

Swimming Pools

SHOWERS: All swimmers must take a cleansing shower before entering the pools. Hair must be wet if planning to submerge in the pool.

ATTIRE: All swimmers must wear proper, clean swim attire. This includes swimsuits, t-shirts and shorts. Children under the age of four must wear a swim diaper.

EXERCISE POOL RULES: Children ages 7 to 12 may swim in the exercise pool during open swim hours (as noted on the pool schedule) **without** direct adult supervision. The adult must be in the building, however. An adult must be in the pool within arm's reach of children ages six and younger.

LAP POOL RULES: At least three lap lanes will be open and reserved for lap swim except for posted special events. Children ages 12 and younger are not allowed in the lap pool except for lessons, team practice and posted family open swim times.

THERAPY POOL RULES: Children ages 7 to 12 may utilize the therapy pool only with adult supervision. An adult must be in the water with children ages 6 and younger. No jumping allowed.

POOL AREA: Strollers, street shoes, bandages, body oil and lotion, food, gum, glass and open containers are not allowed in the pool area. All floating devices and toys brought in must be approved by the on-duty lifeguard.

AVAILABLE EQUIPMENT: A limited quantity of equipment is available. Typically, this includes life jackets, kickboards and noodles. Please ask the lifeguard for guidance.

POOL RULES: Swim lessons may take place in any pool at any time. Please see complete list of safety rules posted in the pool area. The on-duty lifeguard is responsible for rule enforcement.

Behavioral Policy

All inappropriate behavior will be classified into 3 categories:

CATEGORY 1 OFFENSE

- Profanity
- Littering
- Minor disrespect towards staff, members, patients, and/or guests
- Directly violating BAC rules and policies

Consequence:

- Verbal warning and explanation of rule
- Note in member file

CATEGORY 2 OFFENSE

- An unwillingness to correct behavior when asked
- Disrespect
- Spitting
- Misuse of equipment
- Hanging on rims
- Kicking basketballs, volleyballs
- Dropping weights
- Not following posted rules in Pool and/or locker room Relaxation Areas
- Failure to adhere to time and closure rules

Consequences include:

- Offender may be removed from activity and/or facility.
- If offender is 17 years or younger, an effort to contact the parent(s) or guardian will be made to review the incident and discuss.
- If the offender is 18 years or older, he/she will be removed from the activity and asked to leave the facility. A suspension will be applied to members. Non-members may have guest privileges revoked.
- Staff will fill out an incident report with offender's name, member number and phone number (parents' names and phone number, if necessary).
- The offender may be suspended from the use of the BAC for a minimum of two weeks (membership will not be refunded or prorated).

A repeat category 2 offense will result in category 3 consequences.

CATEGORY 3 OFFENSE

- Assisting in unauthorized entry of any kind
- Vandalism
- Violence (fights/assaults, threats, etc., physical or verbal)
- Careless driving and or parking
- Harassment of any kind
- Any act which necessitates intervention by law enforcement

Consequence:

- Police may be called
- Staff person will be present to assist and give a statement to responding officers
- Staff will fill out an incident report with offender's name, member number, phone number (parents' names and phone number, if necessary) and description of incident

Category 3 offenses may result in the immediate termination of membership. Individuals terminated under category 3 offense will no longer be allowed on BAC property.

DETERMINATION OF CONSEQUENCES:

The Policy Review Committee will review each incident and decide on a consequence(s). The majority of category 2 offenses may carry a two week suspension of the membership and access to the BAC. After two suspensions, the offender's membership will be revoked.

The majority of category 3 offenses may result in immediate termination of membership for any category offense.

All incidents will be logged into a computer database for future identification of repeat offenders. Repetitive misbehavior will not be tolerated.

The foregoing policies and procedures are not all inclusive. Other rules and regulations may be posted in and about the facility and shall be binding on all patrons.

Management reserves the right to change or amend these policies and procedures as deemed necessary for the safe and functional operation of the facility.

It is the sole responsibility of the member to remain current with all standards and procedures of the Bronson Athletic Club.

Member Rules & Policies

(269) 544-3200

bronsonathleticclub.com



Membership

PRIMARY MEMBER: Anyone can join Bronson Athletic Club (BAC). A member who pays the initiation fee upon joining and all monthly dues is considered a primary member and has full use of the club facilities.

