

LONE TREE WELLNESS CENTER

Membership Fees

Membership Types:

1 year Single \$25/month or \$275 one time payment
6 month Single \$30/month or \$175 one time payment
1 month Single \$35/month
Single = 18 years or older, not a HS student

1 year Couples \$35/month or \$385 one time payment
6 month Couples \$40/month or \$230 one time payment
1 month Couples \$45/month

1 year Family \$40/month or \$440 one time payment
6 month Family \$45/month or \$260 one time payment
1 month Family \$50/month

1 year College Student \$200 Flat Fee
College Student is defined as HS grad up through age 23. Must
Be enrolled in college and have a college ID.

1 year Single Senior \$20/month or \$220 one time payment
6 month Single Senior \$25/month or \$125 one time payment
1 month Single Senior \$30/month
(Senior is 62 & over)

1 year Couples Senior \$25/month or \$250 one time payment
6 month Couples Senior \$30/month or \$150 one time payment
1 month Couple Senior \$35/month
(Senior Couple has one person 62+)

Military Discount 10% with proper ID
\$10 processing fee on all memberships

Punch Cards:

10 punches: \$40

Daily Rate:

Senior (62+) \$3
Adult (18-61) \$5

Gym Rental:

\$100 per day (12 hours or less). \$150 for two days (12 hours or less each day)
Over 12 hours add \$25 to the total
Any rental over 2 days, see management for cost structure

Conference Room Rental:

\$25 per day (6 hours or less). Add \$10 for additional hours.
Lone Tree community groups, see management for cost structure

LONE TREE COMMUNITY WELLNESS CENTER

Membership Agreement

The member acknowledges and agrees to follow the rules and regulations set forth within this agreement and any additions, changes or amendments made by the Lone Tree Community Wellness Center and Lone Tree Schools. Lone Tree Community Wellness Center and Lone Tree Schools retain the exclusive right to revoke membership privileges with or without notice.

Memberships:

Individual: Individual, age 18 to 62

Couple: Individual plus spouse, ages 18 to 62

Family: Adult (head of household) plus spouse with dependent(s) under the age of 26

Single Senior: Individual, age 63 and over

Couples Senior: Individual plus spouse (with at least one over the age of 63)

Membership Privileges, Regulations, Notices, and Agreement

All registered users of the Lone Tree Wellness Center are permitted to use the facility with the following guidelines:

General Usage:

- You must be a registered member (18 or older) of the Wellness Center with current membership fees and forms on file.
- Monthly payments need to be made by the last day of the month. A written notice will be given if payment is not made or funds were not given. Your membership will be cancelled within five days after initial notice is given.
- Any individual under the age of 12 must be accompanied by a registered member. They must be actively supervised at all times by the registered member.
- Members with child(ren) between the ages of 13 and 17 can use the Wellness Center when the building is staffed.
- All members will receive a swipe card. Replacements cost \$5. Any member lending a swipe card to a nonmember may lose their privileges or membership. No refunds will occur.
- All members entering the Wellness Center need to use their swipe card. Punch card and day pass users must sign in at the desk upon arrival.
- Membership can be cancelled within 30 days of joining to receive a full refund minus a \$25 processing fee. No refunds given after 30 days.
- The Wellness Center is not responsible for personal belongings. Items are not permitted to be stored overnight. If locks are left on overnight, they will be cut and items placed in lost and found.
- Abuse of these policies and the Wellness Center may result in loss of privileges.

Cardio - Weight Rooms -Gym - Track Usage

- No one under the age of 18 can use the cardio or weight equipment unless under direct supervision of the Wellness Director or under the guidance of an approved personal trainer.
- Street shoes are not allowed in the fitness or gym areas. Shirts are required at all times.
- Users must wipe down the fitness equipment and surrounding areas before and after use.
- No food or drink with the exception of closed water bottles.
- No skates, bikes, rollerblades, or shoes with wheels allowed in the Wellness Center. Strollers with rubber wheels are permitted. Wheeled walkers are also permitted.
- Follow all safety procedures for equipment use, including but not limited to, using safety clips or stops on free weight equipment.
- Turn off, return, or replace equipment to its original condition when you are not using it. Re-rack weights after use in consideration of members who may not be able to lift the weights.
- If you notice that any equipment is in disrepair, do not use it. Please report it immediately to a staff member.
- The Wellness Center and Lone Tree Schools are not responsible for injuries sustained while using equipment, even in the event of equipment failure, malfunction or disrepair.
- Use headphones/earbuds when listening to music.
- Limit use on cardio equipment to 30 minutes if people are waiting during our peak hours.
- Management reserves the right to ask anyone to leave the fitness facilities if the rules are not being followed.

