



Rules & Regulations



**3033 U.S. Hwy 24
P.O. Box 66
Beloit, KS 67420
Phone: (785) 738-3995
Fax: (785) 738-3997**

Facility Hours

Fitness Area & Gymnasium

Monday thru Thursday	6:00 am – 9:00 pm
Friday	6:00 am – 7:00 pm
Saturday	8:00 am – 2:00 pm
Sunday	1:00 pm – 5:00 pm

Pool

Monday & Wednesday	6:00 am – 11:00 am 4:00 pm – 8:00 pm
Tuesday & Thursday	6:00 am – 9:00 am 4:00 pm – 8:00 pm
Friday	6:00 am – 11:00 am 4:00 pm – 6:30 pm
Saturday	9:00 am – 12:00 pm (noon)
Sunday	1:00 pm – 4:00 pm

Supervised Child Play

Check with Front Desk Staff

Membership/Payment

The initiation fee and the first month's membership dues must be paid in full upon enrollment. Memberships are non-transferable and non-refundable.

Membership is due the 1st of every month. Members will receive bills only if they are overdue by 10 days or more. It is the member's responsibility to freeze or cancel if they will not be using the facility.

Each member (14+) will receive a membership card upon enrollment. Replacement cards are \$5.

A family membership can include immediate family (primary member, spouse, and dependants under age 21) living in the same household. Adding or removing anyone from a family membership is the responsibility of the primary member. Any questionable membership will be at the discretion of the Wellness Center Director on a case by case basis.

Children (under 14) have access to the pool, gym, and racquetball court and must be supervised by an adult (18+) at all times.

Senior memberships are available for those 62+.

Returned checks: A fee shall be assessed for any returned checks received and membership must be paid in a timely manner with cash or money order.

Delinquent payments: Members with accounts that have outstanding balances for more than 30 days will be put on inactive status and denied use of the facility until balance is paid in full.

Membership Freezes: Membership may be "frozen" for a period of one to four months, once during a 12-month period, provided:

- The member's account is up to date.
- The member is either **leaving the area for a period of time**, or **incapacitated by serious illness or injury** to the extent that it is impossible to make use of the Wellness Center.
- A freeze request form is signed

A freeze saves the member the hassle and cost of cancelling and rejoining while allowing them to suspend their monthly payments to the Wellness Center provided they meet the criteria outlined above.

Cancellation: A membership is cancelled by returning all membership cards, paying all membership dues, paying all outstanding fees, and signing a "Membership Cancellation Form". The account will be considered active and the member will assume responsibility all membership charges until the cancellation process is complete.

Guests

- Guest passes are available at the front desk.
- All guests must sign an Informed Consent prior to using the facility.

General Wellness Center Conduct

- All members must check in by scanning their membership card at the front desk.
- For security purposes, all members must enter and leave the facility through the designated entrance and exit.
- Please report any accidents, including spills and breakage of equipment, to the front desk immediately.
- Children (under 14) may use the pool, gym, or racquetball court when supervised by an adult (18+) at all times.
- Please treat all equipment with care and disinfect each machine when you are finished using it. To avoid injury, ask for assistance at any time you are unsure of how the equipment works. Misuse or abuse of the facility or equipment will not be tolerated.
- Office phones are restricted to business use only. Messages will be delivered in case of an emergency.
- Personal headphones may be used in the facility (no boom boxes). An FM equipped radio can tune in to the TVs located in the cardio arena.
- Dress code: Shirts or tank tops must be worn at all times. Shoes must be worn at all times. No sandals, open-toed shoes, or boots are allowed. To help maintain our floors, only non-marking soled shoes are allowed. Please be sure shoes are free of snow, water, rocks, sand, and mud. Please carry shoes in during inclement weather.
- Food and beverages are prohibited in all activity areas. Only drinks in closed, non-breakable containers are allowed in the facility. No pop cans or open cups. Please leave all drinks in cubbies.
- No cussing, harassing, intimidating behavior, or physical exchange will be tolerated.
- No alcohol, tobacco, or illegal drugs are allowed on the property.
- No bicycles, skates, or pets of any kind are permitted inside the center.
- The NCK Wellness Center is not responsible for lost or stolen property. Please secure valuables appropriately.
- All lost and found items are handled at the front desk.

Soliciting

All soliciting and distribution of materials on NCK Wellness Center property must be previously approved by the NCK Wellness Center Director.

Discipline Sequence

- 1st warning – explain rule
- 2nd warning – send to NCK Wellness Center Director
- 3rd warning – membership will be revoked without refund

The NCK Wellness Center reserves the right to dismiss or expel any person(s) from our programs or facility for behavior that is detrimental to other clients, programs, or the facility. This includes, but is not limited to, conduct that constitutes safety hazards, physical abuse, mental abuse or failure to comply with Wellness Center rules and regulations. If such expulsion is for any violation of the rules & regulations or other conduct found unacceptable at the facility, the member's remaining paid membership shall be forfeited.

Remember, the facility rules are for everyone's safety and enjoyment at the NCK Wellness Center.
Please respect the other members at all times.

**Enjoy your time
at the NCK Wellness Center**

Locker Rooms

- Lockers may be rented at the front desk.
- Individuals must provide their own lock.
- Locks placed on lockers that are not rented will be cut off and items will be removed. There is a fee to reclaim these items.
- Please do not use baby powder in locker rooms.

