



APPLECROSS

2010 Applecross Pool, Fitness & Tennis Rules and Regulations

WOW
Talamore & Nicklaus

Applecross Members,

Welcome to the State of the Art Pool & Fitness Center at Applecross. Facilities include a cardio and weight training center, an outdoor Olympic size swimming pool, kids play pool, indoor pool, Jacuzzi, two tennis courts. The rules and regulations are designed to create a safe, enjoyable and service-minded Membership Experience.

Jon Hazelwood
General Manager

Kirstin Notofrancesco
Applecross Fitness & Amenities Manager

Hours of Operation

Fitness Center

Monday – Friday: 5:00am to 10:00pm

Saturday – Sunday: 7:00am to 9:00pm

Indoor Pool

Monday – Friday: 5:00am to 10:00pm

Saturday – Sunday: 7:00am to 9:00pm

Life Guard on duty 12:00pm to 6:00pm Saturday and Sunday for “family swim”

Lifeguard for indoor pool n/a during outdoor pool season except for inclement weather days

Outdoor Pool

Monday – 12:00pm to 6:00pm

Tuesday – Sunday: 10:00am to 8:00pm

Memorial Day Weekend thru Labor Day

During inclement weather the outdoor pool lifeguard will be moved to the indoor pool

Fitness Precautions and Basic Safety

- Get a complete physical checkup before you start a strength-training program. You might have to modify or avoid weightlifting if you have muscle or joint problems, seizure disorders, heart disease, high blood pressure, previous injuries or any other physical condition with potential for danger.
- Be sure to always integrate warm-ups, stretching, and cooling-down into your program. This will reduce your risk of injury by increasing your blood flow and prepping your muscles for the work they are about to do. Using the proper lifting form is important not only to work your muscles correctly, but also to prevent injury. Always do your exercises through a full range of motion in a slow, controlled manner.
- When beginning a new weightlifting program--or any time you try a new exercise--always start out using light weights. It is far better to start out too light than too heavy. Choose a weight that you are sure is light and do a warm-up set of 15 repetitions, while perfecting the correct lifting technique. If the weight is too easy for 10 to 12 reps--in keeping with your goals--add a little more weight and gradually increase that weight within the next few weeks.
- Going to total muscle fatigue with a challenging weight is not a useful objective in your first few weeks. When trying a new lift or starting a new routine, the objective is to practice and perfect your technique, and to learn how to concentrate on the muscle you are exercising.
- Proper breathing is essential in weightlifting. If you hold your breath while lifting a weight, you run the risk of raising your blood pressure and starving your brain of oxygen. You should try to exhale during the "positive," or main exertion phase, and inhale during the "negative," the phase in which you resist and come back slowly. If this becomes too confusing or takes away from your concentration on the lift, don't worry about it--just remember to breathe.
- Do not leave equipment lying around the weight room where someone could trip over it. Always use the collars that prevent weights from falling off the barbells. Be sure to keep your hands away from the chains, cams, pulleys, and weight plates of exercise machines when they are in use. Also, when selecting the weight for a machine exercise, be sure to push the pin in all the way. Be sure to wear a weightlifting belt on exercises that place stress on your lower back, such as bent-over lifts like squats, or barbell rows.
- Consider having a spotter. Having a spotter is important not only for safety reasons but also for performance enhancement. Few things work as well as a conscientious, knowledgeable spotter or workout partner who demands proper technique and full effort on every exercise set and repetition. An effective spotter gives encouragement, technique, feedback, and just enough assistance to permit completion of that final, difficult, repetition. No matter what your goal reps are, each set should end with the last repetition being challenging; you should try to go to muscle fatigue. Given this goal, there is always the chance that when trying for a final repetition, you just can't do it all on your own. This is where your spotter comes in--helping you just barely finish that last rep, and assuring you of your safety.
- If you do not have a workout partner at first, we strongly recommend trying to find someone with similar goals and interests to work out with you. This will not only help assure safety and motivation, it will also help you make it to the gym more often. If you aren't working with a partner at a gym, either ask a staff Member or someone who looks experienced for a quick "spot". Most people will be happy to help you. Be sure you and your spotter have a plan so that each of you knows exactly what the other will do in case you need assistance.

