

Botetourt Athletic Club's 20 Frequently Asked Questions

Getting Started...

1. Can I pay to only use the pool (group exercise classes, etc)?
-No. All memberships are all inclusive. Therefore, all amenities of the club are included in your membership.
2. Will I ever have to pay the initiation fee again?
-No. As long as you continue your membership. However, if you do terminate and want to rejoin you will have to pay a reactivation fee.
3. Am I bound to a 12-month contract?
-No. You can terminate your membership at anytime. We do need to have this termination in writing before the end of the month. Once a new month starts you will be charged and continue to be a member until the end of that month.
4. Can I change my form of payment for my dues?
-Yes. You have three options of payment- Credit Card Draft, Bank Draft and Year In Advance (October–September). Contact the Associate Accountant before the end of the month to change your form of payment. The billing is done on the 1st of the month. Therefore, once a new month starts your current form of payment will be used.
5. Is there someone that can help me learn how to use the equipment?
-Yes. Included in your membership is a free fitness consultation. We can set you up on your own personal program and show you how to use the equipment in that program. You can also speak with our fitness staff (wearing the blue polo shirts) to learn about specific machines.
6. Do you have a nutritionist/ dietitian on staff?
-We offer dietician services through Carilion Clinic. If interested, please contact our Fitness Manager.
7. At what age can I hire a Personal Trainer?
-You must be at least 11 and following all rules of the club-including the time restrictions during our peak hours (Monday-Thursday 5pm-8pm and Saturday & Sunday before Noon).
8. What are the age limits for a family membership?
-The family membership includes husband, wife and children under the age of 21. Therefore once a family member turns 22 years old, he/she must get his/her own membership.

Guests...

9. Can I (babysitter, neighbor, friend, etc) bring other people's children 14 years old and under?
-No. Children 14 years and under must be accompanied by their parent. Therefore if you would like to bring a child for your child to play with you must bring their parents and in turn the child can "ride" under their parent's pass.
10. How many guests can I bring a day?
-You can bring up to two guests a day. We do ask that you call 24 hours in advance to reserve FREE guest passes. Otherwise you will have to pay \$7.50 per guest. Each guest can only visit once in a 30 day period.
11. How do I reserve FREE guest passes?
-Call the front desk 24 hours in advance to reserve your free guest passes. Must be 18 years old to reserve a guest pass (or on an individual membership.)

Botetourt Athletic Club's 20 Frequently Asked Questions

(continued)

Children...

12. What are the qualifications of the child care staff?

-All childcare staff goes through an extensive background check and drug test through Carilion Health System.

13. Can I leave the building while my children are in the childcare areas?

-No. Parents must remain in the building while their children are in our care. If there are any emergencies you can be easily contacted.

14. Can someone other than myself pick up my child from the childcare areas?

-No. The parent that signs them into the childcare area must be the same parent that signs them out.

15. Can my child bring a toy from home into the childcare areas?

-Children are not allowed to bring toys from home due to loss, damages and conflict. Children can bring video games, PC games, and board games to the Youth Room (Ages 6-14). These games must be approved by the Membership Services Supervisor.

Group Exercise...

16. Which Group Exercise classes require a pass?

-No classes at the Botetourt Athletic Club require a guest pass.

17. At what age can children participate in the Group Exercise classes?

-Children must be at least 11 years old to participate in the group exercise classes. However, children 11-14 years are restricted during our peak hours or when a class is full of adults (peak hours are Monday-Thursday 5pm-8pm and Saturday and Sunday before Noon). Children can be asked to leave a class for an adult to take their place as long as the class has not started. Children 15 and older are considered adult members and have full access to all classes.

Cardiovascular...

18. Do I have to sign up to use the cardiovascular equipment?

Yes. There are sign up boards in the cardiovascular room. You must write your name and the time beside the number given to the piece of equipment you wish to exercise on. We ask that you limit your exercise time to 30 minutes. If there is no one waiting you can sign up again for the same piece of equipment.

Pools...

19. Are there always lifeguards on duty at all of the pools?

-Yes, there is always a lifeguard on duty during operational hours.