Equipment Check Out

- Many pieces of equipment can be checked out at the front desk free of charge.
- Return equipment when finished.
- Damaged or lost equipment will be the responsibility of the individual the equipment is checked out to.

First Aid

Limited first aid shall be administered by the NCK Wellness staff to an injured person. An ambulance will be called if deemed necessary. The emergency contact will be called at the earliest opportunity when deemed necessary. An incident report shall be filed with the Director within 24 hours. An AED is available and located on the bottom shelf at the front desk.

Inclement Weather

The pool will be cleared in the event of a thunderstorm, tornado warning, severe hail, or power outage. Upon the issuance of a tornado warning, all patrons in the building shall be evacuated to the racquetball court. Children will not be allowed to leave the building at that time unless they are in the custody of a parent or guardian. Adults are free to leave if they wish.

Fire

In the event of a fire, the NCK Wellness Center staff shall see that all patrons in the building exit and move at least one block from the building in the quickest manner possible.

Cardio/Strength Arena

Once a child turns 14, they may use the track and cardio/strength arena. The equipment in this area is designed for adults.



Cardiovascular Area

- There is a 30-minute limit on cardio equipment when the other machine, like the one you are on, is being used.
- Never leave the treadmills running unattended.
- Wipe down equipment after use.
Don't spray the machines directly. Spray on a cloth and then wipe down equipment.



Strength Training Area

- Please share stations as needed and do not stay on a machine you are not actively using.
- Remove weights after use and return them to their designated area.
- Wipe down equipment after use with the disinfectant provided.
- Use a spotter when lifting heavy weights. Ask staff to spot if necessary.
- Do not drop weights and dumbbells on the floor or against other weights.
- Be aware of surrounding patrons that are working out.

Walking/Jogging Track

- Before entering the track, look both ways and safely merge without interfering with other participants.
- No sprinting allowed.

Gymnasium

- No dunking on basketball goals.

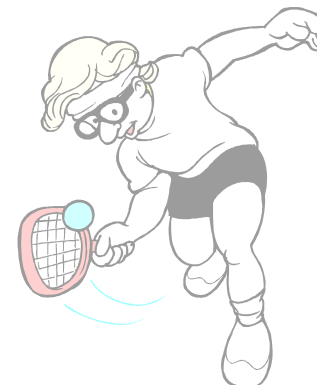
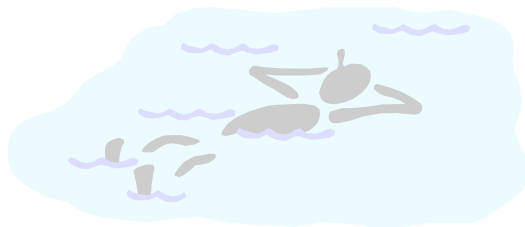
Gym rental is available upon reservation with the NCK Wellness Center Director

Pool Area

- All swimmers must check in at the front desk and then sign in at the pool prior to swimming.
- Swimmers must shower off before entering the pool.
- Children under 8 are not allowed in the lap lanes unless enrolled in an organized program or accompanied by an adult (18+) and are not allowed in the therapy pool.
- Don't forget to remove jewelry before entering the pool.
- Have toys and flotation devices approved by the pool supervisor prior to getting in the water.
- All patrons must have proper swim suits. Cut-offs, jean shorts, and t-shirts are not acceptable.
- A physician's note is required for those with a skin rash, disease, or an open sore. Please do not wear band aids in the pool.
- Circle swim in the lap lanes when more than three people would like to use them.
- Please review and follow all additional rules posted in the Pool Area for the pool and spa.
 - No diving, running, pushing, dunking or horseplay
 - No hanging, jumping or sitting on lane lines
 - No food or glass bottles in the pool
 - No spitting or chewing gum
 - No flips from the side of the pool
 - Do not jump into the therapy pool

Please respect the other visitors at the facility. If they are exercising, please stay out of their area and do not splash them.

Pool parties can be scheduled with the NCK Wellness Center Director.



Racquetball

- The court is for racquetball only.
- All players must check in at the front desk before going to the court.
- Players are required to wear protective eyewear.
- Wrist straps must be worn on all racquetball racquets.
- Racquetball equipment may be checked out from the desk at no cost.

Court Reservations Policy:

- Reservations will be on a first-come, first-served basis.
- A member may have 2 reservations on the books at any given time.
- Reservations may be made in half-hour increments up to 1 hour.
- To claim the court, all players must check in at the front desk. Names will then be checked off in the reservation book.
- If the court is not claimed within 10 minutes after the reservation time, it will be lost. It will then be made available to others on a first-come, first-served basis.
- When claiming a court in use, please wait until the point being played has ended before entering the court area.
- Reservations must be cancelled at least 2 hours prior to a scheduled reservation.
- Persons who "no show" a reservation or fail to cancel will be assessed a \$5 fee for the time reserved. This fee must be paid by the person(s) reserving before they may play on the court again.

*Any discrepancies will be settled by the Director or supervisor in charge based on the reservation sheet and the Wellness Center front desk clock.

*Misuse or abuse of the facility or equipment will not be tolerated.

Group Exercise Classroom

- Group exercise classes are an additional \$10/month/individual for an unlimited number of classes. This fee is waived for those who prepay for 12 months.