon; Sunday 1pm-3pm
- Children are allowed on the basketball and volleyball courts during the following times only:
Saturday 10am-Noon, Sunday 1pm-3pm

ACCOUNTING

- Electronic Funds Payments will be drawn on the 16th of each month. Should the 16th 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 1st of the month for which it is effective to prevent assessment of \$20.00 return fee.

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ACCOUNTING *continued*

- A \$20 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 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. Limit \$100.00 per month.
- 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)

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.
- Any posted time limits on machines must be observed.
- Children under the age of 12 are prohibited from workout floor.
- Children 12 or older must be members or registered guests to be present on the workout floor.

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 front desk.
- The Princeton Club is a member of the International Physical Fitness Association. If traveling or transferring to another area, please contact the front desk for 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 may be rented for \$1.00 at the front desk. Your membership card/picture ID will be retained until the towel is returned.
- 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.

BASKETBALL/VOLLEYBALL COURTS -EAST

- Children under the age of 12 are allowed on the courts **ONLY** during Family Gym time: (*Saturday and Sunday 10:00am – Noon*)
- 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.
- Basketballs and volleyballs can be checked out at the front desk in exchange for your membership card or picture ID. You must bring back your assigned ball in order to get your card/ID back.
- 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.

RACQUETBALL COURTS

- Use of the courts is free.
- Courts may be reserved for \$5.00. Reservations can be made “On The Hour” only.
- The reservation fee must be paid for at the time the reservation is made. If making reservation by phone, a credit card number is required.
- Any courts not reserved are available on a first-come first-serve basis.
- Courts must be vacated “On The Hour” if someone is waiting for them.
- Racquets may be rented for \$5.00 each at the front desk, or you may bring your own. Racquetball equipment may be purchased in our Club Gear Pro Shop.
- Protective eyewear is required.
- Children under the age of 12 are not allowed on the Racquet Ball Courts. If 12 or older, child must be a member or registered guest.

PRINCETON CLUB

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.
- 3.** Guests may use the club during the following hours:

Monday-Thursday:	9:00 am – 8:00 pm
Friday:	9:00 am – 6:00 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 pass may be purchased only once every 6 months.
- 7.** A \$20 pass is good for a one-time workout.
- 8.** All out of town guests must purchase a \$20 day 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.