



Membership Guide

*The Edgar May Health and Recreation Center
membership benefits, guidelines, and services*

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Our mission: To provide area residents with the opportunities and resources necessary to live an active and healthy lifestyle.

Why Exercise?

Exercise is the Best Medicine

More and more Americans are not exercising regularly. According to the Centers for Disease Control and Prevention, over half of all Americans do not receive the 30 minutes of daily exercise recommended for their overall health and well-being.

Sedentary lifestyles and poor diet & nutrition leads to increased risk of heart disease, diabetes, most cancers and shortened life spans. Regular exercise and a nutritional diet not only reduce risk of disease but lead to better health outcomes. And for those who are older and believe it's too late to adopt a healthy lifestyle, it really isn't.

The Edgar May Health and Recreation Center provides its members with fun, new ways of getting in shape and maintaining a healthy lifestyle. Whether you use one of the Center's three swimming pools or state-of-the-art fitness center you are bound to find a program that fits your needs.

Programs available to members include:

- **Prescription for Exercise** - Patients referred by their primary care physician are eligible for a grant-funded 6-month guided exercise program that includes visits with a certified fitness trainer and/or registered dietician. Patients must be willing to follow this regimented program for 6-months. *Call to see if your primary care physician is currently referring patients.*
- **Ready, Set, Fit!**- This program is specifically geared to new members who are just starting their quest towards a healthier lifestyle. The Ready, Set, Fit program provides members with a 60-minute personal training session to help design a workout that fits your goals and needs. The program also provides members with a 60-minute session with a registered dietician to analyze your diet and caloric intake and create the right meal plan for your lifestyle needs. This program is only \$60.
- **MobileFIT**- This FREE interactive wellness program is a web-based exercise system that combines user feedback with recommendations from a trainer to create customized workout plans. The system prescribes a plan based on the user's goals, the type of equipment or classes offered at The EdgarMay and trainer input. *For more information about MobileFit see EdgarMay Fitness Director, Frank Nobile.*
- **Personal Training Packages**- Personal training sessions last about 60 minutes, depending on the participant's fitness level, what goals are set to be accomplished and what activities the participant has done that week so far. Training sessions can involve strength, flexibility, endurance aerobic ability, and weight loss.

About Us

Welcome to the Edgar May Health and Recreation Center!

Our mission is to provide area residents of all ages with the opportunities and resources necessary to live an active and healthy lifestyle. We do this in a clean, safe and supportive environment.

Memberships and programs at the Edgar May are open to all youth and adults who wish to enroll. We hope that your relationship with us is as meaningful to you and your family as it is to us.

Member Benefits

As a member of the Edgar May Health and Recreation Center you will benefit from:

- A friendly, caring staff to help you at any time
- A reduced rate on classes and programs
- A FREE fitness orientation
- MOBILE FIT—A FREE interactive wellness technology
- Full service locker-rooms, including steam rooms
- Being part of a community
- A family-friendly environment

Code Of Conduct

The Edgar May Health and Recreation Center provides its members and the community with a safe, clean, and supportive environment. To help create this atmosphere, we ask individuals to behave in a positive manner at all times when they are in our facility or participating in our programs.

Membership Information

Membership Types

- Youth Membership (ages 3 years – 12 years)
- Teen (ages 13 years – 18 years)
- Young Adult (ages 19 years – 24 years)
- Adult (ages 25 years – 61 years)
- Senior (ages 62+ years)
- Family 1-Adult (Any one adult and any children still living in the household and able to be claimed as a dependent)
- Family 2-Adult (Two Adults and any children still living in the household and able to be claimed as a dependent)

Financial Assistance

The Edgar May Health and Recreation Center does not turn anyone away due to the inability to pay. Financial Aid is available to those who require assistance for membership. Applications are available at the Front Desk.

Membership Guidelines

Membership Cards: Members are responsible for showing their cards at the Front Desk upon arrival. Replacement cards cost \$5.00.

Alcohol and Tobacco Policy: Smoking, chewing tobacco, and alcohol are prohibited on The EDGARMAY property. Any member suspected to be under the influence of drugs or alcohol will be removed from the property.

Safety Concerns: The EDGARMAY uses the PAR-Q form to ensure safe and appropriate exercise. You may need written consent from your physician to use our facilities. Skateboards, rollerblades, and bicycles are not allowed in the entrance or walkways. All injuries, no matter how slight, must be reported to the EDGARMAY staff.

