

CLUB INFORMATION

CLUB HOURS

Monday - Friday:	5:30am to 9:00pm
Saturday:	7:30am to 7:00pm
Sunday:	7:30am to 7:00pm

THE CLUB IS CLOSED ON THE FOLLOWING HOLIDAYS:

New Year's Day, Easter, Independence Day, Labor Day, Thanksgiving Day and Christmas Day.

From time to time the Club may alter regular hours to accommodate a special occasion. (i.e. closing early on New Year's eve).

Holiday hours will be updated and posted on our website.

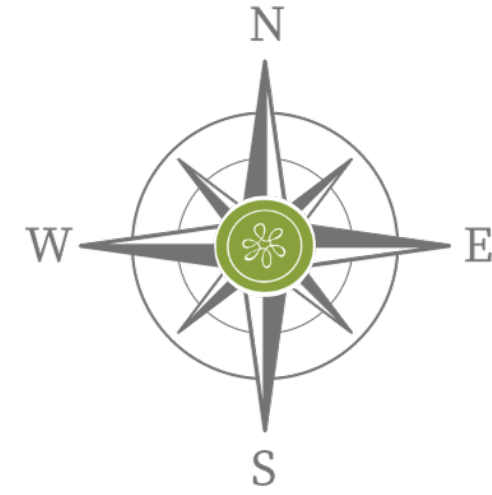
CONTACT US

Service Desk: 707.528.2582

Membership: 707.521.2424

Email: memberservices@airportclub.com

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AIRPORT HEALTH CLUB

SURVIVAL GUIDE

Visit our website at www.airportclub.com

WELCOME TO THE AIRPORT CLUB!

We're thrilled to have you as a new member and look forward to assisting you in kickstarting your fitness journey here at the Club. This handy Survival Guide contains all the essential information you will need when it comes to using our facilities and accessing your membership account. Our team of experienced staff and personal trainers are always here to assist you, please don't hesitate to ask for guidance or advice. We're committed to creating a positive and motivating environment for everyone to enjoy. Get ready to flex your potential and break a sweat with us!

PARKING

The Airport Club has ample free parking for our members. The lots can fill up during high traffic days/times. If necessary, please look for parking near the ponds.

Please do not park in the L3 parking lot. You will be towed!

GUEST POLICY

- You may bring up to 3 guests per day, and pay the applicable Guest Fees as outlined in the "Miscellaneous Fees" section of your Survival Guide.
- The same individual may use the Club as a guest a maximum of 3 times per month.
- If you have long-term guests that wish to use the Club beyond the scope of our Guest Policies, inquire with Member Services regarding our short-term membership options.
- All guests of the Airport Club must be accompanied by a Member.

MISCELLANEOUS FEES

GUEST FEES PER PERSON

0 - 11 months: FREE

1 - 11 years: \$15

12 - 64 years: \$25

65+ years: \$20

CHILDCARE FEES

Child on Parent's membership: FREE

Child not on membership: \$8.50/hour

Child, guest of member: \$11.50/hour

FREEZE FEES PER MEMBERSHIP

\$25 per Month

RETURNED PAYMENT CHARGE

\$25 per incident, non-refundable.

LOCKER RENTAL

\$14 per Month

CELL PHONE POLICY

THE CELL PHONE POLICY AIMS TO ENSURE PRIVACY AND A TRANQUIL ATMOSPHERE WITHIN THE CLUB.

- Cell phones may not be used while working out on fitness strength equipment if it prevents other members from using equipment (i.e. texting, scrolling, or phone calls while sitting on equipment).
- Absolutely no photos or videos are to be taken of other members without their consent, anywhere in the club. Camera use in the locker room is strictly prohibited. Violation of this policy may result in membership termination.
- Please take and/or make phone calls in the lobby, hallways, or outside. If you must answer a call while in the locker room, take the call to the TV lounge area and arrange to call back from one of the designated areas.
- Cell phone use in the SAUNA and STEAM ROOM is strictly prohibited.
- As always, please be considerate of fellow members around you.

