



The Centre

Membership Handbook



Effective November 2015



Welcome

Welcome to The Christian Family Centre! We are grateful that you decided to join The Centre and we know that you will find this a welcoming place full of activities and programming to serve the whole family.

We exist to serve Lenawee County and surrounding communities by being a world-class choice for one's physical, social, and spiritual wellness with Jesus Christ being the center.

We want each member and guest to have a safe and enjoyable experience while using our facility. To create a welcoming environment for patrons; policies and procedures have been created for the benefit of all members. You will find highlights of our policies and procedures within this handbook, but this is not an exhaustive list and The Centre Management Team reserves the right to adjust policies at our discretion.

If you have questions regarding any of our policies or procedures please contact The Centre Member and Guest Services Team and any member of our staff is happy to assist you.

Again, welcome to our community at The Christian Family Centre. We hope that we can assist you meet your goals and create a positive experience for you and your family.

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Guiding Principles

The following four biblical principles should guide your conduct and actions toward others when in The Centre, The Corner Park, the Christian Family Park, or on Campus Grounds.

Honor Everyone: Show respect to other people and to things that don't belong to you. I Peter 2:17 says, *"Show proper respect to everyone: Love the brotherhood of believers, fear God, honor the king."*

Others First: Think of others rather than yourself. Philippians 2:4 says, *"Each of you should look not only to your own interests, but to the interest of others."*

Peace Always: Live at peace with yourself and others. Hebrews 12:14a says, *"Make every effort to live in peace with all men and to be holy."*

Encourage Everyone: Encourage others with your words. Ephesians 4:29 says, *"Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen."*

General Rules

1. The use of alcohol, tobacco, illicit drugs, controlled substances and profanity is prohibited while in The Centre or on its grounds.
2. The Centre has the right to address issues regarding the public display of affection.
3. For safety, please do not: play or run in the entry area, main lobby, hallways, and locker rooms; or loiter in the driveway and parking lots.
4. Food and drink are allowed only in The Café, recreation wing table area, banquet/meeting rooms, entry, main lobby, and outdoor recreation areas.
5. Out of respect for others please use headphones with portable audio devices.
6. Pets are not permitted in The Centre or The Corner Park. Please put your pet on a leash while on campus grounds and help keep the area clean by picking up after your animal. Service animals are permitted.
7. Skateboards and rollerblades are not allowed in The Centre. However, these items are allowed on the Christian Family Park's half mile paved path and outdoor basketball court.

Tours and Orientations

Complimentary tours are available highlighting the programs and amenities that we offer. New members are encouraged to sign up for a free fitness orientation. The orientation assists members in using the fitness equipment, setting goals, and basic workout recommendations. Visit the Member and Guest Services Desk to sign up.

Membership

Memberships are available for everyone. Membership includes access to The Centre and The Corner Park, plus reduced rates on a variety of programs and services including personal training, sports programs, day camps and more!

Corporate membership discounts are also available.

Member Terms & Conditions

Members shall comply with all terms and conditions as outlined on the membership registration and Authorization for EFT Membership Payment forms.

The Christian Family Centre reserves the right to rescind membership privileges based on improper conduct or behavior which might interfere with the mission of the Christian Family Centre and other members' use of the facility.

Account Settlement Methods

The Centre Electronic Funds Transfer (EFT) payment program requires a twelve month minimum commitment and continues until cancelled in writing with a 30 day notice. Payments are accepted at the Member & Guest Services desk by cash, check, Visa, MasterCard, or Discover.

Any questions regarding membership accounts may be directed to the Member & Guest Services team.

Guest Policy

All guests are required to purchase guest pass at current rates.

Membership Changes

To Upgrade

To add a family member to an existing membership, please contact the Member & Guest Services Desk.

To Downgrade

To cancel a membership or remove a family member all requests must be made in writing with the membership cancellation form with a minimum of 30 days' notice. Any membership canceled prior to twelve months will be subject to a \$100 cancellation fee.

Snowbird Option

Snowbird options are available for senior members who have been a member for more than 12 months and travel away from home for two to six consecutive months a year. A \$10 monthly fee billed monthly maintains your membership while you are away.