Courtesy: The EDGARMAY is a shared experience for everyone to enjoy. Each of us can make it better for all by being considerate of others. Objectionable behavior can result in the termination of membership.

Holds and Transfers: Memberships may only be put on hold for documented medical reasons. Memberships may be transferred for reasons of relocation once in the lifetime of the membership with a \$50.00 transfer fee. All transfers and medical extensions must be approved by the Membership Director or Executive Director.

Towel Service: The EDGARMAY strongly encourages members to bring their own towels. A limited number of rental towels are available for \$1.

Program Cancellation Policy: The EDGARMAY reserves the right to cancel any program for which there is insufficient enrollment. REGISTER EARLY! If a program does not meet its minimum enrollment number prior to the start of the program, it will be canceled. Fees for any canceled EDGARMAY program will be refunded in full.

Child Care: Get fit, meet new people, stay active, and enjoy a break while your child has a fun and exciting time in our Child Activities Room. Children ages 6 months to 6 years old are welcome to join our fun-filled schedule of age appropriate projects, stories, and songs. Our staff is committed to providing a safe and nurturing environment for your child.

Hours of Operation: Please refer to our program brochure or website for updated hours of operation. Occasionally the EDGARMAY Health and Recreation Center may close early for special events. Every effort will be made to keep the events from disrupting our membership, but these events will allow us to keep our rates the lowest in the region.

Photo Permission: Unless otherwise stated, all members permit the use of their likeness (and that of their children) for publication and promotional purposes.

Cell Phones and Electronics: Please limit the use of cell phones and other electronic devices to the lobby area only.

Emergency Procedures

Evacuations

All emergency exits are clearly marked; please familiarize yourself with their locations. Should an evacuation of the facility be required for any reason, follow the directions of Edgar May staff to ensure a safe and orderly exit from the building. Upon evacuating from the building, all members will gather in the Recreation Center parking lot across Bridge Street.

Fire Alarm

If the fire alarm sounds please:

- **STOP** all activity.
- Wait for instructions from staff.

Incident Reports

In the event that first aid or corrective action is provided to you, or for you, the staff responding is required to ensure that proper documentation is provided for our records.

Staff on Duty

Staff members on duty are designated to take a lead role in the daily operations of the facility and also in the event of an emergency. Please assist us in following their directions.

Locker Rooms

Locker Use

- We provide complimentary lockers for members to use during their workouts.
- We advise all members to place a lock on the locker they are using .
- Locks may be checked out at the Member Services desk. The availability of these locks may be limited so members are encouraged to bring their own locks.
- There are a small number of lockers available for rent for those who would like to leave their workout clothes and gear at the Recreation Center.
 - Lockers can be rented by stopping by the Member Services desk. The costs are:
 - Full locker \$20/month
 - Half locker \$15/month

Children in Locker Rooms

- For the comfort of your child and fellow members, children age 6+ must use the appropriate gender locker room.
- The Family Changing Room is also available off the main lobby.

Steam Rooms

- Steam rooms are available in both the men's and women's locker rooms.
- A bathing suit or towel is required in the steam rooms.
- Steam rooms are for adult members only, 19+.
- A typical steam bath should last no longer than 10 minutes on a steam setting of 7.
- Shaving is not permitted in the steam rooms.

Swim Suit Spinner

- For your convenience, swim suit spinners are available for use in both the men's and women's locker rooms.
- Be sure to read all directions prior to use.
- The Edgar May is not responsible for damaged or lost suits.

Etiquette

- Please make sure your shoes/boots are clean prior to entering the locker rooms.
- Please try to avoid walking on the tile floors with muddy or dirty shoes.

Aquatic Center

Age Guidelines Children under the age of 10 must be directly supervised by an adult in the water. Supervising adult is considered to be a person age 18+.

Etiquette Please shower prior to entering the pool area.

Food

- No food, beverages, or gum allowed.
- Closed water bottles are permitted.

Lane Swimming

Swimmers should swim on the right side of their respective lane. Refusing to share a lane is not permitted.

Pool Rules

For your safety and the safety of others we ask that you follow the guidelines below:

- The lifeguard has complete authority over the pool area.
- Please WALK on the deck and in the locker rooms at all times.
- Diving is not permitted.
- People with infectious medical conditions should refrain from swimming.
- Inform the EdgarMay Staff of anything that may be a safety issue.