ASSOCIATE MEMBER: Primary members may add associates at any time. Additional members on a primary member's account are considered associate members and have full use of club facilities. Associate members do not pay an initiation fee, but do pay reduced monthly dues. The minimum length of an associate membership is one month. Eligible associate members include:

- Spouses and domestic partners
- Dependent children ages 13 to 25 (dependent children between ages 18 to 25 must be full-time students with primary member's address as legal residence)

RESIGNATION: Members may cancel their membership at any time. Before a membership can be cancelled, all payments must be up-to-date. To cancel membership, members (or legal adult guardian of youth associate member accounts) complete a resignation form with a membership sales representative, as well as turn in their member ID. No prorated credits will be given upon resignation. Resignation will be effective at the end of business on the last day of the month in which the member resigns.

EXPULSION: Management may expel any member for violating club rules or for any conduct deemed disruptive under Bronson corporate standards, such as harassment of any kind.

In the situation that a question arises regarding the interpretation or application of a rule, the decision provided by management is final.

Accounts

MONTHLY STATEMENTS: Members are billed on the first business day of the month for monthly dues and incidental club charges (deli, personal training, etc.). Accounts are due and payable on the first business day of the month. Late fees are applied if payment is not received by the 20th of the month.

PRE-PAY OPTION: Members choosing to pre-pay for 12 months of membership will receive a free 13th month of dues.

DELINQUENCY: Unpaid accounts become delinquent after the 20th of the month. At this time, delinquent accounts will be assessed a \$12 late fee. Club charge and court reservation privileges may be revoked at this time. At management's discretion, club membership may be suspended or terminated for any member with an account 60+ days delinquent. All attempts will be made to collect unpaid balances.

DUES ADJUSTMENTS: Dues are subject to adjustment by management at any time. Notice will be sent to all members at least one month prior to adjustment effective date.

ADDRESS CHANGE: Members must provide written or email notice of any demographic changes in their member accounts, including home/work address, email, telephone and emergency contact updates. These changes can be reported to any membership sales representative.

FREEZES: Memberships may be "frozen" and monthly dues reduced to a \$15 per month handling charge during **periods of forced inactivity due to medical issues or temporary relocation**. To freeze a membership, the member must pay the account balance and complete an account freeze form with a membership sales representative. **During a freeze period, members may not enter the club on a guest pass (or by paying a guest fee) or participate in paid programming, personal training, etc. Accounts may not be frozen for routine maintenance or other projects that might result in an interruption of service.**

Freeze categories include:

- **Temporary Relocation:** The member is neither living NOR working in the greater Kalamazoo area (35+ miles from club) for at least one month. A temporary address must be provided.
- **Medical:** The member is incapacitated by serious illness or injury to the extent that it is impossible to make use of club services (medical documentation must be provided)

Please note: If unfreezing mid-month, the member will be either credited the freeze fee and charged full dues or freeze fee plus prorated dues, whichever is less.

House Rules

SECURITY/PARKING: Free parking is provided in the large lot southwest of the building. All members should use the second entrance off Elm Valley Drive (across from Bronson Family Medicine). The smaller lot on the east side of the facility is reserved for Bronson rehabilitation patients. **All members must enter and leave the club via the front entrance near the southwest parking lot.**

CHECK-IN: All members must present their membership card to the service desk for gate entrance.

CARD REPLACEMENT: A \$5 replacement fee will be charged for lost membership cards.

LOST AND FOUND: Recovered items will be kept for approximately 30 days. If items are not claimed in this time frame, they will be donated to charity. As a precaution, do not bring high value items to the club. **The club is not responsible for lost or stolen articles.**

NO SMOKING/WEAPONS: Bronson Athletic Club is a tobacco-free campus. This includes the building, grounds and parking lots. No vaping or electronic cigarettes are allowed. No weapons of any type are allowed in the building.

Locker Rooms

MODESTY POLICY: Please be discreet and cover up with a towel when walking around or grooming at the mirrors. Specific areas include:

- **Whirlpools/Cold Plunge: No nudity** is permitted in these areas. Proper swimwear is required. No underwear or towels allowed.
- **Steam Rooms/Saunas/Lounges:** Cover up with a towel. Please use a towel when sitting on benches and chairs. No exercising (i.e., hot yoga, stretching) allowed.

SHAVING POLICY:

- Men's Locker Room – allowed at sinks and in showers only.
 - Women's Locker Room – allowed in showers only.
- No shaving allowed in whirlpools, cold plunge, steam rooms, saunas or lounge areas.

SHOWERS: Everyone is required to take a cleansing shower before entering the swimming pools, whirlpools and cold plunges. If you have used the steam room or sauna, you must shower again before re-entering the whirlpool or cold plunge.

