

Welcome

Thank you for choosing the Louisiana Athletic Club!

We appreciate the opportunity to assist your efforts toward better health and fitness. We pledge to always provide you with:

- Clean and well-maintained facilities
- Properly maintained exercise equipment
- A professional, trained, and motivated staff
- Quality programming

You are our #1 priority. If you have any questions or concerns now or in the future, please visit with any of our team members. The following policies have been developed to promote a safe and comfortable environment for all members and guests. Louisiana Athletic Club reserves the right to amend policies as deemed necessary.

Your Membership Includes

- Access to both Pineville and Alexandria locations
- A complete Fitness Assessment
- Deluxe locker rooms
- Towel service
- Professionally trained staff to assist your efforts

Services Available at Additional Cost

- Atrium Spa
- Personal Training, Clinics, Group Training, Kids Camps
- Health education classes and programs
- Subway (Pineville)
- Childcare Area (Free to those with family membership)

Hours of Operation

Pineville

Mon. - Fri. 5:00 a.m.-10:00 p.m.
Sat. 7:00 a.m.-7:00 p.m. Sun. 12:00 p.m.-7:00 p.m.

Alexandria

Mon. - Thurs. 4:30 a.m.-9:30 p.m.
Fri. 4:30 a.m.-7:30 p.m. Sat. & Sun. 7:00 a.m.-3:00 p.m.

24 Hour Access available



www.louisianaathleticclub.com

Membership Information

Changing Your Membership Type

Contact our member services staff if you would like to add or drop individuals from your membership. Change form or written notice is required.

Putting Your Membership on Hold

Your membership can only be put "On Hold" for medical reasons. A statement from your physician is required. Please present this statement to the member services coordinator. There is a one-month minimum and six-month maximum hold for medical membership freezes. A physician's note is required to re-enter the program.

Cancelling Your Membership

- A 30-day written notice is required for membership cancellation.
- Present written notice to the front desk service staff.
- If you cancel your membership at any time, and decide to rejoin at a later date, you will be subject to another enrollment fee.
- A 12-month agreement does not automatically terminate at end of the 12-month period. It becomes a month to month agreement and requires written notice to cancel.

Programs, hours of operation, and other services are subject to change. Advance notice will be given whenever possible. A 30-day written notice will be given for any increase in membership fees.

Membership Cards

- Your membership card must be presented for admission to the club.
- Please report lost or stolen cards to the front desk service staff.
- 24-hour access cards cost \$5.00

Loss of Membership Privileges

The Louisiana Athletic Club reserves the right to discontinue membership privileges for any of the following reasons:

- Misuse of club's equipment or property.
- Destruction of the club's equipment or property.
- Theft of club's equipment or theft of property of other member's and/or club staff.
- Failure to follow reasonable safety practices and precautions determined by the club.
- Fighting on club property.
- Use of profanity.
- Possession of alcohol on club's property.
- Possession of illegal drugs or drug paraphernalia on club's property.
- Smoking or use of tobacco products in the club.
- Failure to pay membership fees.
- Failure to follow member dress code.
- Harassing other members.
- Taking pictures or videos in the locker room.

The Louisiana Athletic Club reserves the right to discontinue membership privileges for any reason without notice at any time.

General Information

Service Charges

A \$30 service charge will be assessed for a returned check or credit card due to insufficient funds, closed account, unavailable credit line, or other similar circumstance.

Lockers

- Lockers are available for daily use at no additional charge. All personal items should be removed after each visit.
- **Permanent locker rental is available for a monthly fee, when lockers are available.**

General Guidelines

- Members are encouraged to complete a fitness assessment and exercise/facility orientation prior to using the facility, see front desk for details. Some members, based upon American College of Sports Medicine Guidelines, may be required to obtain a physician recommendation prior to utilization.
- A member should report any change in a member's health status (i.e. pregnancy, injury) to the member services coordinator.
- Members who are involved in or witness an injury should report it immediately to a staff member.
- All facilities are alcohol and tobacco-free. Thank you for not using tobacco products.
- Anyone under the influence of alcohol will be asked to leave the facility.
- Children under the age of 13 are not permitted to use the facility except during designated family fitness hours.
- Children 13 - 15 year olds must be with a parent, grandparent or guardian at all times.
- LAC is not responsible for lost or stolen items.
- Lost and found items can be picked up at the service desk. Items not retrieved after 30 days will be donated to charity.

