



MEMBER HANDBOOK

Welcome to

The Club Sport and Health!

The Club Handbook has been created to provide Members information to assist with questions regarding your membership and The Club's policies.

This handbook may change from time to time and without notice, although the club will attempt to post policy changes and/or otherwise notify members in a timely manner.

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I. GENERAL INFORMATION

HANDBOOK PURPOSES

This handbook is designed to convey important information to members. Club policies do change from time to time, and the club will make diligent efforts to inform members when policies change. However, policies may change and become effective without advanced notice.

NO DISCRIMINATION

The Club Sport and Health does not discriminate against any person, member, employee or guest because of race, color, religion, sex, sexual orientation, familial status, age over 40, national origin or disability.

REASONABLE ACCOMMODATION/ACCESSIBILITY

The club is intended to be accessible to person in wheelchairs and using canes. The club's policy is to make reasonable accommodations to enable individuals with disabilities to participate as fully as possible in all club activities and events. Please direct specific requests to the General Manager or to the appropriate Manager.

MEMBER ETIQUETTE

It is club policy to provide a pleasant place to socialize and exercise. Therefore, members are asked to be polite to other members and to club staff. In this regard, management reserves the right to suspend or delete any membership if that member disregards the rules and regulations of the club. Likewise, management reserves the right to suspend or delete the membership of any member for inappropriate or offensive behavior. Members who wish to resolve their disputes with the club through legal process will forfeit their memberships.

NO HARASSMENT POLICY

It is the club's policy that all employees and members using club facilities have the right to be in a professional environment, free from harassment based upon race, color, religion, sex, sexual orientation, familial status, age, national origin or disability. Members are expected to be courteous and polite to each other and to club employees. Likewise, members have a responsibility to tell other members and employees how they would like to be treated. Members are asked to report harassment to the General Manager, the Manager on Duty or the appropriate Manager.

GOSSIP/RUMORS

Members are expected to help maintain the club's professional and friendly environment by discouraging gossip between and among employees and members. Gossip and rumors unnecessarily hurt individuals and can discourage members and employees from coming forward with legitimate concerns (for example, to complain about harassment).

POLICY PREVENTING VIOLENCE

For the safety of members and staff, the following guidelines will be enforced:

NO guns, knives or other weapons are permitted on any club property. The only exception is a law enforcement official who may lock his/her weapon in his/her vehicle.

Members are advised not to bring large amounts of cash or other valuables to the club.

Members are not permitted to bring unlawful drugs on to the property.

Members are not permitted to make threats (including threats in person, over the phone, fax, email, etc...). For purposes of this policy, threat includes any verbal or physical harassment, any attempt at intimidation or attempt to instill fear in others, menacing gestures, flashing of weapons, stalking or other hostile, aggressive, injurious or destructive action undertaken for the purpose of domination or intimidation.

Violence will not be tolerated.

Members must not engage in shouting matches or physical fights.

All members are asked to report threats, acts of violence and any suspicious activity. Reports may be made to the General Manager, the Manager on Duty or the appropriate Manager.

Employees and members are authorized to call 911 to the premises.

DRESS

Members must wear comfortable clothing appropriate for the specific activity. Bathing suits must be worn in the pool; clean, non-marking gym shoes must be worn in the gymnasium/basketball court and tennis courts; tennis attire is to be worn on the tennis courts. No sandals or flip-flops are acceptable on the fitness floor, but are allowed throughout the other areas of the club. Thong bathing suits are specifically prohibited. Cut-offs and denim shorts and pants are not considered appropriate exercise clothing. Shirts must be worn in all areas except the pools, locker rooms and spa. Muddy or soiled shoes are never appropriate. Black-soled shoes are not permitted on the squash or racquetball courts. Closed-toe athletic footwear must be worn on the fitness floor. Footwear is required in all areas except the pool areas and the locker rooms. The Club staff and management have the right to make a determination as to whether any specific items are appropriate.

SMOKING

The Club Sport and Health is a non-smoking facility. Smoking is only permitted outside at the designated smoking section only.