TOWELS: Do not take large bath towels out of the locker rooms, except to the swimming pools. Please place all used towels in marked receptacles. Do not leave towels on the floor, on benches or in showers.

ELECTRONICS: No camera-equipped cell phones, cameras or tablets may be used in the locker rooms at any time.

YOUNG CHILDREN: Children under the age of 13 are not allowed in the locker rooms unless they are showering for the pool or changing for lessons/classes, and are within arm's reach of an adult. No one under the age of 13 is allowed in the whirlpool, sauna, steam room or cold plunge. Children age four and older are not allowed in opposite sex locker rooms. Family changing rooms are available.

FAMILY CHANGING ROOMS: Private family changing rooms with showers and toilet facilities are available outside the pool entrance.

LOCKERS: Lockers are equipped with electronic locks and are intended for daily use only. Locker cards are available at the service desk. After nightly closing of the club, lockers that remain locked will be opened and the contents placed in lost and found. Again, the club is not responsible for lost, forgotten or stolen items and members should use lockers at their own risk. **Please notify the service desk or complete a feedBAC card if you find a lock that does not work. When reporting a faulty locker, please include the locker number.**

LOCKER SECURITY: Some lockers are equipped with a card key lock. You may use a locker card (available at the service desk), your BAC membership card or any similar plastic card. Other lockers have a Digilock mechanism. In both cases, lockers use a four-digit code you select. For your protection, please do not use the same number (1-1-1-1, 2-2-2-2) or sequential codes (1-2-3-4, 4-3-2-1). **The club is not responsible for lost, forgotten or stolen articles and members should use lockers at their own risk.**

Guest Policy

GUEST CHECK-IN: All guests age 13-17 years must complete a guest registration card and wear a wrist band to have access to upstairs. Guests age 16 and older may be asked to present a photo ID.

- Non-resident guests (includes non-resident family members) may visit as a guest unlimited times at regular guest rate
- Unregistered guests found using the club will be removed from the premises and the accompanying member will be subject to a service charge, as well as suspension or expulsion from the club.
- In the situation that a question arises regarding the interpretation or application of a rule, the decision provided by management is final.

UNSPONSORED GUESTS: Nonmembers may not use the club on a walk-in basis without prior membership staff approval or sponsorship from a current BAC member. Guest passes are not available for purchase without member sponsorship.

MEMBERS WITH GUESTS: Members may bring a maximum of four guests to any one visit at the club by registering the guest(s) and paying the appropriate guest fee. There is no limit to the number of guests a member may bring in a given time period, other than the four-per-visit maximum. Sponsoring members must be present the entire time their guests are in the club. Frequency pricing may apply to guests.

- Area residents (including area family members) may visit as a guest three times in three months at the regular guest rate. After three visits, a premium guest rate applies. Area residents are those living within 35 miles of the club.

NON MEMBER USAGE FEE: Paid program participants who are not current members of Bronson Athletic Club (children of current members) are subject to pay an annual non-member usage fee, in addition to the program fee listed above. Usage fees are charged one time each year per non-member using the club for fee-based programming. This annual charge of \$100 must be paid before registration can be complete. Non-member usage fee does not apply to children of members. If a non-member decides to join the Bronson Athletic Club, the paid usage fee can be applied to the initiation fee, as long as it is within the same calendar year. After 6 months of usage, the amount applied to the initiation fee will be reduced to \$50.

Fitness Areas

ON THE FITNESS FLOOR:

- BAC staff members are available to help you. They are able to spot you while weight lifting and can answer general questions about equipment.
- Please refrain from dropping weights.
- Allow others to alternate with you when doing multiple sets.
- Observe a 30 minute limit on cardio machines if others are waiting to use the equipment.
- Use collars at all times on Olympic bars.
- Re-rack your weights from all machines and bars after use.
- Wipe down benches, weights and machines after use.
- Walk/run in the inside track lane — no more than two abreast. **The outside lane is for passing only.** Be alert and courteous to those around you. Please watch for those passing on the right.

Please alert a staff member if any piece of equipment or machine is not working properly.

ON THE GYM FLOOR:

- Do not bounce balls of any type on gym walls, even on the padding.
- Only shoes with non-marking soles are allowed.
- No gum or beverages other than water are allowed.
- Open gym floor hours are posted on the bulletin board near the gym. Please be prepared to share the limited space with others.