Dress Code

- Clothing considered offensive by Louisiana Athletic Club management will be prohibited.
- Non-marking footwear is required on all wooden floors (gymnasium, group studio, and racquetball courts).
- Swimsuits (not cutoffs) must be worn in the aquatic area. Use of suits deemed offensive to others (2-piece or Speedo's) are restricted. Nude usage is prohibited.
- Shirts and shoes are required in all areas of the facility except wet areas.
- Sports bras must be covered in fitness areas.
- Tank tops must be properly hemmed and cut high under the arm.

Member Service Desk

- All members and guests must check-in. Members must present their membership cards.
- Towels are available at the Member Service Desk.
- All court reservations are made at the Member Service Desk.

Guests

- One day and 7-day passes are available for a small fee.

Photography

The club reserves the right to take photographs on or in the club premises and to use or publish the photos for marketing or other purposes. We make an effort not to capture identifiable images of members or guests, but we make no guarantee in that regard. Members and guest have no right to a reasonable expectation of privacy in the club premises, except in changing and showering areas, and by using the club, members and guests consent to our use of any photographs we take in the club that include their images.

Group Fitness and Aquatics

Group Fitness

All group fitness classes are included in your membership. Schedules are subject to change without notice. For the safety and enjoyment of all participants, please observe the following guidelines:

- Non-marking shoes should be worn.
- No high heels or black-soled shoes will be allowed on wood floors.
- Weights are allowed only in classes designed for their use.
- Participants are asked not to enter classes after the first 15 minutes. The warm-up is very important to ensure your safety.
- The sound system should only be used by staff.
- No food or drink is allowed in the aerobics studio, with the exception of covered water bottles.
- All personal items should be stored in your locker.
- Please visit with the instructor if you have questions about your ability to participate.

Aquatic Area (Pineville)

- The lap pool is 4 lanes and 75 feet in length. It will be maintained at 80 - 84 degrees as required by the Centers for Disease Control & Prevention and USA Swimming. Therapy pool is maintained at 92°.
- Water aerobics classes are conducted in the pool and may take up to three lanes and other members must yield to water aerobics participants during class times.
- Avoid all forms of dangerous activity in the aquatic area: no running, pushing, throwing of objects, or drinking.
- Follow the aquatic schedules posted. If you have questions about the aquatic classes, lap swimming, etc., please contact the aquatic supervisor.
- All swimmers must shower before entering the pool area.
- No diving into the pool.
- No hanging on the line dividers.
- Only lap swimming is allowed in the lanes provided.
- Circle swimming will be initiated when there are a large numbers of swimmers.
- Every attempt will be made to keep one lane open during aquatic classes.
- All children under the age of 16 must be accompanied by a parent in the swimming pool at all times.
- No gum, food, drinks, or glass are allowed in the aquatic area.
- Swimwear might discolor from the use of pools.

- No music - other than that provided by the aquatic instructor - is allowed in the pool area.
- Masks and fins may be used during lap swimming only.
- No inflatable flotation devices or inflatable toys may be used unless approved by the aquatic supervisor.
- Please remove all jewelry before entering the pool to avoid loss of items while swimming.
- No street shoes are allowed in the aquatic area.
- Swimsuits are required (no cutoffs) when using the pool.