Medical Freeze

Medical freezes are available with written authorization from member's physician indicating the inability to use the facility within 30 days of medical illness. A \$10 monthly fee billed monthly maintains your membership during your recovery and is available for up to 6 consecutive months. Please note, membership will automatically restart on the date indicated by your physician. All requests must be approved by the Member & Guest Services Manager.

Member & Guest Services

The Member & Guest Services team is here to assist members and guests with any questions or concerns. Please visit the Member & Guest Services desk for helpful assistance or to leave feedback or suggestions.

Additional services

Visit the Member and Guest Services desk to inquire about any of the services listed below.

- **Personal Training:** Certified Personal Trainers are available to help members meet their fitness goals in either an individual or small group session.

- **LiveWell**
 - The Centre's 360° Wellness Assessment will give you a snapshot in time of your current physical health; allowing you to see what areas of your life need to experience change.
 - The Personal Wellness Program is where the LiveWell participants will receive a nutrition and fitness plan tailored to their unique situation that begins with progressive steps the participant can take to improve their health. It is a customized program that takes into account current and past health.

- **You vs. You Team Challenge:** You vs. You will have a team approach. Participants will be assigned to a ten week team that will encourage and support each other. Each team's primary goal is to accrue the most points by the end of the ten weeks. Each team member is responsible for contributing to the team's overall points.

- **Kids Care:** Kids Care is a safe and nurturing environment available to children ages 4 months to 9 years for a maximum of 2 hours per day. Daily and annual plans are available.

- **Impact Sports:** Impact Sports serve young athletes in Lenawee County across a wide range of instructional leagues. It is unlike any other youth sports league you will find. All Impact leagues balance great instruction in fundamentals with competitive fun in a positive, Christ-centered environment.
- **FCA Club Sports:** Offers athletes ages 7 – 18 an opportunity to play highly competitive sports while growing their relationship with Jesus Christ. FCA offers 6 sports (Baseball, Basketball, Football, Soccer, Softball, and Volleyball). Our values will help athletes and families navigate the world of athletics (Integrity, Serving, Teamwork, and Excellence). Each team will have faith component and allow athletes and coaches to share and grow in their faith through practice and competition. FCA teams compete in local leagues and tournaments as well as traveling to National Tournaments in most sports.
- **Impact Day Camp:** Our campers have their best summer ever with our exciting themes, fun counselors and new friends in a safe, Christ-centered environment. Campers are divided into three age groups so all activities are age appropriate. Impact Day Camp is state licensed and accepts FIA.
- **Aquatic programs:** Individuals of all ages will enjoy the opportunity to become a better swimmer. Impact Splash swim lessons, swim club, and private swim lessons are available.
- **Café:** The Centre Café offers a fresh, exciting menu with the best coffee in Lenawee County. Whether it is for breakfast, lunch, dinner, or to just sit around and catch up with some friends, the Centre Café is the destination for you. The Centre Café is open to the public and offers free, high speed Wi-Fi. The Corner Park concessions trailer is also seasonally available with delicious treats.
- **Catering & Rentals:** The Centre is a great spot for your next corporate or civic meeting, party, lock-in, or special event. You may rent the entire facility, the auditorium, outdoor gazebos, or one of our meeting rooms that best fit your needs and size of party. Our in-house catering team is always ready to serve you with a wide range of delicious options from our menu.

Check In

All members are asked to check in prior to using the facility. Members may check in with their fingerprint or a membership card at the turnstile located by the member and guest services desk.

Exercise classes

More than 50 exercise classes are offered each week free of charge to members. A variety of classes are available in the indoor pool, group fitness room, and gym. Please arrive on time

for the class, and out of respect for other classes, please remain outside the room and remain quiet if another class is scheduled. If this is your first class try to arrive 10 minutes early to speak with the instructor. Schedules are available at the Member and Guest Services desk and online at www.thecentre.info. Class offerings and schedules are subject to change.

Cycling classes

A variety of cycling classes are offered each day in the cycling studio. The first class may be tried free of charge but a small fee is charged for additional classes. Bulk discounts are available. Classes fill up so advance reservation is recommended. Reservations not cancelled more than 24 hours in advance will be charged for the class. Contact the member and guest services desk to reserve your bike.

Lost & Found

Lost & found is located at the Member Services Desk. Lost items will be returned to the owner after proper identification is made. Lost & Found items that are not claimed within 14 days will be donated to a local charitable organization. Members are encouraged to keep valuables locked up, The Centre is not responsible for lost or stolen items.