Children/Youth

Bronson Athletic Club is a high-end membership facility catering primarily to the fitness and wellness needs of adults and older youth. In recognizing that fitness begins early, the BAC does offer limited programming for younger children, including year-round swim lessons. **Parents/guardians with children age 12 and younger in the club must remain in the building at all times.**

Age classifications include:

AGE 13+: Bronson Athletic Club extends membership privileges to dependent children ages 13 and older with no restrictions on parental supervision. However, some club activities (including certain group exercise classes, basketball challenge, etc.) have minimum age requirements of 18 years. Please see membership for more information.

AGE 6 to 12 YEARS: Members may purchase youth guest passes for children ages 6 to 12. Current charges are \$1 daily or \$15 monthly. **Children must be within direct arm's reach supervision of an adult at all times, with the exception of open swim hours.**

Permitted Activities and Locations:

- Basketball and sports courts
- Swimming pools (additional pool rules apply)
- Club-sponsored program/class for children

Locations Not Available for Children 12 and under:

- Running/walking track (*including strollers/baby carriers of any kind*)
- Group exercise studios, including Synergy and cycle studios
- Cardio and weight lifting floor
- Hot tubs, cold plunges, steam rooms and saunas
- Anywhere in the facility (except open swim) without an adult supervisor within arm's reach (*adults may **not** be on machines upstairs while child is on gym floor or sports court downstairs*)

AGE 1 to 5 YEARS: Children under the age of six are expected to be in the youth activity center when they are in the club, unless they are:

- Participating in a club program, class or lesson
- A pediatric rehabilitation patient
- Swimming with an adult during open swim
- Eating in the deli with an adult

YOUTH ACTIVITY CENTER: Parents must be in the building at all times in order to leave their children in the youth activity center. Hourly fees are charged per child. Monthly passes are available.

- Age 8 weeks to 24 months: reservations are required and time limit in center limited to two hours.
- Age 25 months to 12 years: walk-ins accepted (pending space availability) and time limit in center is limited to three hours.

Please see the Youth Activity Center Rules and Policies for more details.

Maintenance Closures

Bronson Athletic Club reserves the right to periodically close all or part of the facility for necessary maintenance and/or repairs.

Personal Coaching/Training

Due to insurance and liability issues, personal coaches and/or trainers who are not employed by Bronson Athletic Club cannot work with or train clients on the premises of Bronson Athletic Club. Any person found engaging in personal training or coaching of any kind will be escorted out of the facility and will no longer be allowed on BAC property.

Court/Class Reservations

COURT RESERVATIONS: Only members and registered league participants may reserve or cancel courts, and must make reservations in their name.

ONE COURT AT A TIME: A member may have only one sports court reservation at any given time. If a member's name is found on more than one reservation, the member will be subject to a service charge and all reservations will be canceled without notice.

RESERVATION FINE: A member who fails to show up for any reservation (courts, personal training, massage, paid programming, youth activity center, etc.) without canceling by the appropriate deadline will be subject to a service charge.

COURT CHECK-IN TIME: Members who fail to check-in at the service desk within 15 minutes after their court reservation time will forfeit the reservation and the court will be open to anyone. If a member's group is playing on the court reserved in the member's name and the member fails to show up, someone else may use the court 15 minutes past the regular reservation time and the missing member will be subject to a service charge.

CYCLING CLASS RESERVATIONS: Reservations are required for all cycling classes and may be made at the service desk up to 24 hours in advance of a desired class. Members who do not show up for a reserved class are subject a service charge added to their monthly membership statement. To avoid a no-show service charge, all cancellations must be made at least 12 hours prior to a reserved class. Members who have reserved a bike but are not in the cycling studio at the start of class may have their bike given to a member on the wait list.

CLASS CANCELATIONS: Canceled classes are posted on the club's Facebook page as soon as possible. Signs are also posted at the service desk.

SPORTS COURTS: Only racquets and paddles with protective guards are allowed on the sports courts. Wrist straps must be used during play. Eye guards are strongly recommended during court use.

AVAILABLE EQUIPMENT: For club use, the BAC provides basketballs, soccer balls, weight belts and blood pressure monitors. Complete set-ups (including racquets/paddles, balls and nets) are available for racquetball, paddleball, pickleball, wallyball, volleyball and ping pong.

Attire/Equipment

ATTIRE: All members shall wear appropriate workout attire while using the club. This includes tops that cover the midriff and shorts/leggings that provide appropriate coverage (i.e. no sports bras only for women). Shoes and shirts are required at all times in all areas outside the locker rooms and pool areas, except for designated classes.

SHOES: Only athletic shoes that do not leave marks on hardwood surfaces are permitted on courts and in exercise studios. During inclement weather, please carry in athletic shoes to keep workout areas clean. Wet wipes are provided to clean lockers during winter months.