CLUB MANAGEMENT

QUESTIONS, FEEDBACK & SUGGESTIONS ARE WELCOMED

GENERAL MANAGER

PAULA HARDIN

707.521.2412

paulap@airportclub.com

ASST. GENERAL MANAGER

SUE FREYER

707.521.2491

suef@airportclub.com

POOL POLICIES

THE POOL AREA IS NOT LIFEGUARDED

GENERAL RULES

Children under the age of 16 must be accompanied by an adult (18+ years) at all times in the pool area. Children 15 and under must be closely supervised in the pool area. Parents are to be within rescue distance, either in the pool or on the deck (not in the hot tub or on the pickleball courts).

- No running on the pool deck.
- No diving anywhere.
- Jumping into the pool is only authorized in 5 ½ ft deep area and must be feet first.
- Excessive splashing or physical contact, including dunking, is not permitted.
- Kids are not to be standing on another person's shoulders, no chicken fighting.
- The ladders are not to be played on, they're only for entering & exiting the pool, one person at a time.
- Personal music equipment is allowed as long as it is played with earphones.
- Floating devices such as life jackets or swim-floaties are allowed as long as the parent is in the water with the child.
- No pool toys allowed except noodles and diving rings. Inner tubes not permitted.
- Kickboards allowed only for lap swimming, or by AHC swim staff, NOT as pool toys in the recreation pool.

LAP POOL ETIQUETTE

- Lap lanes are for lap swimmers only. Please follow lap lane etiquette.
- Children can use the lap pool if they are lap swimming and are supervised.
- No hanging on the lap lanes or playing with them.
- No diving anywhere.

OUTDOOR JACUZZI

- No children under age 3 are allowed in the Jacuzzi. Children must be potty trained. No pool toys or horseplay is allowed. Children under the age of 16 must be accompanied by an adult at all times in the Jacuzzi.

INDOOR JACUZZI

- This is an "Adult Only" Jacuzzi. You must be 16 years or older to use it.

ATTIRE & HEALTH CODES

- No cut-offs, proper swim attire only in the pools and Jacuzzi.
- Please shower before entering the pools and Jacuzzi.
- No naked children. They must have a swim diaper on. *(available at the Service Desk).*
- No diapered children in the Jacuzzi.
- No glass in the pool area.
- No food or drink allowed within 6 feet of the pool or Jacuzzi.

FITNESS ORIENTATION

Every new member, ages 12 and up, is offered a complimentary fitness orientation. This orientation is led by a Personal Trainer with the goal to familiarize you with the gym. The Trainer can provide recommendations on how the Club can help with your fitness journey. We recommend you take advantage of this session as soon as possible. You may schedule your appointment with Member Services or the Service Desk.

LOGGING IN TO YOUR ONLINE STATEMENT

On the first of each month, you will receive a notification via email that your online statement is ready to view. Follow these steps to log in:

1. Click the link provided, or copy and paste the address into your web browser.
2. You will see a page that requires a username and password. For your first log in, the user name and temporary password is: _____
3. Enter your temporary password number in both places and click "Sign In".
4. Follow the on-screen instructions to change your password.
5. Upon updating your password, you may change your username if you wish. This is located right above your password change.

MAKING CHANGES TO YOUR MEMBERSHIP

Changes to your membership must be requested in writing. This includes Leave of Absence, Adding or Removing a Family Member, and Terminating your membership.

We accept requests in person, or you can email: memberservices@airportclub.com.

All changes must be received by the 25th of the month in order to take effect for the next month. A Member Services Representative will confirm receipt of your request within one business day. If you do not receive confirmation, please contact us as soon as possible.