Whirlpools (Pineville)

- Pregnant women, people suffering from heart disease, low or high blood pressure should not enter the whirlpools.
- Do not use the whirlpools while under the influence of alcohol, narcotics, or other drugs that cause drowsiness.
- Observe reasonable time limits (Please limit your use to 15 minutes or less). Long exposure may result in nausea, dizziness, etc.
- Shower before entering and please enter slowly.
- Children under the age of 6 years are not allowed in the whirlpools. Children under the age of 16 must be accompanied by a parent, grandparent or guardian.
- Swimwear might discolor from the use of whirlpools.
- No one with open wounds, sores, or incisions are allowed in the whirlpool.
- Do not use alone if possible.
- Please wear appropriate attire while using the whirlpool. Dress code applies.

Steam Room (Pineville)

- Please wear appropriate attire while using the steam room. Dress code applies.
- Limit your use to 15 minutes or less. Extended use can cause serious health issues.
- Members and guests that are pregnant, suffer from heart disease, or have high or low blood pressure are advised not to use the steam room.
- Children under 16 years of age are not allowed in the steam room.
- Do not use the rooms if you are under the influence of alcohol, narcotics, or other drugs that may cause drowsiness.
- No food or drink of any kind is permitted in the steam room.
- Shaving in the steam room is prohibited.

Fitness Area

Guidelines

For the safety and enjoyment of all members, the following general guidelines apply:

- Exercise equipment is for members and guest use only.
- No food or drink is allowed in exercise areas with the exception of covered water bottles.
- No horseplay. Please respect the rights of others.
- Please do not use the equipment to sit or rest during your workout. Profanity is prohibited.
- Appropriate clothing is required including shirts and shoes.
- Proper athletic shoes are required.
- If a piece of equipment doesn't work properly please discontinue use and notify a staff member.
- The Louisiana Athletic Club reserves the right to prohibit members from using equipment incorrectly.

Free Weight Area

- Chalk is not allowed.
- Collars should be used at all times.
- Do not leave weights on bars. Please remove after use and return to racks.
- Do not sit, lean, or stand on bars.
- Please refrain from using thumbless grip.
- Use spotters when lifting heavy weight.
- Please leave gym bags outside the free weight area.

Spotter Responsibilities

- CHECK BAR FOR PROPER WEIGHT DISTRIBUTION.
- Agree on lift count.
- Do not release bar until lifter has full control.
- Know the planned number of repetitions.
- Always remain ready to assist lifter.
- Use both hands at all times.

Lifter Responsibilities

- Communicate with the spotters - lift count and number of repetitions during lift.
- Stay with the bar on a missed lift.
- With assistance from spotter, finish the lift and stay with the bar until it is safely back on the rack.
- Do not drop the weights. This includes dumbbells and any other weight equipment.
- Weight belts are recommended.

Elite Fitness Room (Alexandria)

- Do not drop bumper plates that are less than 15 lbs.
- Stack weights where needed.
- Must enter Elite Fitness Room through main lobby door.

Cardiovascular Equipment

- Follow guidelines and directions listed on equipment.
- Please wipe off equipment after use with gym wipes provided.
- Please observe time restrictions.
- If you have questions about how to operate specific equipment, check with a fitness staff member.

Walking/Running Track (Pineville)

- 16-lap mile running and walking track.
- Please use the inside lane for walking and the outside lane for running.
- Check the daily directional arrow prior to using the track.
- Proper athletic shoes are required.

Basketball/Volleyball Court (Pineville)

- Basketball and volleyball may be played only during scheduled times. Schedules are available at the service desk.
- Please be considerate of members and paying guests and share the courts during pick-up times.
- No black-soled shoes are allowed.
- Profanity is prohibited.
- Equipment and balls will be provided by the center.
- Recreational leagues will be available. Check with the staff for schedule and sign-up.

