

**MEMBER INVOLVEMENT**

We strive to keep our members actively involved in the Club and we value your input. Please feel free to share your comments and opinions with us.

**MASSAGE**

Ronda Hageberg, Certified Massage Therapist of *therapie massage*<sup>TM</sup>, is available by appointment. Massages are available for all ages in 1/2 hour, 1 hour, or 1 1/2 hour sessions. You can schedule your time for relaxation and stress relief by calling the Suburban Front Desk, or Ronda directly at 291-0263. Gift certificates are also available.

# Welcome to Suburban Health Club!



## Club Member Guidelines

Aug-09

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**Suburban Health Club**  
10081 County Road 138  
St. Cloud, MN 56301  
Phone 320-251-3965  
[www.suburbanhealthclub.com](http://www.suburbanhealthclub.com)

**MISSION**

*Our mission is to provide a healthy environment that enables our members to achieve their fitness goals. We also dedicate ourselves to maintaining a relaxed, fun atmosphere that satisfies the recreational needs of our members.*

**OVERVIEW**

This booklet provides an overview of general Club programs and guidelines. Please feel free to contact the Front Desk at 251-3965 for more information.

**Club Hours**

Mon-Thurs	5:00 AM—10:00 PM
Friday	5:00 AM--9:00PM
Saturday	7:30 AM—8:00 PM
Sunday	9:00 AM—8:00 PM

**\*Club hours are subject to change based on holidays and special events. Postings will be made at the Club.**

**MEMBERSHIP OPTIONS**

**Full Fitness Membership** includes:

- Unlimited use of pool, whirlpool, saunas, and locker facilities
- Discounted rates for swim lessons and guest fees
- Unlimited use of all exercise equipment
- Free attendance in group exercise classes (excluding specialty classes)
- Unlimited use of racquetball, wallyball and basketball courts including league participation
- Two free equipment orientations
- Free towel service

**Basic Swim Membership** includes:

- Unlimited use of pool, whirlpool, saunas, and locker facilities
- Discounted rates for swim lessons and guest fees
- Does not include aqua classes
- Free towel service

**GUEST FEES**

Guest fees must be paid prior to using the Club. Fees give a guest “Full Fitness” use of the club. Guest fees are as follows (plus tax):

	<b>With Member</b>	<b>Without Member</b>
<b>Children 4-17 Years</b>	\$ 4.00	\$ 5.00
<b>Adults</b>	\$ 7.00	\$10.00
<b>Family</b>	\$15.00	\$25.00

A 10-visit Guest Punch Card is available for \$70.00, plus tax.

**CHILDCARE**

Childcare is available for children newborn to 9 years old. Reservations are not necessary. Please check with the Front Desk for current daycare schedule.

- Fees: \$1.50 per hour per child.
- For the well-being of the other children, sick children are not allowed in daycare.
- Parents must remain in the Club while their child(ren) is in daycare.

**LOST AND FOUND**

The Club is not responsible for lost or stolen articles while you are at the Club. For your protection and safety, please do not leave valuables in your vehicle, locker, or unattended. Ask at the Front Desk for “Lost & Found” items. Items are held for 30 days.

**MEETINGS AND PARTIES**

The Club is the perfect place to hold your next special event. Birthday party swim packages are available, including pizza and pop. Overnight and holiday rentals are also available. Inquire with the Manager for additional information.

**CLUB ATTIRE**

Members and guests are required to wear appropriate attire at the Club (no torn clothing, no offensive messages on apparel, gender appropriate, etc.) Shoes and shirts are required at all times except in the pool area. Please change to non-outdoor/non-marking shoes before entering the fitness studio, circuit studio and racquetball courts and when using the cardio equipment.

**LOCKER ROOM ETIQUETTE**

Please directly supervise children when using the locker rooms. Children over 5 should dress in their respective gender locker rooms. A family changing room is available near the front desk.

**RACQUETBALL AND WALLYBALL**

Racquetball and Wallyball are great sports that offer a competitive way to get or stay in shape. Lessons are offered for both juniors and adults, as well as leagues and tournaments. Suburban offers “loaner” racquets free of charge, plus a complete line of racquets, and accessories in the Pro Shop. In addition:

- Protective eyewear is required.
- Non-marking court shoes are mandatory.
- Juniors may use the courts and borrow equipment any time a court is available.

Reservations: Courts may be reserved up to one week in advance by calling the Club or stopping by the Front Desk. Reservations may be made on the hour or half-hour.

League: Leagues will run in 6 to 8 week cycles and are open to men and women of any skill level. The objectives of organized league are to have fun, get a great workout, meet other players, and promote the sport. Please call the Club or register at the Front Desk. Leagues are free of charge for members.

**PRO SHOP**

Suburban Health Club offers a variety of fitness, swim, and racquetball gear, as well as accessories.

- Purchases may be made by cash, check or credit card.
- Returns and exchanges are accepted within 14 days of purchase if accompanied by the sales receipt.
- All sale items are final.
- Returns because of defective quality are subject to the Manager’s approval.
- Demo racquets are available to members considering purchase.
- If we don’t have the item you are looking for, please ask.

