

Plymouth Creek Athletic Club Policies

Plymouth Creek Athletic Club (“PCAC”, “we” or “our”) has adopted the following policies, procedures, rules and/or regulations to maintain a safe, enjoyable environment for all club members and guests.

All policies apply to your conduct while on Plymouth Creek Athletic Club’s premises’, including the volleyball courts, tennis courts, sidewalks and parking lots.

Violation of any of these policies may result in suspension and/or termination of your membership. Final decision and/or interpretation regarding these policies are at the sole discretion of Plymouth Creek Athletic Club staff.

PCAC may change these policies at any time without notice in our sole discretion.

Proper Conduct. We have a zero tolerance policy regarding disrespectful conduct toward members, guests, employees or vendors. Acts of but not limited to offensive, violent, aggressive, threatening, harassing or other inappropriate conduct, behavior or language are grounds for termination and expulsion from PCAC.

Checking In/Membership Cards. All members must present their membership card to scan in upon arriving. If you do not have your card with you or have yet to receive your new card, please have the Fitness Attendant manually check you in. PCAC Membership card replacement fee is \$1.00. All guests must register with the Fitness Desk.

Cleaning Equipment After Use. Please clean all equipment after every use. Wipes are provided in cardio, weight room, stretch & core area, and studio for your convenience.

No Cell Phones. Please refrain from talking on your cell phone when in the athletic club. Cell phones usage is not permitted in locker rooms.

Personal Hygiene, Perfumes/Colognes and Sprays. Be conscious of body odor and wear deodorant. Please do not apply perfumes/colognes or sprays when exercising.

Proper Attire. Shirt and closed-toe shoes are required. Please change outdoor boots and shoes in the lobby. No black-soled shoes in the racquetball courts.

Pool and Spa. Kids must be 15 years of age to swim unsupervised. Kids under 15 years of age are not permitted in whirlpool. It is mandatory to shower before entering the pool and spa. Towels are provided and should be disposed of in the towel hampers provided at the entrance/exit of the athletic club. Food, glass, coolers and balls are not permitted.

Sauna. You must be 15 years of age to use the sauna; Children under 15 years of age may not use the sauna under any conditions. Shaving in the sauna is not permitted. Proper clothing is required.

Locker Rooms and Lockers. PCAC is not liable or responsible for any lost, stolen or damaged personal property, whether from lockers, vehicles or other locations on the premises. Please inquire in person at the fitness desk for lost articles that may have been found. Children ages 5 and older must use the sex appropriate locker room. Please see Fitness Attendant for assistance of other rooms if necessary. Lockers are for day use only. Please remove locks when you leave. Please do not place wet shoes in lockers.

Using Equipment. You must be at least 15 years of age to use Cardio & Weight Room equipment. Please return all equipment to its proper place. Allow people to “work in” between your sets/rest periods. Do not “drop” weights as it can damage the floor, equipment and be disturbing to others.

No Personal Training/Swimming Lessons/Group Fitness Class may be taught by Members or Guests. You may not solicit or conduct on the premises any services as defined above, with or without compensation. PCAC retains sole discretion to determine whether a member or guest is engaged in any services.

Solicitation. There is no solicitation on the premises’.

Guests. PCAC members who pay monthly dues directly through the club/EFit are entitled to one monthly guest per Individual membership and two guests per month for Dual & Family memberships. Guest passes expire at the end of each month and do not accrue. Guest fees are \$15/adults and \$10/kids 12 and younger.

Membership Freeze. Membership accounts may be put on freeze or hold through written notice at the PCAC Fitness Desk. A membership freeze can be for no less than one month and for no longer than six months. A \$5.00/per month fee applies to freeze membership. Membership will automatically reactivate on the date indicated by the member and members may not terminate accounts that are on freeze.

Membership Termination. Membership accounts may be terminated through written notice at the PCAC Fitness Desk. There is a 30 day notice required from the monthly membership due date.

Membership Suspension or Termination by PCAC. We reserve the right to suspend or terminate your membership, or any member on your membership, at any time for a failure to comply with any rules, regulations, procedures or policies (which may be amended as necessary), or for conduct we determine to be improper or contrary to the best interests of PCAC.