20. What are the pool hours?

The Indoor pool is open the same hours of our club (Monday – Friday 5:30am – 10:30pm and Saturday and Sunday 7am – 7pm) and is open year round. The outdoor pool is open Monday-Friday 9am-9pm (slide hours: 10am-8pm) and Saturday & Sunday 7am-7pm (slide hours: 9am-7pm). The outdoor pool is open from May 1st – October 1st (5 months out of the year).

Gymnasium Rules & Regulations

Full Court Play Basketball:

- Winners must relinquish court after three (3) consecutive wins. The next two (2) teams on the sign-up board play.
- Games are to 11 points; 1 point for each basket. Win by 1. The 3 game limit is still in effect.
- A person must be present to sign up for a game, and be in the gym when the previous game ends. (You may only sign up yourself).
- In the event that there are not 10 players signed up after winners have won their third game, then to fill the remaining slots use the following procedure:
 1. Winning Team Shoots
 2. Losing Team Shoots
- Do not interfere with full court play-keep basketballs off the court.
- NO Dunking allowed or sitting on the short wall.
- No basketball play is allowed during the following group exercise classes: Extreme Training, Body Attack and Hop, Skip and Jump. (this includes a 10 minute break before and after class). OUT OF COURTESY TO THE GROUP EXERCISE CLASS PARTICIPANTS, please do not enter the gym until class is finished.
- Foul language, fighting, and any conduct deemed inappropriate will not be allowed. Anyone violating these rules may have their membership terminated. Any unauthorized use of the gym (ie., "sneaking in") is trespassing and will be pursued as such.
- Report any problems to the Fitness Supervisor, Evening Supervisor or any BAC full-time staff member. These rules are for the good of the Basketball Program here at the BAC & to encourage a safe & fun atmosphere.
- NO FOOD OR DRINK IS ALLOWED IN THE GYM.

Cardiovascular Equipment Sign-up Rules & Guidelines

1. You MUST sign up before utilizing any of the cardiovascular equipment, even if no one is waiting.
2. There is a 30-minute time limit on all equipment. This time begins when YOU SIGN UP.
3. When all equipment is occupied, begin signing up on the waiting list.
4. When a piece of equipment becomes available, remove your name (or initials) from the waiting list and sign up for that specific piece of equipment.
5. The first name on the waiting list will take the first available piece of equipment and so on.
6. You must be present to obtain the next available piece of equipment.

RULES REVISED 3/15/10 AND ARE SUBJECT TO CHANGE

Indoor Pool Rules

1. For your safety and the safety of others, there is NO RUNNING on deck, NO DIVING and NO HORSEPLAY.
2. No glass containers allowed in the pool area.
3. No chewing gum allowed in the pool or pool area.
4. Children under 15 MUST be accompanied by their parents at ALL times. Children MUST be on a family membership to use the pool. Swim test for children 11-14 during the summer months DOES NOT apply for the indoor aquatics facility.
5. Lap lanes are for lap swimmers and organized programs. The BAC Pool Policy is to share the lanes with a maximum of three people per lane. When sharing lanes and prior to entering the lane, please communicate and decide if you will take sides or you will circle swim.
6. "Lane 1" is designed for organized programs and free play. In the event that no organized programs are in session, children may enjoy recreational swimming with their parent.
7. The regular age policies for the inside of the BAC apply as well for the indoor aquatics facility.
8. Hanging on the lane lines is prohibited.
9. There is a 30-minute time limit for lap swimmers to enable usage for all Members when the pool is at a maximum capacity of three swimmers per lane.
10. Diapered children MUST use swim diapers or rubber pants over their disposable diapers. "Non-protected" diapers are not permitted. Not only are they a possible health hazard, but they can clog the filter system and cause costly repairs.
11. In the event of an "accident" in the pool and for the safety of all swimmers, the pool will be CLOSED in order to add the necessary chemicals to disinfect the pool.
12. The physical Therapy Pool is only for therapy patients between the hours of 8 a.m. and 5 p.m. Mon.-Fri. However, BAC members who are at least 15 years old may use the pool during non-therapy hours, as long as an organized program is not in session. Children under the age of fifteen are ONLY permitted in the Therapy Pool the following hours and must be accompanied by their parent:
Tues, Wed, and Thurs 5 p.m.- 10:30 p.m. Mon and Thurs 7 p.m. – 10:30 p.m. Sat./ Sun. 7 a.m. – 7 p.m.
13. All rules are subject to change and the interpretation of the BAC Management.
14. Your cooperation and feedback are appreciated.