- It is also important that you know how to correctly spot someone to assure his or her safety. When spotting someone, always be prepared to give a little assistance when they reach muscle fatigue (cannot complete the rep on their own). You don't want to help so much that the rep becomes easy for them to complete--give just enough assistance so that they can complete the set, but it is still challenging for them. Also, only provide assistance on the positive phase (the part that requires the pushing or pulling motion). Still have your hands ready to help, but don't help with the negative phase (the part where you resist the weights force)--the lifter should try to slowly resist the force of the weight all on his/her own.
- When spotting someone, who is using a barbell, be sure to use two hands and provide assistance evenly on the bar so you don't throw off their balance or favor one side more than the other.
- When spotting someone, who is using a dumbbell, be sure to provide assistance in the same place for both hands and the same amount of assistance on each side.
- When spotting someone who is using a machine provide assistance underneath the weight--be sure to move hands on the negative phase (down phase with resistance) not only to promote effective results for the lifter but also to assure your safety.
- Strength training provides many important benefits that cannot be achieved by any other exercise or activity. However, when enjoying this great form of exercise, be sure to adhere to these precautions so that your program is not only effective, but safe as well.

Fitness Center Rules and Regulations

- Access to the fitness center is restricted to Members and registered guests only.
- To access the fitness center, you must have your swipe card. If you do not have a swipe card please contact the Fitness and Amenities Manager.
- All Members are required to complete an orientation prior to using the Fitness Center. Please see Fitness and Amenities Manager to schedule an appointment. Any person under the age of 18 must be certified by the Fitness and Amenities Manager. Also, each minor is required to have a signed release on file.
- A waiver form is required to be signed by all persons who use the fitness center.
- Members must wear appropriate exercise attire at all times. Shirts must be worn to cover the upper body, shorts must be mid-thigh or longer, socks and athletic shoes are required. Casual clothing is not allowed. No jeans or jean shorts are allowed. No open-toed shoes, open-backed shoes, boots, sandals, or casual shoes allowed. Failure to dress properly will result in denial to workout.
- Disrupting or interfering with the workout of another Member is not allowed. Respect the rights of others by using courteous and appropriate behavior. Profanity is not allowed.
- Observe proper personal hygiene by showering regularly, wearing clean clothing, and using deodorant.
- Members must wipe off all equipment after use.
- The club is not responsible for lost or stolen items. Valuables should be secured in lockers. No bags, coats, or personal items are allowed in workout areas.
- Please place all towels in the appropriate containers. All towels are club property and are not to be removed from the fitness center.

- Thermostats in the Fitness Center have been preset by the club and are not to be altered. Any comments or suggestions regarding established temperatures in the fitness center should be directed to the Fitness and Amenities Manager.
- Except for capped water bottles, eating or drinking in our workout areas are prohibited.
- Please dispose of all trash in the proper bins throughout the club.
- Only fitness center instructors are authorized to provide instruction on exercise technique, provide instruction, equipment preparation, and adjustments.
- Members should report all equipment malfunctions, personal injuries and specific concerns immediately to the staff.
- You are exercising at your own risk. The waiver signed releases the club of responsibility for injuries you may incur while exercising in the facility.
- You are expected to clean up after yourself. Including but not limited to putting weights, plates, and bars away, putting away equipment after use, etc.
- Slow down, clear, and reset the cardio respiratory machines for the next Member.
- Smoking and Alcoholic Beverages are prohibited.
- Time limit of 30 minutes on cardio machines if other Members are waiting.
- House phones are available for emergencies. Distress buttons are placed throughout the fitness center that will dial 911 directly.
- The fitness center is equipped with AED machines and first aid kits.
- Guest fees apply. Please see Fitness and Amenities Manager for proper guest registration.