DRUGS AND ALCOHOL

Members are not permitted to use any of the fitness areas (including the pool, racquet courts, group exercise classes and fitness areas) while under the influence of illegal drugs or alcohol. Members who are suspected of use will be asked to leave the premises. Members who are using certain social areas of the club are permitted to consume alcohol, but not illegal drugs, in accordance with local liquor laws. Management reserves the right to refuse to serve any individual and require that the individual leave, should it appear that alcohol use has become a problem.

PHOTOGRAPHS AND VIDEO IMAGES

From time to time, the club will publish photographs and videos of members in club events for promotional purposes. Members appearing in any of the club's public areas implicitly consent to such usage of their likeness. However, it is club policy not to take pictures or videos of members using private areas within the club (such as the locker rooms, showers, bathrooms, and spa areas). Likewise, the club makes an effort to alert members and obtain their consent when a member is easily identifiable in a particular picture or video. When there are pictures or videos taken at a distance or showing a large number of persons, the club does not seek member consent to use the photos or videos.

WORKOUT SAFELY

Members are expected to take responsibility for their own health and safety. Members must be aware of their own limitations. The club has Fitness Consultants and other professionals available in various areas of the club to assist members who may have questions about how to use exercise equipment or to perform a certain exercise. However, our employees are not doctors, and members are expected to consult their personal physicians for guidance on whether they can safely perform a particular kind of exercise. Furthermore, members are expected to maintain health insurance for themselves and their families at their own expense. The club cannot be held responsible for injuries members may experience while participating in club activities.

DISTRIBUTION OF MEMBER HANDBOOK

Member handbooks are available in the membership office to any member upon request. In addition, when a new handbook is published or a change is made to a policy, the club will attempt to notify members to let them know about the changes. All members have a duty to familiarize themselves with the policies in the handbook and to ask questions should anything be unclear. A copy of the Member handbook is also available on The Club website.

MEMBERSHIP CARDS

For safety and protection, membership cards must be presented to gain access to the club. This policy applies to anyone. Members are asked to present membership cards when purchases are made in any area of the club. There is a \$5.00 replacement fee for a lost or stolen card. For security reasons, members are not permitted to allow other individuals to use their membership cards. Doing so or otherwise assisting an unauthorized person to gain access to the club may result in termination of membership. When guests/non-members use club facilities, they will be asked to present a driver's license or picture ID at the front desk and sign in each time they visit the club.

MEMBERSHIP BILLING PROCEDUES/POLICIES

The Club Sport and Health is pleased to extend credit to our members on a monthly basis in accordance with the following guidelines:

All accounts must be paid through Electronic Funds Transfer (EFT), which withdraws the club account balance from a checking account, savings account or credit card such as Visa, MasterCard, American Express or Discover on the 1st of each month. The amount withdrawn is the membership dues for the upcoming month and any charges incurred from the previous month.

An Electronic Funds Transfer (EFT) "return" is when the draft is unsuccessful and in effect, payment was not made. There will be a \$25 administrative charge for all EFT returns. If an account experiences a return two times in succession, that membership will be cancelled and further action will be taken to collect the debt. The club reserves the right to make the balance of the member's contract immediately due and payable. A \$30 reactivation fee will apply to all members wishing to reinstate suspended accounts.

Members should dispute any charges within sixty (60) days of billing.

Credit limits apply to all new club accounts. Management reserves the right to deny charging on an overextended balance. Members are responsible for all charges made by all person listed on their membership.

The Club reserves the right the alter Membership dues at any time for any reason.

GIFT CARDS

Gift cards usable for club services may be purchased through the club front desk.

Gift cards valid for Spa services only may be purchased at the Spa front desk. As the spa is available to non-members these cards make ideal gifts for non-member friends and relatives.

Gift cards may not be redeemed for cash and will not be replaced if lost or stolen.

Gift cards may not be accepted by entities not operated by The Club Sport and Health, such as the Restaurant. Gift Cards cannot be used as payment on accounts.

