



# Muskogee Swim & Fitness Center Membership Guidelines

MONTHLY OPTIONS:				PAID IN FULL (PIF) OPTIONS:			
<u>Monthly Rates:</u>		<u>Monthly EFT-Bank Draft Rates:</u>		<u>6 Month Rates:</u>		<u>Annual Rates:</u>	
Single Membership	\$38.00	Single Membership	\$32.00	Single Membership	\$177	Single Membership	\$336
Family of 2	\$63.00	Family of 2	\$53.50	Family of 2	\$300	Family of 2	\$566
Additional Member	\$18.50	Additional Member	\$15.75	Additional Member	\$100	Additional Member	\$189
Senior (age 60+)	\$27.25	Senior (age 60+)	\$23.00	Senior (age 60+)	\$129	Senior (age 60+)	\$240
Senior Couple	\$42.75	Senior Couple	\$36.00	Senior Couple	\$201	Senior Couple	\$360

  

JOINING FEES:				<u>Annual Membership:</u>	
<u>Monthly:</u>		<u>Monthly EFT-Bank Draft:</u>		<u>6 Month:</u>	
Primary Member	\$25.00	Primary Member	\$25.00	Primary Member	\$25.00
Additional Family	\$10.00	Additional Family	\$10.00	Additional Family	\$10.00

\*\* Corporate and College Student rates are also available. Please see Front Desk for more information.\*\*

### Hours of Operation: Mon-Fri 5:30am-9:00pm; Saturday 8:00am-6:00pm; Sunday 1:00pm-6:00pm

- Muskogee Swim & Fitness Center memberships do not require the signing of a long-term contract. Joining fees are required for monthly, monthly bank draft, and 6 month memberships. Joining fees are waived for annual memberships. Annual and 6 Month membership payments are non-refundable.
- To activate a new membership, a photo ID is required by the primary member. A copy will be made of your ID and kept secure with your application.
- Members paying monthly or by bank draft may cancel their membership at any time. Bank draft memberships must notify us at least 5 business days prior to the 1<sup>st</sup> or 15<sup>th</sup> (your selected draft date) for a cancellation to be processed for the current month due. Monthly membership dues are due each month on the 1<sup>st</sup> or 15<sup>th</sup> (selected due date). Upon joining, the first month dues will be pro-rated.
- If your membership is cancelled for any reason, a joining fee is required to re-instate your membership.
- Memberships are available to individuals' age 16 years and older. Parent/Guardian signature is required for members age 16 and 17. Children age 13-15 may join under their parent's account upon successful completion of the Teen Membership Orientation class.
- Senior membership rates are available to anyone age 60 and older.
- Muskogee Swim & Fitness Center accepts cash payments, checks, bank draft; and Visa, MasterCard, or Discover payments for membership and program fees. EFT Membership can be paid by bank draft or credit/debit card (Visa, MasterCard or Discover).
- A family member is defined as parents and dependents residing in the same household (proof of residency and dependent status may be requested). Adult children (age 21-25) claimed by parents must provide proof of student status to be added to a membership account. You MUST be a spouse or dependent child to be included as a family member on a membership account. The following are NOT eligible to be on the same account--adult friends and/or family members (siblings, cousins, child/parent, etc.) residing in the same household; couples or significant other who do not reside in the same household are not eligible as family. At anytime MSFC reserves the right to notify and cancel any member violating this policy.
- All members will be issued a membership card upon joining. If this card is lost, or stolen, members must purchase a replacement card for \$5.00. Damaged/worn-out cards will be replaced at no charge with trade-in of old card.
- Guest and day use passes are available for anyone 18 and older to use the facility. Guests age 16-17 may use the facility with a liability form signed by a parent/guardian.
- Children (age 12 and younger) are not allowed in the facility unless enrolled and participating in scheduled programs or events for their age group.
- All Muskogee Swim & Fitness memberships include the use of the fitness center, land and aquatic group exercise classes, lap swim, and use of the locker facilities.