Racquetball Courts (Pineville)

- Reservations are required and may be made up to 48 hours in advance.
- Members' name and phone number are required to reserve a court
- Back-to-back reservations by the same member are prohibited. A court reservation holds the court for 15 minutes past the scheduled time.
- No member may book another court reservation until they have completed the use of their scheduled time slot.
- When there is an open court, any member can book the court at the time the court is open.
- It is recommended players wear eye guards while playing and only non-marking court shoes will be permitted on the courts.
- Courts may be scheduled on the hour or half-hour as necessary.

Childcare Area

Childcare Area

The childcare area is for the use of our members and guests. In order to keep this an enjoyable area, please observe the following guidelines:

Pineville Hours*

Monday - Friday 8:00 a.m. - 12:00 p.m.
3:00 p.m. - 8:00 p.m.
Saturday 8:00 a.m. - 12:00 p.m.

Alexandria Hours*

Monday - Thursday 8:00 a.m. - 12:00 p.m.
3:00 p.m. - 7:30 p.m.
Friday - Saturday 8:00 a.m. - 12:00 p.m.

*Hours are subject to change. We will try to give you as much advance notice as possible before making any changes. Please use the reservation system of calling at least 1 hour in advance to assure space for your child.

Guidelines

- Childcare is available for children between the ages of 6 months to 12 years.
- New members: Introduce your child and yourself to the caregiver on the first visit. Please make us aware of any special conditions concerning your child (medical problems, handicaps, allergies, etc.). Parents must complete a registration form for each child.
- Payment is made before services begin. Members using the childcare center will be charged hourly. You will be charged for a half-hour after 10 minutes.
- There is a two-hour childcare limit on any childcare center visit.
- Diaper service is not provided. Parents will be notified if a diaper needs to be changed.
- Childcare is available for children of our **members and guests** only.
- Parents must remain on the premises while children are in childcare.
- Please use the sign-in sheet on each visit.
- Caregivers will not administer medications.
- If someone other than a parent will be removing the child from childcare, the caregiver must be notified in advance. Identification will be required.
- Snacks from home are not permitted.
- Stockings or bare feet will not be permitted.
- If a child is being potty trained, parents should take the child to the restroom before bringing the child to childcare. If the caregiver is alone, please check with your child at least once during your workout.
- All children must be in childcare while they are in the building. Please do not bring children when the childcare area is closed.
- Children are expected to behave appropriately for the age group. Repeated disregard for playtime rules or failure to

listen to caregivers will result in a "Time Out." A child posing a serious behavior problem may be restricted from childcare area. This will be done after consulting with the parent.

- Children determined to be disruptive to other children (excessive biting, fighting, etc.) will not be accepted in the childcare area.
- Children who cry and scream excessively (after four stays in childcare) will not be accepted.
- Please adhere closely to the following health regulations:
 - Children may not be allowed if they are exhibiting the following symptoms: Flu-like symptoms (nausea, vomiting, headache, fever, diarrhea, etc.); reddened sore throats; facial or body rashes; and/or severe nasal discharge or productive coughs.
 - Cold sores must be medicated and covered while in the childcare area.
 - If a child does not attend a regular school day because of possible illness, he or she will not be admitted into childcare area that day.
 - If a caregiver believes that a child is ill while under our care, you may be asked to take the child home. To avoid further exposure of illness to the other children, please allow your child adequate time to recover. Do not use the childcare area until your child has been symptom-free for 24 hours. This will help avoid a resurgence of illness and assist in everyone's good health.
- Parents need to label any property their child brings with him or her to the childcare area. The Louisiana Athletic Club is not responsible for lost or stolen items.
- Announcements will be posted at the childcare area's entrance.
- Childcare staff will do their best to provide a safe environment for your child(ren). Should any health or behavioral incident occur, we will call the parent, who will be required to assume responsibilities.

Family Fitness

Family Fitness is designed for parents and grandparents to bring their children/grandchildren, ages 6 months - 12 yrs., to enjoy the amenities of the Louisiana Athletic Club. Waiver / documents are required upon usage.

Hours: Friday - Sunday all day.