General Pool Rules

Swimming is a great form of aerobic exercise and recreation. You are encouraged to use the pool at the athletic club as a part of your fitness program and an area for fun and relaxation. We ask that you follow these guidelines to help make your visit a fun and safe one.

1. Please obey all requests of the lifeguards on duty, and follow all posted rules.
2. Shower before entering any pool. This quick and easy step helps to keep the pool cleaner, and allows you to adjust to the water temperature easier.
3. No glass containers or gum are permitted in the pool area.
4. If you have any open wounds, or have applied a Band-Aid, we strongly recommend that you **do not** enter the pool. An open wound can greatly increase your chance of receiving an infection, or transmitting this infection to others.
5. A parent must accompany any child under 15 at ALL times. A swim test can be given to children 11-14 for the outdoor pool only.
6. The following items are not permitted for use at the pool:
 - Hard toys (including water guns), these objects are frequently thrown and can cause injury to others.
 - Air-filled swimming aids and floats (water wings, baby floats, etc); we can provide you with a coast guard approved lifejacket (as available) while you are here.
7. Please do not engage lifeguards in unnecessary conversation while they are on duty. This makes it more difficult for them to provide surveillance for others.
8. Lifeguards may restrict the use of kick boards, noodles, etc. for improper usage and during heavy swim loads.
9. Please No:
 - Swimming, unless a lifeguard is present
 - Diving
 - Running
 - Horseplay (i.e. chicken fights, dunking, wrestling, pushing, throwing, etc.)
 - Hanging on the lap lanes. Too much pressure can cause them to snap, resulting in injury.
10. The pool areas (including deck) will close for 30 minutes after the last thunder/lightning. If there is an "accident", that pool will be closed to ensure proper disinfecting.

Guidelines for Parents of Small Children and Infants

1. All children who are not potty-trained are required to wear a swim diaper.
2. Children and infants need regular bathroom breaks and diaper changes, adult swim may be a good time to do this.
3. Please do not change diapers on the pool deck. Germs can spread to surfaces and objects in and around the pool and spread illness.
4. Please wash your child thoroughly (especially the rear end) with soap and water before entering the pool.
5. Encourage your child not to swallow pool water. It is best to avoid even having the water get in your mouth.
6. Please remember to keep an eye on your child at all times. Remember that kids can drown in seconds and in silence.

Therapy Pool Rules

1. The physical therapy pool is only for therapy patients between the hours of 8:00 a.m. and 5:00 p.m. Monday-Friday. However, BAC members may use the pool during therapy hours as long as therapy or an organized program is not in session.
2. The therapy pool is only for adults 15 and older during these times:

Monday-Friday	11 a.m. – 1 p.m.
Saturday	7 - 10 a.m.
3. Jumping, splashing, and horseplay are not permitted in the therapy pool.

Lap Swimming Rules

There are certain rules of lap swimming etiquette that we would appreciate all lap swimmers to follow. These guidelines will allow you and all other lap swimmers to enjoy their visit to the athletic club.

1. The lap lanes are for those individuals trying to get in shape, or for those trying to stay in shape, and continuous swimming is encouraged.
2. The lap lanes are designated "fast, medium, and slow" to accommodate the various abilities of our members. Please try to use the lane most descriptive of your ability.
3. Each lap lane will accommodate up to four (4) swimmers.
4. When entering an occupied lane, please let the swimmer know before you enter the water.
5. When there are three or more swimmers in a lane, please swim in a counter-clockwise circle.
6. Use caution when passing a slower swimmer in the lane, and please leave enough room at each wall for turns.