**GUESTS**

- Members under 16 cannot bring guests to the Club unless they are accompanied by their parents the entire time they are at the Club.
- Members are unrestricted as to the number of guests they may bring per visit, but please call ahead if more than 6 guests will be visiting.
- We request that members inform their guests of the Club Guidelines.

**MEMBERSHIP PACKAGES**

**Individual**

**Couple**—Domestic partners residing at the same address.

**Family**—A couple and their children under the age of 19. At age 5, children must be added to the membership in order to use the Club.

**Senior**—Senior discount applies at age 62. Members are responsible for notifying the Club to make this change.

**Student**—Any full-time student.

**Single Parent Family**—One adult and his/her children under the age of 19.

**ADDITIONAL CLUB SERVICES**

Nutritional Consults	Weight Management Classes	Racquetball Lessons
Junior Programs	Fitness Testing	Childcare
Personal Training	Group & Private Swim Lesson	Tanning
Locker Rental	Birthday Party Packages	Monthly Newsletter
Group & Private Swim Lessons		

**MEMBERSHIP TERMS**

Suburban Health Club does not charge initiation or enrollment fees. The monthly payment of membership dues is a payment arrangement only. Payment is not based on usage; monthly dues must be paid each month for the duration of your contract.

**MEMBERSHIP CARDS AND CHECK-IN**

All members 14 years or older are issued a membership card, which must be presented for admission to the Club. In the event of a lost card, please notify the Front Desk to have a replacement made. Replacement cards are \$5.00 each.

**BILLING AND CREDIT PRIVILEGES/PAYMENTS**

Suburban accepts Visa, Mastercard, Discover and American Express for payment of products and services.

Monthly payments of membership dues must be made through Electronic Funds Transfer from a credit card or bank account. Services and finance charges will be assessed on all past due amounts.

**FITNESS CENTER GUIDELINES**

- Two free equipment orientations are included in your initial membership in order to become familiarized with the equipment. Call or stop by the Front Desk to schedule an appointment.
- Children under age 14 are not allowed on the fitness equipment unless they have

been trained in its proper use.

- There is a 30-minute limit on the cardiovascular equipment when another person is waiting.
- Please do not rest between sets on the equipment.
- Spotters are recommended when heavy weights are being used.
- Please return free weights and dumbbells to racks after use.
- Please clean off machines after use.
- Caps with metal clasps on the back are not allowed on padded equipment.

### **POOL GUIDELINES**

- Please shower thoroughly with soap and water before entering the pool.
- No diving in the pool.
- **There is no lifeguard on duty.** Children under 14 must be monitored by an adult 18 years of age or older, and children 14 and older must be able to swim one length of the pool without aid and without stopping in order to be left unattended.
- No running or rough play in pool area.
- No glass objects or food allowed in the pool area.
- Children not toilet-trained must wear a swim diaper.
- Open swimming and lap swimming are discouraged during pool class time (refer to our water aerobic and swim lesson schedule). Please yield to these classes.

### **WHIRLPOOL GUIDELINES**

- The whirlpool is for the use of members age 9 and over.
- Pregnant women or persons with heart disease, diabetes, or high or low blood pressure should not enter the whirlpool except under advice of a physician.
- Do not use under the influence of alcohol or drugs.
- Due to heat, please limit your time in the whirlpool to 10 minutes.

### **SAUNA GUIDELINES**

- Saunas are available in each locker room.
- An adult must accompany children under age 11.
- Any member under medical attention should consult his/her physician before using the sauna.
- For your safety, it is recommended that your time in the sauna should not exceed 10 minutes.

### **JUNIOR MEMBER GUIDELINES**

To maintain a safe environment for all our members, we ask that our “junior” members follow the guidelines below. Once children reach age 14, they are considered an adult with adult access and privileges.

- Children may play basketball or racquetball provided there is an open court, and they have the proper equipment (eye guards, non-marking court shoes, etc.)
- Children under 11 must be supervised by a parent or guardian while on the courts.
- Children under age 14 must have parent or guardian supervision while swimming.
- During open swim pool hours, children age 14 and up, who can swim one length of the pool unaided without stopping, do not need direct adult supervision.
- Children under 14 must always be accompanied by an adult when using the Fitness Center and must have been trained in the proper use of the equipment.
- Children age 11 and over may attend exercise classes with an adult in attendance.

### **FITNESS CLASSES**

A variety of classes are taught for the beginner to advanced participant. Monthly class schedules and descriptions are available at the Front Desk or online. Classes are included in the Full Fitness memberships, with the exception of specialty classes. No pre-registration is necessary.

### **TANNING**

- Tanning is available to members and non-members.
- Tanning may be purchased per time, or in a 10-visit package. Couples may share a 10-visit package.
- Appointments for tanning can be made at the Front Desk or by phone. Maximum tanning time is 20 minutes.
- Eye protection is mandatory. Goggles and tanning products are available for purchase.
- Tanning liability forms must be signed upon purchase of tanning sessions. Anyone under age 16 must have a parent or guardian sign the form prior to their first tanning session.
- Please clean the tanning bed before and after each use with the spray solution provided.

### **SWIM LESSONS**

Private and group Red Cross swimming lessons are available for everyone. An Aquatics brochure listing all our swim programs is available at the Front Desk.