Therapy Pool

- You must sign up for a 30 minute session at the front desk.
- No more than 4 individuals allowed in the pool at one time.
- The therapy pool is available to youth ages 12-17 under the supervision of an adult.
- The lifeguard on duty reserves the right to close the therapy pool at any time due to conditions on the pool deck.
- No lifeguard is on duty in the therapy pool area.
- The therapy pool is to be used for therapeutic purposes only.
- Therapy Pool Hours
 - Monday – Thursday: 6am-7:30am and 1pm – 8pm
 - Friday: 6am-7:30am and 1pm-5pm
 - Saturday: 10am – 2pm
 - Sunday: 10am – 2pm

Programs

Aquatic programs include:

- Infant, youth, and adult group and private swim lessons
- Water Safety Instruction
- Lifeguard Certification
- Water Aerobics/Aquasize
- Arthritis Aquatic Program
- Youth and Masters Swim Teams

Proper Attire

- Bathing suits are required, i.e., swim trunks for men and boys, one-piece or two-piece suits for women and girls.
- Clean T-shirts may be worn over suits.
- Clothing that may be inappropriate for a family environment is not permitted.
- Shoes are not permitted on the pool deck.
- Cutoffs are not permitted.
- Children who are not yet toilet trained must wear swim diapers. Cloth or disposable diapers cannot be worn in the pool.

Staff Certifications

All EdgarMay lifeguards are certified in CPR for the Professional Rescuer, Standard First Aid, and Life Guarding. Swim Lesson instructors are certified in Water Safety Instruction.

Toys/Equipment

The lifeguard on duty must approve all toys and other equipment brought to the facility. Inflatable flotation devices are not permitted.

Fitness Center

Age Guidelines

- Members ages 14+ are permitted full use of the Fitness Center.
- Members ages 10-13 must participate in the Cardio Club Orientation and may use designated areas when accompanied side by side by a parent who has also taken the Cardio Club Orientation.

Fitness Orientations

- It is highly recommended that all members participate in a wellness orientation.
- This is a FREE benefit of your membership.
- Orientations include instruction on how to use equipment safely and effectively.

Cell Phones

For your safety and out of respect for other members we ask that cell phones are not used in the fitness center.

Food

- Closed water bottles are allowed.
- No food or gum allowed.

Collars and Spotters

- For the safety of all members collars are required on all free weight bars.
- Spotters are recommended.
- Do not drop weights.

Proper Attire

- Proper workout attire is required.
- Closed-toe athletic shoes must be worn at all times.
- No sandals, swimsuits, or clothing that may be inappropriate for a family environment allowed.

Rack Your Weights

As a courtesy to all members, when using free weights please return equipment to its proper place at the end of your workout.

Towels and Cleaning

Cleaning spray and paper towels are provided to wipe down equipment after use. It is highly recommended that you bring a workout towel.

Personal Trainers

The Edgar May Health and Recreation Centers offers Personal Training for our facility members at a fee. All trainers are certified through nationally recognized organizations.

Programs

The Edgar May Health and Recreation Center offers a wide range of fitness classes. Please check the Center's website, www.myreccenter.org or the Member Services Desk for a current list of classes.

Support the EdgarMay**Refer a Friend**

Exercising with a buddy will not only make you more successful, but will bring new people and energy into our organization. Encourage a friend to join!

Write a Letter to the Editor

Show your support for the Edgar May Health and Recreation Center by writing a letter to the editor of local papers.

Annual Giving

The Edgar May Health and Recreation Center seeks to ensure that everyone has the opportunity to participate in programs and services that help them lead an active and healthy lifestyle. Making a gift to the EdgarMay's Annual Campaign not only supports our commitment to serving all, but makes a direct and positive impact on the quality of life for local individuals and families.

Capital Campaign

The Edgar May Health and Recreation Center is currently raising funds to finish the final two phases of construction for our Center. The final two phases will include: a basketball court, indoor walking track, children's indoor playground, more locker rooms, a nutrition kitchen, studio space for fitness classes, multipurpose space, and a café/lounge in our lobby. If you would like to be apart of this exciting expansion please contribute to the EDGARMAY Capital Campaign by filling out a pledge form or contacting, Christian Craig, Executive Director, at 802-885-2568.