Outdoor Pool Rules

1. Children under age 11, MUST be accompanied by their own parent or BAC approved guardian at ALL times (see # 2 for BAC approved guardian definition).
2. Children 11-14, upon passing a lifeguard administered swim test, may be at pool as long as their parent or BAC approved guardian is inside the club. A BAC approved guardian is defined as a child's own parent, aunt, uncle, grandparents, brother or sister who is at least 18 years of age. The child and the guardian must both have BAC Memberships. Children MUST be on a family membership to use the pool.
3. Diving is PROHIBITED at the BAC at all times.
4. NO RUNNING ON DECK.
5. After hearing thunder or seeing lightning, members must clear all deck area, including inside for 20 minutes. This is a county regulation.
6. Lost or found articles may be turned in to the lifeguards or the front desk attendants.
7. The two lap lanes are reserved for lap swimmers. Special consideration is given to lap swimmers, especially at lunch time and after work. Please be courteous and respectful to these swimmers by not throwing objects into the lanes. Swimming through the path of lap swimmers is also prohibited. Children under 15 are NOT permitted to swim laps when adult members are waiting.
8. Hanging on lane lines is prohibited.
9. Horseplay is prohibited. No "chicken" etc. is allowed.
10. Jumping in the pool is permitted.
11. If you lose your money from machines, the front desk attendants will reimburse you. Do not attempt to retrieve lost money by tipping or hitting the machines.
12. The use of floats and rings during peak pool usage times is at the discretion of the lifeguard.
13. There will be a mandatory rest period for anyone under the age of 18 years old that occurs fifteen minutes before each hour. Rest period is enforced by the lifeguard.
14. No one is allowed in the Guard Room or Pump Rooms. Members may ask a lifeguard for swimming equipment.
15. No glass containers are allowed in the pool area.
16. No chewing gum allowed in the pool or pool area.
17. Diapered children must use swim diapers or rubber pants over their disposable diapers. "Non-protected" diapers are not permitted. Not only are they a possible health hazard, but they can clog the filter system and cause costly repairs. "Huggies Little Swimmers" are available at the Front Desk.
18. In the event of an "accident" in the pool and for the safety of all swimmers, the pool will be CLOSED in order to add the necessary chemicals to disinfect the pool.
19. Members may purchase a \$10, one-week outdoor pool pass for non-member relatives, including: grandchildren, nieces or nephews under the age of 15. Also includes grandparents, aunts or uncles over the age of 18 who wish to visit with their member relative, who is under the age of 15. Outdoor pool passes may be purchased from any full-time staff member. Limit 2 one-week passes per individual.
20. POOL FURNITURE IS AVAILABLE FOR USE BY ALL RAC MEMBERS AND GUESTS. POOL FURNITURE MAY NOT BE RESERVED FOR INDIVIDUALS WHO ARE NOT PRESENT.

Outdoor Slide Rules

1. Children must be 42" tall and able to swim to the ladder or stairs in order to go down the slide.
2. Only one (1) person may go down the slide at a time.
3. Wait for the lifeguard to send you down.
4. You **MUST** lay back in a feet-first, face up position. Cross your arms across your chest and cross your ankles.
5. You are permitted to slide **ONLY**. Stunts of any kind can result in you not being able to go down the slide again.
6. No floats or floatation devices of any kind are allowed on the slide.
7. No swim suits and shorts with metal rivets, buttons or fasteners on the slide.
8. Eyewear (glasses, sunglasses, goggles) is not recommended on the slide.
9. No one may "catch his or her child at the bottom of the slide.
10. Exit to the ladder or stairs immediately after entering the water.

Nursery and Youth Center Rules and Regulations

Monday - Friday 8 a.m. - 8 p.m. Saturday - Sunday 8 a.m. - 5 p.m.

1. The Nursery is available for children of ages 8 weeks to 5 years.
2. The Youth Center is available for children of ages 6 to 14 years.
3. The BAC Nursery and Youth Center are free of charge to members.
4. Parents must sign children "in" and "out" each time they use the Nursery or Youth Center. The child must be signed "out" by the same parent who signed them "in". Children can only be released to a parent. **NO ONE UNDER THE AGE OF 15 IS ALLOWED IN THE CLUB WITHOUT THEIR OWN PARENT.**
5. Out of consideration for others, food is not permitted in the Nursery or Youth Center. Bottles and sippy cups are permitted in the Nursery, but they **MUST BE LABELED WITH THE CHILD'S FIRST AND LAST NAME.**
6. Please do not bring toys from home due to losses, damages and conflicts.
7. Parents will be paged after 10 minutes if their child is continuously crying. Parents will also be paged when a diaper change is necessary. Nursery Attendants are not permitted to change diapers.
8. Parents **MUST** remain in the building the entire time their child is in the Nursery or Youth Center.
9. The time limit on a child's stay in the Nursery and Youth Center is **2 HOURS**. This is for the benefit of the child and to assure that their stay is a pleasant one.
10. No wrestling or "roughhousing" in general allowed in either the Nursery or Youth Center.
11. Children not abiding by Nursery or Youth Center rules will be restricted from further use.
12. Parents are asked to explain to their children that once they are signed into the Nursery or Youth Center, they must remain there.
13. Adults are not allowed in the Youth Center unless accompanied by their own children between the ages of 6 and 14 and may not take the place of any child in any activity.
14. Children are allowed to bring in Nintendo Game Club® games, videos, and board games **ONLY** after being approved by the Membership Services Supervisor.
15. Children must be completely potty-trained to come into the nursery without wearing a diaper.
16. Children with visible signs of illness may not be brought to the Nursery or Youth Center. **The Botetourt Athletic Club reserves the right to deny the use of the Nursery or Youth Center for any child who shows visible signs of illness.**

