



FITNESS
INSTITUTE*

SUNDAY FAMILY DAY POLICIES

(effective October 1, 2011)

Sunday Workout time 12:00 – 5:00 pm

Sunday Swim time 3:00 – 5:00 pm

1. There are **NO** Family Day Privileges on any other days of the week.
2. Family Day is for immediate Family Members only (spouse and children). Members must sign-in all Family Members upon each visit. Adult Family Members must provide a piece of Photo ID upon each visit.
3. Children under 16 years of age must be accompanied by a Parent at all times while in the Club.
4. Children under 16 years of age are permitted to change in the locker room **only during designated family swim times**.
5. Children over 4 years of age must be in the locker rooms assigned to their gender and in the company of their Parent. Children can also change in the two washrooms by the Clinic for Sports Medicine (accompanied by a Parent).
6. Club etiquette, rules and regulations must be adhered to while on the Gym Floor and in the Pool.
7. Tennis court access is available on Family Day for **Tennis Members only**. Please note, Tennis Court Fees and Booking Policies remain applicable.
8. At no time should children under 18 years of age be in the steam room, sauna or hot tub.
9. At no time should children under 16 years of age be on the Gym Floor unless working under the direct supervision of a Personal Trainer.
10. Children under 16 years of age are not allowed to attend any group exercise classes.

Steve Roest
President, Owner