

# Guidelines for Summer Pass Holders

## SUMMER PASSES

- Summer Pass holders are required to scan their IDs at the Front Desk to enter the facility.
- Parking is included with a Summer Pass – please buzz in at the parking gate to gain access to the Member lot.
- Therapy Pool use is not included with the summer pass, as per Public Health by-law.
- Summer pass users do not qualify for member rates on programs and services.
- Summer pass holders are not eligible for member Guest Day privileges.

## FITNESS AREAS

- Food and drink are not permitted in the exercise areas, with the exception of covered water bottles.
- Please do not use the equipment to rest.
- Appropriate clothing is required, including shirts and proper athletic shoes.
- If a piece of equipment doesn't work properly please discontinue use and notify a staff member.

## Walking/Running Track

- Please use the two inside lanes for walking and the two outside lanes for running.
- Look over your shoulder when passing or changing lanes. Check for traffic before crossing the track.
- Direction of travel changes daily - check the directional arrow each visit.

## Gymnasium

- Basketballs and pickleball and badminton equipment are available at the front desk.
- Reservations are required for court bookings – please see the front desk for details.

## Fitness Studios

- Equipment allowed only in classes designed for its use.
- Please don't enter classes later than 5 minutes after start time; cyclists can enter 15 minutes before class time to adjust bikes.
- Only Wellness staff are permitted to use the music system.
- Please see the instructor prior to the start of the class if you are unsure about your capability.
- Registration required for classes - details at front desk.
- Schedules and instructors may change without notice.

## Cardiovascular & Resistance Equipment:

- Wipe controls, seats and railings when finished.
- Equipment is on a first come, first serve basis.
- Ask for guidance if you're not familiar with equipment.
- 30-minute time limit on cardiovascular equipment.

## Free Weight Area

- Please return weights to racks.
- During busy times, let others work out while you rest.
- Do not drop weights – lower and raise plates carefully.
- Chalk is not allowed.
- Collars should be used at all times.
- Do not sit, lean or stand on bars.
- Use spotters when necessary.

## CANCELLATION OF PASS PRIVILEGES

The Wellness Institute reserves the right to cancel the privileges associated with Summer Passes for any of the following reasons:

- Intentional misuse of WI equipment or facility.
- Destruction of WI equipment or property.
- Theft on WI property.
- Failure to follow proper safety practices and precautions or any facility policies or procedures.
- Fighting on WI property.
- Use of profanity.
- Unauthorized possession of alcohol on WI property.
- Possession of illegal drugs or drug paraphernalia.
- Smoking or use of tobacco products on WI property.
- Failure to pay fees or outstanding payments for any WI service or transferring pass to another user.
- Repeated violation of facility policy or belligerent, suspicious or harassing behavior threatening to members or staff (as deemed at the discretion of management).