*Grandparent members may register to visit with their grandchildren who belong to family memberships. During these visits grandparents assume the role of parents as listed on this page, as well as with all other parent/child related rules and regulations in this handbook. See BAC Membership Services Supervisor to register grandchildren.

Children's Rules

Individual/Family Membership:

Nursery (8 wks-5 yrs) & Youth Center (6-14 yrs): 8 a.m. - 8 p.m. Mon-Fri
8 a.m. - 5 p.m. Sat-Sun

8 Weeks – 10 Years

Family Membership:

Outdoor Pool	No time restrictions (parent <u>must</u> be with child)
Indoor Pool	Access to Lane 1, <u>except</u> when an organized program is in session. (parent <u>must</u> be with child)
Track	Anytime <u>except</u> 5 p.m. - 8 p.m. Mon - Thurs and before noon on Sat – Sun (parent <u>must</u> be with child)
Gymnasium	Shoot Around & Family Time, Volleyball (parent <u>must</u> be with child)

- Children 4 & under may use either male or female locker rooms with their parents. Children 5 & up must use the same sex locker rooms. Children may also use the nursery bathroom. Children of the opposite sex are not allowed in the steam rooms.
- Children 14 and under cannot be in the club without their own parent. This rule also applies to all children who are guests.

11 - 14 Years

Family Membership:

Outdoor Pool	No time restrictions (Upon passing a swim test, the child can swim outdoors alone. However, a parent must be in the club)
Indoor Pools	Access to Lane 1, <u>except</u> when an organized program is in session. (parent <u>must</u> be with child)
Track, Group Exercise, Cardiovascular, Nautilus, LifeFitness	Anytime <u>except</u> 5 p.m. – 8 p.m. Mon-Thurs and before Noon on Sat-Sun (parent must be with child, unless BAC PAC certified*)
Gymnasium	Shoot Around & Family Time, Volleyball (Children 11-14 can be unattended in the gymnasium during these times, but a parent must be on the same level as the child)

*As a member of the **BAC PAC** program, children 11-14 can participate in the above activities without their parent. However, a parent must remain on the same floor as his/her children and in view of his/her children's activities. To become **BAC PAC** certified, you must schedule an appointment with our Fitness Supervisor

- Children must be at least 15 years old to be in the FREE WEIGHT area or in a BODY PUMP class at anytime.
- Children 14 and under cannot be in the club without their own parent. This rule also applies to all children who are guests.
- Children 5 years and older must use the same sex locker rooms. Children may also use the nursery bathroom.

*Grandparent members may register to visit with their grandchildren who belong to family memberships. During these visits grandparents assume the role of parents as listed on this page, as well as with all other parent/child related rules and regulations in this handbook. See BAC Membership Services Supervisor to register grandchildren.

Youth Services is a complimentary child care service provided to members so that they may be able to enjoy the benefits of our club. The staff of the RAC is instructed to abide by the above rules and regulations at all times. Please do not ask them to make any exceptions. If you have questions, concerns, or suggestions, please contact our Youth Services Supervisor.

BAC PAC Guidelines

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The Botetourt Athletic Club (BAC) is one of a kind. That means we can provide you and your family with programs not found at any other health club in the valley.

Our new BAC PAC Program was designed to encourage youth physical activity and teach respect and responsibility. The program also meets the growing demand for increased facility usage for youth ages 11 - 14.

The BAC PAC Program is a work-in-progress and rules are subject to change. We appreciate your feedback to ensure any changes benefit our members. If you have questions or concerns, please contact the Fitness Program Supervisor or any BAC full-time staff.