II. CLUB POLICIES

GUEST POLICIES

The Club Sport and Health welcomes guests and encourages members to share the experiences of the club with friends, family, and co-workers. To ensure members optimum use of the club and to protect the value of the membership, the following guest policies apply:

- Each guest must be accompanied by a member unless otherwise authorized a manager or membership representative. All guests must complete a guest pass liability waiver to be able to enter the club.
- Guests must follow all club policies. One can only be a guest up to 6 times per year.
- The following guest fees apply to all areas of the club with the exception of the restaurant:
 - Adults and teenagers (ages 10 and up) - \$15 / day
 - Children (ages 5 through 9) - \$10 / day
 - Babies and Toddlers (4 and under) – FREE
- Additional charges for usage of specific areas, such as the Kids Konnection and Tennis, may apply.
- Guests are eligible for baby appointments (6 weeks to 24 months old) in the Kids Konnection.

Guest Passes: All guests must register at the front desk and complete the club guest pass form in its entirety, including the waiver of liability. Guest must provide a current, valid driver's license or picture ID. The club reserves the right to deny access to anyone for any reason, including noncompliance with our guest procedures.

- Guest children, 6 weeks to 13 years old, may utilize the Kids Konnection.
 - We encourage payments to be charged to the host member's account. If necessary: however, cash payment will be accepted.
 - Fees are \$7 / hour per child (if the parent is a member) and \$10 / hour per child (if the parent is not a member).
 - There is a time limit of 2.5 hours with one visit per day if the child is older than 24 months old. If the child is under 24 months, the guest must schedule an appointment and the child is only permitted at the Kids Konnection for up to 1.5 hours with one visit per day.
 - Parents / guardians must stay on club premises and otherwise comply with all Kids Konnection procedures.
- Governor's memberships include four (4) free guest passes per month and must be used in the month issued. Unused passes will not be carried over to the following months.
- Extended guest passes are available for out of town live-in guest of members for the following fees:
 - \$50 per guest per week.
 - \$125 per guest per month.

CHILDREN'S POLICIES

For safety and maximum enjoyment of all our members, parents are asked to closely supervise children under age 14 at all times while in the facility.

Children under 14 years of age must be under the immediate supervision of a parent/adult guardian at the club, unless the child is participating in a paid club activity which does not require parental supervision. Parents are expected to pick up children promptly upon completion of the activity.

Children over 14 do not require immediate supervision; however a parent or adult guardian must be in the club while the child is here, unless the child is participating in a paid club activity. The child must be picked up immediately upon completion of the activity. Unescorted children under 14 are not permitted to remain in the club. Attempting to drop off unescorted children may result in suspension or revocation of membership.

Children under the age of 14; are not permitted on the Fitness Floor to utilize any of the adult fitness equipment or participate in adult group exercise classes, unless specifically working with one of our Personal Trainers or has successfully completed our Youth Exercising Safely program.

Children 8-13 years old are able to use specific areas of the club, except the Adult Fitness Floor and adult group exercise classes, without direct parental supervision.

Many children's programs require that parents complete permission slips and waivers of liability.

Children ages 6 weeks to 13 years may utilize the Kids Konnection/Kids Klub areas to allow parents to participate in club activities.

FITNESS FLOOR POLICIES

Constantly growing to meet the changing needs of today's health and wellness-conscious member, The Club Sport and Health boasts one of the most contemporary and diverse fitness centers in the industry. For the safety and comfort of all members, the following policies must be adhered to:

To use the fitness equipment, children must be at least 14 years of age, be supervised by one of our Personal Trainers or have successfully completed the Youth Exercising Safely Program.

Improper conduct (horseplay) may result in removal from the Fitness Floor.

Closed-toe athletic footwear must be worn on the fitness floor; no jeans, flip-flops, sandals, or street clothes are allowed.

As a courtesy to other members, please limit exercise time to thirty (30) minutes when others are waiting to use cardiovascular equipment. For the same reason, members are asked to use the provided disinfectant spray and paper towels to wipe down cardiovascular and weight-training equipment after each use and to replace all foot straps, magazine racks and magazines.

Members must allow others to "work-in" when performing multiple sets on weight equipment.

Members are asked to replace free weights, weight plates, bars, dumbbells and all equipment after use so that other members will find the equipment in their proper place.

Fitness Floor employees and Personal Trainers are available on the fitness floor at all times. Members are encouraged to approach our staff for assistance in operating equipment, developing an exercise program and otherwise addressing fitness needs.

Please do not drop or throw weights on the floor.

Please refrain from making loud or distracting noises.