Holiday Closures and Modified Hours:

Closed:

New Year's Day
Independence Day
Labor Day
Thanksgiving
Christmas

Modified Hours:

New Year's Eve
Memorial Day
Day after Thanksgiving
Christmas Eve
Day after Christmas
Easter

Inclement Weather Policy:

Whenever there are winter delays or cancellation with the school, the Wellness Center hours may be modified depending on the severity of the weather. Modified hours could include the possibility the Wellness Center being closed. Please check the school's webpage for any updates on the hours during winter weather - www.lone-tree.k12.ia.us If attendance drops off at certain times, we do reserve the right to shorten the hours of operation. Classes scheduled will also be under the same policy as stated - times may be modified or cancelled during inclement weather. Please call the Wellness Center if you have questions.

Standards of Conduct:

The Lone Tree Community Wellness Center aims to create an environment where people feel safe and respected. Members, program participants, or guests who participate in any of the actions/behaviors listed below may have their privileges to the Wellness Center suspended or terminated. This list is not all-inclusive.

Fighting or Theft	Obscene gestures or actions	Vandalism, malicious destruction of member/participant property
Use of alcohol or drugs at the facility or being intoxicated or under the influence of drugs while at the facility	Possession or use of weapons on Wellness Center property (including concealed weapons)	Possession, use of, or distribution of illegal drugs on Wellness Center property
Use of profanity in the Wellness Center facility to staff or other members/participants	Verbal, threatening or physically abusive behavior to other members/participants or staff members	Disrespectful behavior to members/participants, guest, or Wellness Center staff
Lending a membership card to a non-member or facilitating non-member's entry to the facility through unauthorized means or entrance		

Alcohol/Drug:

Alcohol and drugs are strictly prohibited in the Wellness Center. The Wellness Center reserves the right to ask anyone suspected to be intoxicated or under the influence of alcohol/drugs to leave the premises.

Smoking:

Smoking is not permitted inside or around the exterior of the building. In addition to being a health-conscious facility, the Wellness Center is considered school grounds and policy prohibits tobacco of any kind. Smoking is defined as inhaling, exhaling, burning, or possessing lighted tobacco products, including cigarettes, cigars, pipe tobacco and e-cigarettes.

Assumption of Risk:

Members are responsible for determining whether they have the proper fitness level to participate in activities in the Lone Tree Community Wellness Center. Participants are strongly encouraged to consult with their health care provider(s) before starting any exercise program.

Participation in the Lone Tree Community Wellness Center is voluntary. By voluntarily using the Lone Tree Community Wellness Center, patrons assume all risk of any harm or injury sustained. Patrons are required to sign an Assumption of Risk and Liability waiver before they are allowed to use the facility.

Patrons are to be mindful of their actions and are not allowed to engage in activities that may harm other patrons or damage equipment.

Finally:

The Lone Tree Community Wellness Center reserves the right to modify, add, or use their best judgement to ensure the safety of all members and a common sense approach to all conduct in the building. Abuse of these policies and the Wellness Center may result in loss of privileges. Just because an "action" or "belief" is not listed in this document does not mean the person in charge cannot invoke a consequence for safety and/or orderly conduct to run the facility.

LONE TREE WELLNESS CENTER

Membership Form

Name _____ DOB ____/____/____ M/F (circle one)

Address _____ City _____ State _____ Zip _____

Phone Number _____ Email _____

Type of Membership Requested: (Circle one and check box if requesting reoccurring monthly payment)

Single	1 month/6 month/1 year	<input type="checkbox"/>	Senior Single (62+)	1 month/6 month/1 year	<input type="checkbox"/>
Couple	1 month/6 month/1 year	<input type="checkbox"/>	Senior Couple (62+)	1 month/6 month/1 year	<input type="checkbox"/>
Family	1 month/6 month/1 year	<input type="checkbox"/>	College Student	\$200 flat fee	<input type="checkbox"/>

Family Member Names and DOB: 1) _____ 2) _____

3) _____ 4) _____ 5) _____ 6) _____

_____ I acknowledge I have read and understand the entire agreement, and I agree to be bound by it, including the terms and conditions printed in the complete handbook. **(Please initial)**

Cancellation Policy: You may cancel your membership within 30 days of joining to receive a full refund minus a \$25 processing fee. No refunds given after 30 days.