Respect/Behavior

Respect other members when you are at the club.

A parent must remain on the same floor as their child and in view of their child's activities.

The BAC staff will monitor BAC PAC members to ensure rules are followed.

Acknowledgement of Rules

Who can be a BAC PAC Member?

Only children ages 11 - 14 on current family memberships can join the BAC PAC Program. If parents downgrade to a single membership, or terminate their membership, their children can no longer remain a BAC PAC member.

The BAC PAC Program is only recognized at the BAC. BAC PAC cards are not honored at the Roanoke Athletic Club.

Identification

The BAC PAC identification card must be worn at all times, except when in the pool.

If you forget your card, please tell a staff member immediately so we can issue you a temporary card for the day. If you forget your card more than three times, or lose it, you will need to purchase a replacement card for \$3 to continue in the program.

Locker Room

During the peak times of Monday – Thursday, 5 p.m. – 8 p.m., we ask children ages 5 – 14 to refrain from using the main locker rooms. They may use the assisted changing rooms located by the pool entrance, which have bathrooms and shower facilities.

Children ages 5 – 14 cannot use the main locker rooms unless accompanied by the same sex parent. Children are not allowed in the locker rooms by themselves. This will ensure that children are safe and supervised at all times. Parents must use the assisted changing rooms if with a child of the opposite sex.

BAC PAC Guidelines

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Time Restrictions

The time restrictions of Monday – Thursday, 5 p.m. – 8 p.m., and Saturday and Sunday before noon, do not pertain to BAC PAC members, except for the locker rooms. All youth ages 11 – 14 who have not completed the BAC PAC program must adhere to the time restrictions.

Warnings/Discipline

We will issue warnings and take disciplinary action depending on the severity of rule violations. Disciplinary actions may include a warning to the youth and parent, one-month suspension from the program or termination from the program and/or club. Disciplinary actions are at the discretion of BAC management.

Equipment Usage

Fitness Areas

Horseplay is not allowed on the weight machines or cardiovascular equipment. Do not sit on any weight equipment if not working out.

No one under the age of 15 can use or remain in the free weight area (this is all the rubber flooring downstairs).

Wait your turn on equipment. Sign-in if you are using a piece of cardiovascular equipment or put your name on the waiting list. There is a 30-minute time limit on all cardiovascular equipment. For the cardiovascular equipment, BAC PAC members must give up their equipment to members who are 21 or older if no other cardiovascular equipment of that type is available.

If you do not know how to use a piece of equipment or you forgot how, please ask one of the fitness staff for assistance.

Track

Obey posted track rules. Remain courteous to others when using the track. We do not allow racing around the track.

BAC PAC Guidelines

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Gym Area

The basketball court is available to all members during posted Family and Shoot Around times. During the time restriction, Monday – Thursday, 5 p.m. – 8 p.m., and Saturday and Sunday before noon, only BAC PAC members can shoot around during the Full Court Play times if no one is playing full court. Everybody else under the age of 15, and not a BAC PAC member, must adhere to the time restrictions. After the time restrictions, members under the age of 15 can shoot around during Full Court Play, only if no one is playing full court. If older members want to play full court, all younger members (even BAC PAC members) must leave the gym area.

Volleyball hours

Family Volleyball

Tuesday, 5:45 – 7 p.m. and Thursday, 6 – 7 p.m.

Adult Volleyball

Tuesday/Thursday 7 – 9:30 p.m.

Sunday (Adult only) 5 – 7 p.m.

Indoor Pools

A member under 15 years old must have a parent present with them in the pool area. Members must follow all posted pool rules. Lane one is a play lane, except during water aerobic times (see front desk for current schedule). BAC PAC members can only use the lap swim lanes to swim laps.

The therapy pool is available during the following times: Monday through Friday, 5 p.m. – 10:30 p.m., and Saturday and Sunday, 7 a.m. – 7 p.m. When Swim Lessons start then the only therapy hours that will change are Monday and Thursday, 7 p.m. – 10:30 p.m. (Times may vary, so please check schedule.)

BAC PAC members can take water aerobic classes, only if a parent is present at the pool area and all posted pool rules are followed.

Group Exercise

No one, even BAC PAC members, under the age of 15 can take the Body Pump group exercise classes because free weights are involved.