Work Out Safely: Members are expected to carry their own medical insurance and to consult with their own physicians. Likewise, members are expected to ask for assistance, especially when trying out new activities. The club can not be responsible for any personal injuries members may experience while on club property.

Personal hygiene is expected. Please use discretion when using heavy perfumes or other scented products.

Hot beverages are not permitted on the fitness floor.

III. CLUB GUIDELINES

PERSONAL TRAINING/NUTRITION GUIDELINES

Please call the Personal Training/Fitness Floor Manager to discuss personal training and to find a Personal Trainer who best fits your needs.

Reservation Policy: Members can schedule sessions with our Personal Trainers by calling the Personal Training/Fitness Floor Manager. If the need arises, please cancel sessions 24 hours in advance. When sessions are cancelled less than 24 hours before the scheduled time, the session will be billed to the member in full.

Individuals with certain medical conditions may be asked to obtain medical clearance from a physician prior to beginning any exercise program.

Only Personal Trainers employed by the club are permitted to personal train on club property.

FITNESS FLOOR, GYMNASIUM/BASKETBALL COURT, TRACK GUIDELINES

Gymnasium/Basketball Court: Children may use the basketball court as long as a parent or legal guardian is also physically present in the club.

No equipment other than basketballs and volleyballs may be used on the basketball court, unless used in a club-organized program. All equipment must be used properly.

The gymnasium may be reserved for private gym rentals at times. Please see the front desk to book the court.

Closed-toe athletic footwear must be worn in the gymnasium. No flip-flops.

Track: Children ages 7-13 are permitted to use the track within arms reach of their parent/guardian. Strollers are not permitted on the track or in the fitness center. When using the track, please follow the direction. The inside lane is designated for walkers. The outside lane is for runners. One lap is 1/12 of a mile.

For safety, racing is not permitted on the indoor track.

Heavy Bag: Children under the age of 14 should not use heavy bags. Children ages 14 and older may use the heavy bags with parental supervision.

It is highly recommended that all members use wrist wraps to prevent injury when using the heavy bags.

Select a class comparable to fitness level and physical needs.

To ensure adequate fluid intake, drink water before, during and after class.

GROUP FITNESS GUIDELINES

For information regarding group fitness programs, please call the Group Fitness Director.

Please ask one of our Fitness Consultants, Personal Trainers or Group Exercise Instructors for assistance in learning more about your heart-rate training guidelines.

Select a class comparable to fitness level and physical needs.

To ensure adequate fluid intake, drink water before, during and after class.

As a courtesy to others, please arrive to classes on time. On those occasions when you do arrive late or leave early, please warm-up, cool-down and stretch on your own. Arrive to group fitness classes 5-10 minutes early for proper set-up and explanations.

To participate in an adult group fitness class, children must be at least 14 and otherwise meet any prerequisites imposed by the instructor.

PILATES REFORMER/PERSONAL TRAINING GUIDELINES

Please contact the Fitness Director to discuss Pilates and which instructor will best fit your fitness needs and goals.

Reservation Policy: Members can schedule private sessions with our Reformer Instructors by contacting our instructors directly at their respective extensions or by contacting the Fitness Director.

Group Reformer classes require pre-registration up to 1 month to as few as 24 hours prior to class. Openings are by space available. Contact the Fitness Director to register for group classes.

Cancellations: If the need arises, a 24 hours notice must be given or the session will be billed in full, inclusive of group classes.

All participants must complete medical/health history information and a Par Q prior to beginning any exercise program. A medical clearance from a physician may be required pending certain medical conditions.

Only Pilate s instructors employed by the Club are permitted to conduct private or group sessions on Club property.

Use of equipment in the Pilates Studio must be supervised at all times by a certified and trained Club Pilates instructor.

Prior to registering for Group Pilates Reformer sessions, each member must complete a 1-hour private session and receive verbal clearance from their Pilates instructor that they may register for group classes.

PILATES MATWORK, TAI CHI, AND YOGA GUIDELINES

Please arrive on time. If you must enter late or leave early please be considerate of those around. Late arrivals are subject to space available only. There is no pre-registration.

The Pilates Studio and the Yoga Studio are “shoe free” areas unless it is a Chair Yoga class being taught. Kindly remove your shoes upon entry and place all belongings at the entrance or along the side walls. Please be courteous of space and try to utilize lockers when possible.