# MUSKOGEE SWIM & FITNESS CENTER FACILITY RULES & GUIDELINES

Welcome to the Muskogee Swim & Fitness Center!

Please review the following rules and direct any questions or concerns to the MS&F staff.

**HOURS OF OPERATION: Mon-Fri 5:30am-9:00pm; Saturday 8:00am-6:00pm; Sunday 1:00pm-6:00pm**

Check out our web page at [www.muskogee parks.com](http://www.muskogee parks.com) for the most up to date programs, group fitness classes, and swimming pool schedule.

## GENERAL FACILITY RULES

1. Every participant must have a membership or purchase a day pass and must check in at the front desk.
2. A membership key (issued upon joining the facility) is required of all members when checking in at the front desk. Without a key tag the member must provide photo ID or will be asked to verify name and membership status at the front desk.
3. Only members and paid guests age 16 and older will be allowed into the facility.
4. Children under the age of 16 will not be allowed into the facility unless enrolled in a scheduled activity or program.
5. Members are expected to be respectful of the facility and its members, no profanity, appropriate attire must be worn, be considerate of others when using cell phones; headphones must be used with audio devices.
6. Plastic containers **only** will be allowed into the facility. No glass containers of any kind.
7. Muskogee Swim & Fitness Center upholds a NO SMOKING policy inside the facility as well as outside the premises. We are a tobacco and alcohol free facility.
8. This is a community and family based facility; therefore, proper conduct is expected of all persons of any age using the facility. Muskogee Swim & Fitness Center can and will ask someone to leave if not using proper conduct while using the facility.

## FITNESS CENTER RULES

1. No sandals or open toed shoes will be allowed in the fitness center.
2. Appropriate work out attire is required. No denim jeans are allowed while using the fitness equipment. Shirts must be worn at all times.
3. Please practice good hygiene by wiping down machines when finished exercising.
4. Wear clean clothing to work out and avoid use of heavy perfumes or cologne before working out.
5. Do not sit on equipment between sets. Let others work in while resting.
6. Please observe a 30-minute time on treadmill, elliptical, and bikes during busy times of the day.
7. All free weight equipment must remain in designated free weight area. Do not drop weights on floor; re-rack any weights removed for use; and use clips on all bars to prevent possible injuries.
8. Use a spotter on the bench press or when lifting heavy weights.
9. No food is allowed in the fitness center. Bottled water and sports drinks in plastic bottles **only** are allowed.
10. Only personal training contracted through the Muskogee Swim & Fitness Center is allowed. See a staff member for more information regarding personal training services.

## SWIMMING POOL RULES

**\*Please review the POOL SCHEDULE for a detailed list of classes, activities, and available use of the swimming pool.**

1. NO DIVING in the swimming pool. Pool depth is 3'6" to 7'0".
2. Persons under the age of 16 are not allowed in the Sauna. The Sauna is reserved for members and paid guests.
3. Children are only allowed into the swimming pool during family swim time, swimming lessons, private pool rental or scheduled events for their age group.
4. **Children under the age of 10 must be accompanied by an adult (age 16 and older) at all times in the swimming area.**
5. No food or drinks are allowed inside the pool area. Bottled water in plastic containers will be permitted.
6. Swimmers must obey lifeguards and pool rules at all times.
7. Inflatable flotation devices are not allowed in the swimming pool. This includes rafts, tubes, and water wings. Lifejackets are available for use. Pool floaties and rafts are available for use during Family Swim.
8. Proper swim wear is required. No cut off jeans or denim. No string bikinis.
9. Swim diapers are required of children not potty trained. Fecal accidents will cause shut down of the pool and inconvenience many of our programs and members. Please use caution and take bathroom breaks to avoid accidents.

## LOCKER ROOM FACILITIES

1. Lockers are available for DAY USE only. DAY USE lockers will have locks cut and all personal items removed at the end of each day.
2. Lockers are for members, program participants and paid guests.
3. You must bring a standard size lock for use of a locker.