Age requirements

Children under the age of ten years old must be directly supervised by a parent, adult, or sibling 16 years or older. During our summer season, children under the age of 12 years old must be directly/actively supervised by a parent, adult, or sibling 16 years or older. Children under 18 years of age need to be able to reach their parents/guardians in case of medical issues/emergencies.

Children must be 13 years of age to attend a group fitness class or access the Co-ed/Ladies Only fitness centers.

Centre Closing

The Centre closes promptly at the scheduled closing times. We ask that all patrons exit the building within 15 minutes of closing. Individuals repeatedly staying late are subject to disciplinary action and/or fine.

Proper Attire

The Centre values the traditional family and is a Christ centered ministry. We are committed to providing a family friendly environment for people of various ages and backgrounds. We have three principles that guide our dress code. We ask that you choose modest clothing which is God-honoring and appropriate for a family-oriented environment. We ask that you chose clothing and/or footwear that assists in creating a safe environment and that the dress is activity appropriate.

Appropriate footwear is required outside of the pool areas and locker room. Shower sandals are recommended in the locker room and pool areas.

Swimwear guidelines

- All Visitors:
 - No jeans or cut offs, athletic shorts/shirts, etc.
 - Swim diapers are required for children who are not toilet trained.
 - Tattoos with inappropriate language or depictions of nudity must be covered.
 - A shirt and shoes must be worn outside of the indoor pool and The Corner Park areas.
 - Centre reserves the right to refuse access or excuse a member/guest not complying with these guidelines.

- Men/Boys:
 - All suits must have a liner per State of Michigan laws. No undergarments should be visible.
 - Suits should have a draw string that keeps them up under rigorous activity.
 - Recommended attire: swimming trunks, shorts with liners, board shorts
 - Not allowed: Speedo suits (unless for swimming competition or lane swim)

- Women/Girls:
 - All suits must have a liner per State of Michigan laws. No undergarments should be visible.
 - Recommended attire: one-piece, tankini, modest/sporty two piece
 - Not allowed: string bikinis of any sort, strapless two piece, or overly revealing swim suits

Area specific expectations

Aquatic Centre

The pool is available for open swim, lane swim, classes, aerobics and private parties. Refer to the pool schedule at The Centre's website at www.thecentre.info or ask at The Member and Guest Services Desk.

- Swim diapers with swimsuit are required for children who are not toilet trained.
- Please enter the pool through the back doors of the locker rooms.
- Shower before entering the pool.
- Swim only when there is a lifeguard on duty.
- Children under 6 years of age, and children unable to swim, are to remain in the shallow end within arms-reach of an adult. Life jackets are recommended.
- Adults unable to swim must remain in shallow end or wear a life jacket.
- All flotation devices must be Coast Guard Approved. Please check with the lifeguard concerning pool toys.
- Scheduled lane swim is reserved for lap swimming. Please be courteous of other swimmers and share lanes when needed. Children and others that are not lane swimming should use the pool during scheduled open swim.

Locker Rooms

Men's and women's locker rooms are available for use. Towels, daily lockers, hair dryers, and soap are provided for your convenience. Please respect the privacy of other members and refrain from activities which make others uncomfortable. Please dress children over the age of four in their gender-specific locker room. A private changing room is available for families with children too young to dress themselves. The private changing room is also available for those or are physically or otherwise unable to use the gender specific locker room. You are responsible to bring a lock to secure your belongings and to remove your lock and contents each day. Visit the Member and Guest Services Desk for locker rentals. Please do not leave valuables unsecured. The Centre is not responsible for any lost or stolen property.

Corner Park

The Corner Park is available seasonably for active play geared towards children 2-12 years of age and their families.

- All rules for the Christian Family Centre apply in the Corner Park, unless otherwise specified below.
- Swim diapers with swimsuit are required for children who are not toilet trained.
- No coolers or outside food
- No tobacco products, alcohol, or paraphernalia.
- Food is allowed in designated areas only. No food or drink on or within any of the play structures.
- Do not leave valuables unattended. Limited lockers are available.
- No Centre towels allowed outdoors.
- For your protection, please wear sunscreen and sunglasses.
- Shoes must be worn within The Christian Family Centre building.

