



Fitness Room Rules

- A. Members only. Guests not allowed.
- B. You must sign in on the waiver with your name, date and time of use
- C. Children under the age of 16 are not permitted the fitness room without parent. Children 12-16 may workout under the direct supervision of their parent.
- D. Appropriate workout attire required (including shirts, no cut-offs, swim gear, shoes that cover toe).
- E. Wipe off equipment when done.
- F. No food, pets, bathing suits or smoking permitted in the fitness room.
- G. Fitness room is an unsupervised area. Exercise at your own risk. If you feel faint, dizzy or have chest pains, stop exercising and contact your physician.
- H. Please consult your physician before use.
- I. Absolutely NO "used on the clay courts" TENNIS SHOES allowed in the fitness rooms.

Key Card Policy

- A. Families will receive two Skybrook Swim & Racquet Club key cards, individuals receive one.
- B. Additional cards or replacement cards can be purchased for \$10 each.
- C. Should a member lose this card, the Club must be contacted to prevent unauthorized use.
- D. Key cards are not to be loaned or given to anyone. The result of doing so will cause membership privileges to be terminated without refunds for dues or fees being given.

Physical Examination

Skybrook Swim & Racquet Club does not require but strongly recommends that all members and staff who participate in club activities obtain a medical examination prior to participation. Skybrook Swim & Racquet Club assumes no responsibility for any club member or staff with an existing health condition that makes it advisable for him/her not to participate in club activities.

Disclaimer

The Club reserves the right to terminate membership for the following:

- Repetitive disregard of the rules of the facility.
- Endangering other members.
- Damaging the facility without reporting what or who caused damage.
- Infraction of any crime on the club property.