BAC PAC members can take Cycle and RPM classes if there is a bike available just before class starts. Bikes are reserved for ages 15 and up only. There are no guarantees that BAC PAC members will get a bike. Bikes that are available when class begins will be given out to BAC PAC members based on their sign-in order. Once BAC PAC members are given a bike, no other member can bump them.

Aerobic 101 class (Saturday, 10:30 a.m.) is strongly recommended for all BAC PAC members who are interested in taking group exercise classes.

Group exercise instructors reserve the right to dismiss anybody from class. (For inappropriate behavior.)

Where can a parent and child remain during a group exercise class?

- A parent can take a group exercise class with their child.
- A parent must be in the Nautilus area if their child is taking a group exercise class at that time.
- Children are allowed in the Nautilus area by themselves only if their parent is taking a group exercise class at that time.

Guest Policy

1. Guest privileges are for full individual/family memberships only and do not include students.
2. As a member, your guests receive a discounted guest fee rate of \$7.50 per visit (non-member guests pay \$12.00 per visit). However, if you call 24 hours in advance to reserve your passes, they are free.
3. Each membership may bring up to 2 guests per day.
4. Each guest must fill out a "Guest Registration Form" at the Front Desk and present a photo ID for verification.
5. Each local guest may only visit once in a 30-day period (whether they pay or receive a free pass).
6. Members must call the front desk 24 hours in advance to reserve free guest passes. Must be 18 years old to reserve a guest pass (or on an individual membership.)
7. Members' out of town guests may visit twice within a 30-day period (whether they pay \$7.50 or use reserved free passes). These guests may also purchase a week's pass for \$25 (individual) and \$35 (family). They may purchase up to 3 one-week passes per year.
8. Grandparent members may register to visit with their grandchildren who belong to family memberships. During these visits grandparents assume the role of parents as in parent/child related rules and regulations in this handbook. See BAC Membership Services Supervisor to register grandchildren.
9. Guests must be at least 15 years old. Therefore, children ages 8 weeks to 14 years must be accompanied by their own parent, who would be considered the guest. However, non-member relatives under the age of 15 may visit as a guest to the outdoor pool, but must be with the member relative at all times. Non-member relatives include grandchildren, nieces and nephews.
10. Members may purchase a \$10, one-week outdoor pool pass for a non-member relatives, including: grandchildren, nieces, or nephews under the age of 15. Also includes grandparents, aunts or uncles over the age of 18 who wish to visit with their member relative, who is under the age of 15. Outdoor pool passes may be purchased from any full-time staff member. Limit 2 one-week passes per individual.
11. Members who abuse the guest policy are subject to losing their guest pass privileges.
12. If a guest is a member of a IHRSA participating health club, they may visit for \$5. IHRSA guests must show proof of membership.

RULES REVISED 3/15/10 AND ARE SUBJECT TO CHANGE

Misc.

1. The use of any type of camera in the facility is prohibited, unless approved by RAC/BAC.
2. For safety reasons, the use of showers is prohibited anytime that lighting is not available due to a power outage.
3. Please be aware of and courteous to others on the track. If you are walking or jogging side by side and a faster walker/jogger wishes to pass you, please single file so the faster walker/jogger may pass with ease. If you are the faster walker/jogger passing others, be courteous as you pass. If you are passing someone, pass on the outside. If you are walking or jogging side by side, be aware of others in relation to you on the track.
4. The RAC is not responsible for any lost and/or stolen items while the member is using the facilities. Locks left on non-rental lockers overnight will be randomly removed. However, any lost items recovered by RAC staff will be put in lost and found. Items are eventually donated to Good Will.
5. Personal Training by anyone who is not a BAC personal trainer is prohibited.
6. Student Membership Restrictions: Monday – Friday, 5 – 8 p.m. and weekends. No guests.
7. While working out, members and guests are required to wear closed-toed shoes, excluding the in and outdoor pool and locker rooms.
8. Possession of a weapon in the facility is prohibited. This prohibition doesn't apply to a law enforcement officer authorized to carry a handgun or concealed weapon by the State of Virginia or federal law who enters the facility to perform law enforcement activities.
9. Senior (65 yrs.) and Corporate rates are available.
10. Two week money back guarantee (Subject to change.)