Fitness Centers

- Orientation sessions are strongly recommended and available by appointment; stop by the Member & Guest Services Desk or call 263-6232 ext. 3302 to schedule.
- Children must be 13 years old or older to use the Fitness Centers. Youth 13-18 years

- old must have a hand stamp.
- Equipment must be used according to the manufacturers' instructions.
- Loud conversations, activities which disrupt other patrons, and dropping of free weights will not be tolerated.
- Please use wipes to remove perspiration from equipment before and after each use.
- Please limit use of aerobic machines to 30 minutes when others are waiting.
- Please report safety concerns to staff.

Racquetball courts

We strive to offer a premier racquetball experience to Lenawee County residents while also providing a safe place for families, children and other patrons wanting to use the space for other activities.

Individuals age 16+ may reserve the racquetball court for racquetball, wallyball, or similar activities following established reservation policies. Courts may not be reserved for other soft play activities but may be used if available. Individuals participating in other activities may be asked to leave if other individuals wish to play racquetball or wallyball.

Rules

- Shirts and clean, non-marking athletic shoes are required
- No food or drink
- Thank you for using family-friendly language
- Equipment and balls must be used for their intended purpose
- No soccer balls, footballs, or other solid balls
- Please limit court use to 4 people or 8 if playing wallyball

Gymnasium

The gymnasium is open to all during open gym hours. Refer to the gym schedule on our website www.thecentre.info or ask at the Member and Guest Services Desk for gym availability. Basketballs and volleyballs are available for your use. League quality balls may be checked out at Member Services Desk for members and guests that leave collateral.

- Shirts and athletic shoes with non-marking soles are required. Sandals and bare feet are not permitted.
- Balls are to be used for their intended purposes.
- No footballs, baseballs, softballs, or hockey sticks allowed.
- No food or drink, except water or sports drinks in a sealed container.
- No chairs on the gym floor unless directed to do so by a staff member
- Thank you for using family-friendly language.
- If only half the gym is available, play should be limited to half court.
- If the full gym is available, only 1 full court game is permitted.

Group Fitness Room

The group fitness room is available for open gym when other activities are not scheduled. The space is available only for children under the age of 12 who are directly supervised by an adult. Individuals must be respectful of the facility and not hang on basketball rims or kick balls. Please refrain from using exercise equipment stored in the room.

Cell Phone/Photography/Videography

As a courtesy to fellow members, cell phone use is prohibited in the locker rooms and while using fitness equipment; please use lobby areas.

Commercial photography and videography is prohibited inside Christian Family Centre facilities unless authorization has been granted by the Managing Director or the Director of Marketing.

By using Lenawee Christian Ministries (LCM includes: Christian Family Centre, The Corner Park, Lenawee Christian School) facilities, you grant our staff or photographers hired by LCM permission to take photos and videos of you, our members or guests, any minors, or property in connection with use of LCM facilities and events. LCM may copyright, use and publish the photos in print or electronically. LCM may use the photos with or without names for any lawful purpose including publicity, illustration, advertising, or web content. Individuals who choose not to consent to this agreement should notify the Member & Guest Services team and instruct any photographer that they do not wish to be photographed.

Weather Cancellations

Weather related decisions follow the decisions of Lenawee Christian Schools. Please use your best judgment when deciding whether to travel.

Lenawee Christian School delay

- All exercise classes will operate as scheduled unless situations prevent an instructor from traveling
- Kids Care will operate as scheduled

Lenawee Christian School cancellations due to cold, fog, or minimal snow fall

- SilverSneakers® classes will be cancelled
- All exercise classes will operate as scheduled unless situations prevent an instructor from traveling
- Kids Care will operate as scheduled

Lenawee Christian School cancellations due to heavy snow, ice, or dangerous travel conditions

- SilverSneakers® classes will be cancelled
- All morning classes will be cancelled
- Afternoon classes will be determined by noon that day, on a case by case basis

- Evening Classes (after 5 PM) will be determined by 2 PM that day, on a case by case basis
- Kids Care will be cancelled in the morning. Evening hours will be determined by 2 PM that day, on a case by case basis.

Centre power outages or other extreme situations

- The Centre will close and all activities cancelled.

Saturday classes and Kids Care will be determined by 7 AM

Class schedule changes will be made via Facebook and website announcements. The Centre closings will also be reported on WLEN Radio, Channel 11 News, and Channel 13 News.