To participate in an adult group fitness or specialty class program children must be at least 14 years of age unless accompanied by their parent, in which case they may be as young as 12.

SPINNING GUIDELINES

Please arrive 5-10 minutes early prior to the start of class. Late entry to Spinning classes disrupts the class and does not provide adequate warm-up. Latecomers who have signed up for class will lose their reservation at the start of class to the wait list or a drop-in participant.

Individual class registration is encouraged. Reservations may be made by calling the front desk up to 1 week prior to the class.

Cancellations must be made at least one (1) hour prior to the start of class.

To participate in an adult group fitness or specialty class program, including Spinning, children must be at least 14 and otherwise meet a prerequisites imposed by the instructor. Children age 12 and up may participate with a parent present in the class, provided they can safely fit on the spinning bike.

Members may not enter the Spinning room unless accompanied by an instructor.

IV. INDOOR/OUTDOOR POOLS

INDOOR/OUTDOOR POOL GUIDELINES

The Club Sport and Health offers four pools: an indoor pool open year round (with the exception of a maintenance closure of 1-2 weeks in August), a whirl pool (located behind the indoor pool), an outdoor pool (open from Memorial Day weekend through Labor Day weekend) and a baby pool (located adjacent to the outdoor pool). The club provides certified lifeguards to staff all pool areas. The aquatics department offers a variety of classes.

During an electrical storm or thunderstorm, the indoor pool, whirlpool and the outdoor pools will be cleared of all swimmers at the first sound of thunder or flash of lightning. Thirty minutes after the last flash of lightning or the last clap of thunder, the pools will be re-opened.

For safety and in accordance with Allegheny County regulations, the pools are open only when a lifeguard is on duty. No one is permitted to enter any club pool without a lifeguard's supervision.

The lifeguard on duty has authority to make and enforce safety rules. Please respect the lifeguard's decisions.

The lifeguards have the right to make and enforce additional rules and to deny usage to anyone for any reason, including, but not limited to, unsafe behavior, disruptive behavior and violation of club policies.

Proper bathing attire must be worn. Thong bathing suits are specifically prohibited. The Club staff has the right to determine if any specific garment is inappropriate.

Children: A parent or guardian must physically accompany all children under 14 years of age into the water.

Children 14 years and older may swim in the pool unaccompanied with an adult when they have demonstrated their swimming ability to the satisfaction of the lifeguard on duty through the Deep Water Test. All children must pass the deep water test upon the parents' request, upon the request of the lifeguard on duty and before swimming in the deep water.

A lifeguard shall do the testing as follows:

1. Swim one length (25 yards) freestyle without struggling.
2. Tread water for 30 seconds after completing the length, with a minimum rest period.

Floation devices are dangerous because they can create a false sense of security. Members are asked to closely supervise their children when using these devices.

The lap lanes are reserved for lap swimming.

Kickboards are supplied for adults doing laps and are not intended for children's use in the pools. Likewise, aqua aerobic equipment is to be used by adults only.

No diving in any of the pools.

Outdoor Pool: All members must check in with their membership card. If you are bringing a guest you must come in through the main entrance.

A parent or guardian must physically accompany their children to the baby pool.

Food or beverages should be in the grassy area only. NO outside food is to be brought in.

When leaving the pools and entering the club, you must wear shoes and a cover-up or shirt.

WHIRLPOOL GUIDELINES

For safety, children under 14 years of age are not permitted in or around the whirlpool.

Appropriate swimming attire must be worn.

Ten minutes is the recommended maximum time for whirlpool use.

Please shower before entering the whirlpool.

Caution: Elderly persons, those under medical care, pregnant women and those suffering from heart disease or high blood pressure should consult a physician before using a whirlpool.

V. RACQUET SPORTS GUIDELINES

The Club Sport and Health is please to offer the finest indoor and outdoor tennis courts in the Pittsburgh area. The following lists the policies in regard to both indoor and outdoor tennis courts, as well as the racquetball and squash courts. Please see the front desk for applicable fees.

COURT RESERVATIONS

Court reservations may be made up to 6 days in advance.

Reservations are made at the Front Desk or Online.

Upon arriving to the club, members are asked to sign in at the Front Desk and to pay for court fees.