DOWNLOAD OUR AIRPORT HEALTH CLUB APP

Our app features quick access to our Group Exercise Schedule, as well as your account, announcements, check-in scan, and push notifications! The app is available for free in the Apple and Google Play Stores.

WEIGHT ROOM ETIQUETTE

TO KEEP OUR WORKOUT AREAS SAFE AND ENJOYABLE FOR ALL MEMBERS WE WOULD LIKE TO SHARE SOME RULES ON ETIQUETTE.

- Please take elongated phone calls in the lobby, hallway, or outside.
- Be mindful of time spent on equipment, let other members work in if applicable.
- Minimize texting and phone use while on machines.
- Walking away from a machine tells others you are done and it is free to use.
- Re-rack all weights; do not leave plates on the floor.
- Please do not drop the weights or handles, as they will damage the floor.
- For your safety, full covered shoes are required—no open toes or backs.
- Please wipe down equipment after use for the next member.
- Chalk is not permitted in the weight room; we suggest gloves.
- NO FOOD, chewing gum, drinks other than water, in the exercise areas.
- Music must be played through personal headphones.
- Children 11 and under are not allowed in the workout areas.
- Children 12 and 13 may use the equipment if a parent is on the adjacent machine working out with them.
- Children 14 and 15 may use the equipment if a parent is in the club.
- Ask for assistance when using free weights, it is important to have a spotter.
- Please refrain from wearing perfume or scented products while working out, as others may have allergies.
- Please pick up your cups and deposit towels in the towel drops.
- If there is a sporting event on the TV and you would like the station changed simply ask a Manager on Duty, Service Desk or Member Services staff person and they would be glad to change it if possible.
- Please report damaged or faulty equipment to staff immediately.
- Be respectful of other member's space and privacy.

THANK YOU FOR HELPING US MAKE OUR CLUB ENJOYABLE FOR ALL!

CHILDREN & TEEN POLICIES

EXERCISE EQUIPMENT ROOMS: Children under the age of 12 years are not allowed in the exercise equipment rooms. This includes infants in baby seats, toddlers, etc. Members can work out in Studio 4 when it is free, and bring their babies in seats. Teens 12 and 13 may workout in the exercise rooms as long as a parent is working out next to them. Teens 14 and 15 may workout in the exercise rooms as long as a parent is in the facility.

THE BASKETBALL/VOLLEYBALL GYM: Youngsters under age 12 must be accompanied by an adult to use the gym. An adult must be present with the child on the gym floor, not observing from the free weight area or exercise equipment rooms. Children 12 and 13 are welcome to use the gym as long as an adult is within view of them. Teens 14 and 15 may use the gym as long as an adult is in the club. There are particular times when the gym is being used for organized volleyball, etc. that may prohibit use of the gym. The hours are posted on the Gym Bulletin Board.

GROUP EXERCISE CLASSES: Children 12 years and older are encouraged to participate in the classes! Children 12 & 13 must be accompanied by a parent or adult (18+). Teens 14 & 15 may take classes as long as a parent is in the facility and they abide by class etiquette. Exception is Spin Classes - children who fit safely on the spin bikes and are 10 years and older may attend spin classes, however all other parental guidance policies apply!

CLIMBING WALL: Children are encouraged to use the climbing wall during supervised times and/or with an adult (18+) who is belay certified. The climbing area is not a play area, no children can be in the area unless they are climbing and following the climbing policies.

LOCKER ROOMS: Children age 5 or older are not allowed in the locker rooms designated for the opposite sex. We have an outside family change room by the pool to make it more convenient for families. Children under the age of 12 must be closely supervised at all times by an adult.

STEAM/SAUNA: Children under age 12 are not allowed in the steam room or sauna. Youth 12—15 can use the steam and sauna only with an adult present. Youth 16 and up can use the sauna and steam.

THROUGHOUT THE CLUB: Children under 12 are to be closely supervised at all times. All children under the age of 16 must be accompanied in the facility by an adult (18 years or older).