_____ Date _____
 (Applicant's Signature)

For Office Use Only

Payment Information Method of Payment

Cash, Receipt # _____ Check # _____ Credit Card _____
(Last 4 digits)

Amount Paid _____ Reoccurring Monthly Payment \$ _____

Key Card# issued _____ Scan Cards 1) _____ 2) _____ 3) _____ 4) _____
 5) _____ 6) _____

Member has received _____ Membership Fee Structure
 _____ Membership Form
 _____ Membership Agreement
 _____ Copy of membership Liability Waiver
 _____ Copy of membership assumption of risk & release agreement

Staff Signature _____ Date: _____

LONE TREE WELLNESS CENTER

Membership Liability Waiver

Child/Parent Liability Waiver

I (we), in behalf of myself (ourselves) and my (our) children, guests, and wards, assume all risks and hazards incidental to participation by us and our children, guests, and wards, in all Lone Tree Wellness Center activities, both inside and outside of the Lone Tree Wellness Center, whether as participant, spectator, bystander, coach, referee, or otherwise, including transportation to and from all activities. I (we) hereby waive, release, absolve, indemnify, and agree to hold harmless the City of Lone Tree, the Lone Tree Community School District, and all employees, members, volunteers, participants, donors, sponsors, coaches, managers, and referees of any of those organizations, all persons or groups providing places for practices or games for Lone Tree Wellness Center activities, and persons transporting me (us) and my (our) children, guests, and wards to and from activities, for any claim for damages or any claim arising out of injury to me (us) for my (our) children, guests, or wards, whether the result of negligence or for another cause, except to the extent and in the amount covered by accident or liability insurance. I (We) agree not to sue or make any claim against the Lone Tree Wellness Center, the Lone Tree School District, the City of Lone Tree, or any of the others listed above for any injuries to myself (ourselves) or our children guests, or wards.

I (We) understand that physical condition may limit a person's physical activities. I (We) have received advice from a physician concerning all activities I (we) and my (our) children, guests, and wards will undertake that I (we) and they are capable of such physical activities, or I (we) will seek such advice and assume the risk of proceeding without such advice. I (We) understand and agree that I am (we are) responsible for all of our personal property at the Lone Tree Wellness Center activities and that the Lone Tree Wellness Center will not be responsible for any theft or loss of personal property at the Lone Tree Wellness Center activities.

This document consists of two (2) pages. If you have questions about legal issues, you should contact a lawyer of your choosing

Participant Names and Ages (if minors) _____

Member/Parent Signature _____ Date _____

LONE TREE WELLNESS CENTER

Acknowledgement of Assumption of Risk and Release Agreement

I request the use of the Lone Tree Wellness Center and equipment for my recreation, and for the improvement of my own fitness and athletic skills. I understand that I will be expected to dress appropriately and conduct myself in a respectful manner. Appropriate dress includes shirts for all users and clothing that is appropriate to be worn in a public school setting. I understand that the premises are under video surveillance at all times and that I am responsible for my actions.

I understand and am aware that strength, flexibility, and aerobic exercise, including the use of equipment, is a potentially hazardous activity and such activities are without direct supervision. I recognize that severe injuries can occur in the fitness facilities, and I realize those severe injuries can include, but are not limited to, muscle sprains and strains, back injuries, heart attacks, permanent paralysis and even death. I realize it is in my best interest to consult a doctor before engaging in any physical training.

My participation at the Lone Tree Wellness Center is strictly voluntary, and free from any coercion to use the recreation facilities. I am not being paid to use the facilities. My interest is solely my own and/or family self-improvement(s) through exercise activities available at the Lone Tree Wellness Center.

I further acknowledge that I will observe and follow all rules, regulations and policies of the Lone Tree Wellness Center.

In consideration of the Lone Tree Wellness Center allowing me to use their facilities, I hereby forever release the Lone Tree School District, the City of Lone Tree, the Lone Tree Wellness Center, and its employees from all liability for any and all damages and injuries, including death, suffered by myself or my family in connection with the use of the Lone Tree Wellness Center. I understand that my participation is entirely by my own choice and with the understanding of the risks of accidental injuries involved in any fitness activity within the Lone Tree Wellness Center. I am using the facility and equipment of my own free will and accept any and all risks associated with this use.

Member Signature _____ Date _____

LONE TREE WELLNESS CENTER

Second Level Usage Chart

Guidelines for the use of the second level of the Lone Tree Wellness Center

If there is NO parent

<u>Age Limits</u>	<u>Track</u>	<u>Weight Room</u>	<u>Cardio Room</u>
Ages 14 - 17,	Yes	No	No

If there IS a parent

<u>Age Limits</u>	<u>Track</u>	<u>Weight Room</u>	<u>Cardio Room</u>
Ages 14 - 17,	Yes	Yes, Parent Directly Next to Them	Yes, Parent Directly Next to Them
Ages 5 - 13	Yes, Parent Directly Next to Them	No	No

Member Signature _____ Date _____