Tennis Rules & Regulations

- You can reserve court time by calling the fitness center. Courts may be booked for a maximum of 2 hours at a time per group. Courts can be booked up to 2 weeks in advance.
- The courts will open in early April (actual opening date is based on our tennis contractor's schedule) and will close in late-Fall.
- The courts may sometimes be reserved for club activities such as tennis clinics for kids. The pro shop will have such closures noted on the reservation sheet.
- The courts are for Members and their guests only. Members are not charged guest fees for guest usage (accompanied only). Members may also reserve court time to take lessons from their tennis professional, subject to normal parameters.
- Only Members age 18 and older may use the courts. Juniors under the age of 18 require adult supervision or permission by the Club.
- Members who use the courts are required to care for them upon completion of play. Such care would include throwing away trash; organizing the sitting area; etc..
- Members and/or their children who do not adhere to the tennis parameters will have their tennis privileges suspended. The club is committed to administering these rules and regulations as a courtesy to the Membership and to prevent damage to the courts.
- The courts are not a 'playground' and are for use by recreational and serious tennis players only.
- Proper tennis footwear is required when using the courts. Additionally, the dress code requires that players be dressed in traditional tennis attire (or the like) during all periods on the court. The dress code will be enforced.
- The lights for the tennis courts are on a timer. Please do not force or try to jam the timer beyond its allowed limits. Please report any timer malfunctions to the Fitness and Amenities manager.

Pool Rules and Regulations

- You must have your authorized swipe card to enter the indoor pool area. Entry into the outdoor pool requires check in at the registration counter. Photo Identification or other Club provided ID is required to enter the outdoor pool. Members will not be admitted to the pool without proper identification. This system is designed to ensure that only eligible Members and paid guests are allowed in the pool area.
- The club may reserve the use of the pool from time to time for Member functions. Notice of such events and times will be posted in the fitness center and through club email notifications. During such times, the pool area will be closed except for those attending the functions.
- Use of pools outside the posted hours is strictly prohibited.
- Anyone entering or exiting the pool must be properly dressed. Shoes are required, as are 'cover ups' for all adults and children.
- The same guest is not allowed to visit the pool or fitness center more than five times per year. Should you have a special situation where an extended family Member needs to visit more than 5 times contact the fitness and amenities manager to arrange for an extended family Member program.
- Members must call in advance if they would like to bring more than 5 guests to the pool.
- Members must call in advance if they would like to bring guests on holidays or holiday weekends (Memorial Day, July 4th, Labor Day). The number of pool guests permitted on holiday weekends are limited. We apologize in advance if we are not able to accommodate all guests requests on holidays and holiday weekends.
- All guests are required to be signed in and sign a liability waiver.
- Adult swims are necessary at Applecross. Adult swims will be called on the hour, regardless of the number of adults at the pool. They will last approximately 10-15 minutes, depending on the number of adults at the pool. They will be called even if they are not being used. Adult swims present an excellent opportunity for children to use the bathroom facilities.
- Children under the age of 13 must be accompanied by a parent or guardian to enter the pool area.
- Infants (6 months and under) are permitted in the pool during adult swims.
- Smoking is prohibited in all pool areas.
- Towels in the fitness center are not for use at the pool.
- Diving, jumping and horse play is prohibited.
- **Swim diapers are required for all children who are not potty trained.**
- Alcoholic beverages are not allowed in the pool or along the pool edge.
- **Glass and / or breakable items are not allowed in the pool area.**
- The lifeguard staff has the authority to bench persons who are misbehaving. The length of a benching is up to the lifeguard and persons benched are expected to abide by and respect the lifeguard's authority.
- All food and beverage consumed on the club's premises must be purchased by the club. Bringing food, coolers, and the like onto club property is prohibited. Children's nutritional items otherwise not served by the club are permitted.
- The club reserves the right to suspend/ expel any Member whose behavior is deemed to be unfit. The club has the sole discretions to determine what constitutes such behavior. Example of unfit behavior include disregard for club rules and regulations, fighting, using loud, and abusive language; failure to pay for fees and services in a timely manner, berating Members or staff, cheating, public drunkenness, and the like.
- Guest fees apply. Please see posted rates.