



Yakima, WA

Yakima Valley Racquet Club, Inc.

MEMBERSHIP GUIDELINES

02/06

CHECK-IN PROCEDURE:

- All members, guests, and extra program participants must check-in at the front desk.
- Facility users must provide their own sweat towels and shower towel. These are available in the Pro Shop for purchase.

GUEST POLICY:

- Members may bring a guest at any time for a discounted guest fee of \$5 per visit (regular \$10 guest fee). Member must accompany guest.
- The same policies apply to guest as members. Members are responsible for the actions of their guest. Guest must sign the guest register at the front desk.
- YAC Fitness offers 2 Reciprocal Use Programs, FitLife (a NW FREE use program) and IRSHA (an international health club useage program – discounted fees) **Members may obtain a FitLife Card or IHRSA Passport and more information at the front desk.**
Temporary members not eligible for reciprocal benefit.

HEALTH AND FITNESS ATTIRE:

- Comfortable workout wear is acceptable, however, because of our concern for personal hygiene we consider appropriate gym attire to be t-shirts, shorts, or sweats.
- T-shirt and clean athletic shoes must be worn at all times in the building. Only non-marking athletic shoes that have not been worn outside may be worn in the Group Fitness Studio.
- **NO SANDALS OR OPEN-TOED SHOES ALLOWED IN THE BUILDING.**

EXERCISE AREAS:

- Please ask staff for assistance if you are unsure of proper equipment use.
- **Re-rack ALL weights after EACH use.**
- No abuse of YAC Fitness equipment or property will be tolerated. Abuse of equipment or property will result in termination of membership privileges. "Abuse of equipment" includes but is not limited to; dropping or banging of dumbbells, barbells, or selectorized equipment; misuse of cardiovascular equipment, and/or vandalism of any kind to any YAC Fitness equipment or property.
- Please wipe off all equipment after use.
- No children under the age of 15 years old are allowed on any weight/cardio equipment. See Children's Policies for more information.
- No children or visitors are allowed to wait in the cardio or weight equipment areas. They will be directed to Playland.

LOCKERS:

- Lockers are available for daily use at no charge. Private Lockers available FOR RENT.
- Members must bring a lock to use on lockers. Locks are sold in the Pro Shop.
- Locks must be removed daily. Any locks left on day use lockers will be cut off and contents will go into lost and found.
- Gold's Gym is not responsible for articles lost or stolen in the facility or on gym property.
PLEASE LOCK UP YOUR VALUABLES.

ANTI-HARASSMENT POLICY

Gold's Gym, Yakima, WA strictly enforces an anti-harassment policy with its membership, guests, employees and extra program participants. Our goal is to provide an environment free from tensions created by nonwork-related conduct, including ethnic, racial, sexual or religious remarks, animosity, unwelcome sexual advances, or requests for sexual favors or other such conduct. Harassment includes, without limitation, verbal harassment (epithets, derogatory statements, slurs), physical harassment (assault, physical interference with normal work or involvement), visual harassment (posters, cartoons, drawings), and innuendo. Violation of this conduct may result in suspension or termination of membership privileges.

DRUGS/TOBACCO/FIREARMS

The distribution, use or being under the influence of illegal drugs (including steroids) in any form, are prohibited and will result in membership termination.

Smoking, or the use of tobacco in any form, is not allowed in the gym, or outside on Gold's Gym property.

Firearms/weapons are prohibited on Gold's Gym property unless previously authorized by management.

CHILDREN'S POLICIES:

- Children under the age of 12 years old are not allowed on any of the equipment. Children ages 12yrs – 14yrs may use the gym under supervision of an adult during the hours of Monday – Friday 2:00pm – 4:30pm, 7:00pm – 10:00pm and Saturday and Sunday, Noon – 6:00pm. An adult must be on site and be a member of Gold's Gym of Yakima. No exceptions.
- **Children are not allowed to wait at the front desk or exercise areas of the gym. They will be sent to Playland.**
- Children over the age of 5 years old are not allowed in the opposite sex locker room.
- Children on family memberships will be terminated from the membership at age 23. They will have three months from the date of their 23rd birthday to join with no joining fee.

LOST AND FOUND:

All found items will be dated and held at the front desk for 4 weeks.

Please call as soon as possible and report missing items.

After a 4 week period, all found items would be donated to local charities.

FACILITY MAINTENANCE

There may be on occasion, an area or multiple areas of the gym closed for maintenance.

Equipment may be unavailable or areas closed. It is our policy to provide a safe environment for membership.

RESIGNATION AND BILLING POLICIES:

All members must give a 30-day written notice to the Business office prior to resignation from Gold's Gym.

Please reference Business Office Policies.

If you have any questions concerning these policies of use, please contact a Gold's Gym staff member. Any violation of these policies may result in suspension or termination of membership privileges.