Cancellation policy: Members will be billed in full for reservations not cancelled four (4) hours before the scheduled time.

See cancellation policy for lessons/clinics below.

The Front Desk reserves the right to rearrange previously assigned courts in order to accommodate additional court requests.

Courts must be lighted for use.

INDOOR COURTS

Members may book up to 2 hours daily of court per day. Courts will be booked no more than 1 week in advance. A member may book tennis courts through the front desk or on www.tennisource.net.

When two tennis courts are occupied and one member wishes the court divider to be closed and one open, the court divider will remain open to stay in compliance with safety regulations.

Only court shoes are permitted. Running shoes, sandals, bare feet and black-soled shoes are prohibited.

OUTDOOR COURTS

Outdoor players are required to sign in at the Front Desk.

Please clean dry clay shoes with the "Tennis Two Step" system before entering the club.

RACQUETBALL/SQUASH

Tennis balls are not permitted on the racquetball or squash courts.

Eye protection is strongly recommended for all players. Players choosing to play without eye protection do so at their own risk.

Up to four (4) players are permitted on the same court at any given time.

Racquet wrist straps must be worn for safety.

Wooden racquets are dangerous and are not permitted.

Only court shoes are permitted. Running shoes and black-soled shoes are prohibited.

SCHEDULING TENNIS LESSONS/CLINICS

All tennis lessons are made by appointment only through the tennis professionals, either in person or by phone.

Lessons are given as private (individual) or group (clinic). Private lessons are given in one-half hour or one-hour time slots. For a list of the various programs, please consult the tennis staff. The Tennis Professionals make all bookings for lessons.

Private lessons and clinic fees should be paid at the beginning of each class and can be made by cash, check, charge or charged to the member account at the Front Desk.

Cancellations: When cancellations are necessary, members are asked to cancel at least six hours before the appointment to avoid being billed in full for the lesson. When the professionals need to cancel lessons, he or she will make every effort to notify the player at least 24 hours in advance of dates that lessons will not meet.

Inclement Weather: Please call the Front Desk to see whether lessons booked on outdoor courts will be held.

VI. FRONT DESK GUIDELINES

The Front Desk is conveniently located at the end of the hallway entrance. The Front Desk services all of our guests and members. Front Desk books all tennis, racquetball or squash court times, along with the gymnasium. A qualified stringer is on duty five (5) days a week, offering 48-hour return service on racquet stringing and repair. The following are the policies regarding transactions at the Front Desk.

Gift cards are available from the Front Desk. These gift cards may not be useable in areas of the Club not operated by The Club Sport and Health (such as the restaurant and Alfredo's) and the membership department for dues. They are not redeemable for cash and cannot be replaced if lost. If you wish to give a gift card to a non-member, Spa gift cards are available through Spa Life.

A Member is required to show their membership card at the front desk to gain access to the club. Card replacements are \$5.00 per card.

VII. SPA LIFE

Relax, Rejuvenate...Enjoy

Spa Life

Located at the front entrance of The Club Sport and Health, Spa Life is a full service day spa staffed by professionally-trained, certified and licensed therapists and estheticians. Spa Life offers a wide range of services from facials and massages to body treatments and waxing. Spa Life is open to the public 7 days a week. Lockers and shower facilities are available in the spa. Robes and slippers are provided.

The Club Sport and Health members receive special rates on treatments and products. Please call or stop by Spa Life for details.

Please call one of our Spa Consultants at 412-856-4511 to make an appointment. Spa Life honors a 24-hour cancellation policy for all services. To avoid a late cancellation or a no-cancellation charge, in the event that you are unable to make your appointment, your notice will be necessary or a 50% charge will apply.

Members are expected to comply with all club rules and procedures while using Spa Life.

There may be contraindications for certain spa services. Please consult your physician prior to booking an appointment, if you have any concerns. Members are expected to know their own limitations and carry their own medical insurance. The club will not be responsible for any personal injuries members may experience while on club property.

VIII. ALFREDO'S FULL-SERVICE HAIR SALON

Alfredo's is a full-service hair salon with licensed stylists. You can call 412-372-5033 to make an appointment.

IX. FOOD AND BEVERAGE GUIDELINES

THE RESTURANT

A distinctive feature of The Club Sport and Health's social experience is found in the heart of the club at the restaurant. The restaurant offers a wide selection of sandwiches, salads, entrees and desserts. Visit the dining room to enjoy a meal with your family, the bar for a relaxing drink with friends or the banquet room for a special event or occasion.

The restaurant and snack bar areas by the outdoor pool are a privately-owned. It is not owned or operated by The Club Sport and Health. When you enter the restaurant you are leaving The Club Sport and Health. To reenter the Club, you must again pass the club's front desk.

Outside food and beverages cannot be brought onto club premises.

The Club Sport and Health is a non-smoking facility. Smoking is only permitted outside at the designated smoking section only.

X. EMERGENCY PROCEDURES

If you witness an emergency or accident, please advise a club representative immediately. In case of an emergency the Club will contact the ambulance or EMS. This is a requirement due to our liability insurance. The Club and its employees will not be responsible for any costs you incur.

In the event of an emergency and while the alarms are activated, all members **MUST** evacuate the building immediately, without hesitation and must follow any and all directions of the club representative. Members who do not evacuate may be required to pay fire department fines for failing to respond to an alarm.

In the event of a lost child, club management and staff will initiate "Code Adam" procedures. This involves restricting exits from the club and searching the entire facility until the child is found.

In the event of power outage, flood or inclement weather, club management may close all or a portion of the facility if, in its judgment, it is unsafe for member use.

XI. ADDITIONAL AMENITIES

LOCKER ROOMS

Spacious locker rooms are available for members. For maximal comfort, the following guidelines must be adhered to: Opposite sex children are not permitted in the locker rooms once they have reached the age of 4. Family locker rooms are available for your convenience.

Food and alcoholic beverages are not allowed in the locker rooms.

Members must secure belongings. Members are advised not to bring valuables onto club property. The club cannot be responsible for items lost, stolen or damaged while on club property.

A limited number of lockers are available to rent on a monthly basis. For information, inquire at the Membership Office.

TOWEL SERVICE

Towels are located before the East Locker Rooms. As a courtesy to others, we ask that members take no more than two towels at a time.

For health reasons, members must place used club towels in appropriate bins for laundering.

TANNING BED GUIDELINES

The maximum time allowed per session is twelve (12) minutes.

Payment for each session must be made at the Front Desk prior to each session.

Member tanning packages are non-transferable and non-refundable.

Members should consult their physicians prior to using tanning beds.

Members are advised to avoid tanning immediately after a strenuous workout.

Members under 18 years of age must have parental consent to use the tanning beds and a waiver must be signed in the presence of a front desk employee.

XII. MEMBERSHIP GUIDELINES

MEMBERSHIP TYPES

Membership with The Club Sport and Health includes 5 options as outlined below:

GOVERNORS: This is the premier all-access level of membership including tennis privileges. Four full-access guest passes are available monthly. Racquetball/squash court fees are waived. Standard fees apply for tennis court time and individual program and services.

HEALTH PLUS: This membership level allows access to all club facilities and programs except tennis. Standard fees apply for racquetball/squash court time and individual programs and services.

TENNIS ONLY YOUTH: Access to Tennis, East locker Rooms and Public Areas Only. Standard fees apply for tennis court time and individual program and services.

SILVER SNEAKERS: Anyone who qualifies as a Silver Sneaker has the same benefits as a Health Plus Member. Stop by the membership office to see if you qualify. If a Silver Sneakers member wants to use the tennis courts, they will need to pay for a Silver Sneakers Tennis Only Membership.

COPORATE MEMBERSHIPS: See a membership representative to see if you qualify or if you would like your work to set-up a corporate membership with us.

CONTRACT LENGTH

Our month-to-month membership agreement is valid for no less than 60-days. The membership may be cancelled anytime upon 60 days written notice in person or via certified U.S. mail. All membership fee and balances must be paid for cancellation to be processed. If a membership is on Maintenance or is Frozen the 60 day notice of cancellation will be determined by the regular dues amount not the Freeze rate.

CANCELLATION OF MEMBERSHIP

Cancellation by a Member— a sixty (60) day written notice delivered in person, certified U.S. mail, email, or fax is required to cancel. Final dues payment is required at time of cancellation notice. The 60 days will begin when notification is received.

Cancellation by the Club— the club reserves the right to terminate a membership at any time for any reason, including non-payment of dues or fees and the conduct of any person on the membership. If your membership is terminated, the club will refund any prepaid club fees.

MEMBERSHIP CHANGES

All classification changes will be effective on the first day of the following month that the member submits the classification change. Additional charges may apply to add members onto the membership, such as an additional prorated dues increase. A standard \$30.00 processing fee applies to any Membership that removes someone or any Membership classification change that lowers the Monthly dues.

TRAVEL/PERSONAL MAINTENANCE FREEZE

This option is available for those who will not be using the club. The Personal Freeze will be effective on the first day of the following month that the member submits the Freeze. When Freeze is requested, the membership will be removed from active status and usage of the club will not be permitted. If a member has a locker and wishes to reserve it, they must continue to pay their regular monthly fee for that locker. The membership dues while on freeze will be dropped to \$25 per month. Please contact the membership office if you need to freeze your membership.

MEDICAL/BUSINESS FREEZE

To help accommodate individuals who are not able to use the Club for a period of time for medical or work reasons, the following process will apply:

1. A physician's note is required or a letter from employment. The freeze will go into effect immediately (without a forty (40) day written notice) upon receipt of notification and completion and signing of the club's medical freeze form by the member.
2. A \$15/monthly fee will apply for every month the membership is on medical freeze.
3. Past due balance must be paid in full along with any applicable processing fee before membership will be reactivated.

If you need to place your membership on Medical / Business Freeze, please contact the Membership Office.

ADDITIONS TO MEMBERSHIPS

College Students: Full-time students may remain on family membership up until the age of 23. Please make a note, we also offer a College Student Individual Membership with individual enrollment fees.

Dependents of Members: All dependents of members who exceed the age guidelines to be on a family membership will be able to assume an individual membership at regular monthly dues. The age guidelines include children who have reached their 19th birthday and are not enrolled as a full-time college student or are 23 years old, regardless of their college status.

Nannies: Individuals employed by a member as a nanny may be added to a membership without an enrollment fee or a 12-month commitment, provided all dues and charges are billed through the sponsoring member's account. Monthly dues of \$40 will be charged to the sponsoring member's account.

Roommates: Roommates will be processed as an individual membership with individual enrollment fees applying for each person.

XII. FIELD TURF SPORT GUIDELINES

The Club Sport and Health is pleased to offer the finest indoor field turf in the area. The field turf will provide participants with an outdoor turf experience in an indoor climate controlled environment. The Field Turf houses soccer, football, lacrosse, field hockey, baseball and softball. The following lists the policies in regards to the field turf.

Please contact Tracey Cook the Field Turf Director with any questions, 412-856-3930 Ext. 132.

Field Turf Reservations

Member and non-members can reserve turf time. Field Turf reservations can be made in advance by contacting Tracey Cook. All Field Turf reservations must be paid in advance by cash, check, or major credit card or to the members account.

Field Turf Sizes

The fields can be broke down to the following sizes:

- Full Field: 97 yards x 40 yards
- Large Field: 64 yards x 40 yards
- Small Field: 40 yards x 33 yards
- Individual Fields: 40 yards x 16 yards

Scheduling Leagues, Tournaments or Clinics

All clinics and leagues must be paid 1 week prior to session and payment can be made by cash, check, or major credit card or to the members account.

Field Turf Attire

Depending on the activity or sport that is being played, proper padding, shoes, head gear, shoes must be worn at all times.
NO METAL CLEATS!

Illegal equipment:

- Rings, watches, necklaces and piercings or items projecting from personal clothing.
- Head, arm, thigh or hip pads containing sole leather, fiber, metal, or any unyielding materials.
- When playing soccer shin guards which are exposed must be covered at all times during games.
- No hats, caps, visors or hair barrettes.

No Violent Conduct

No use of foul or abusive language

No Spitting

We are a family facility and this behavior will not be tolerated.

“Our mission at The Club Sport and Health is to create the ultimate fitness and wellness experience in a social environment where families grow together and friendships flourish.”

“We are dedicated to providing a state of the art sport and health facility that offers a superior lifestyle and service to our members and guests of all ages, abilities and interest.”

