

# WE KNOW FITNESS



## Policies And Rules *plus* Frequently Asked Questions



Chesterton • Schererville

810 Michael Dr., Suite Z  
Chesterton, IN 46304  
219/983-9832

221 U.S. Hwy 41, Suite A  
Schererville, IN 46375  
219/865-6969

[FranciscanHealthFitnessCenters.org](https://FranciscanHealthFitnessCenters.org)

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# CODE OF ETHICS

All members, guests and employees entering through our doors agree to abide by the following standards. These standards provide, as a primary goal, for the general welfare and protection of the individuals and groups who work at and patronize our facilities.

Those who choose to comply are welcome with open arms. We reserve the right to ask those who choose not to comply to leave our facilities.

- To not only respect, but protect the human and civil rights of all individuals.
- To not knowingly participate in or condone unfair, discriminatory practices.
- To be honest, fair and respectful of each individual and their personal belongings.
- To be respectful and responsible when using any and all common facilities and equipment.
- To respect the rights of others who hold attitudes and opinions that differ from my own.
- To not make statements that are false, misleading or deceptive.
- To make appropriate use of resources (equipment, facilities and services).
- To manage anger that may result as a difference of opinion, competition or expectation.
- To withhold from any inappropriate and/or offensive behavior, language or suggestions.
- To understand that management has the discretion to determine what attire is inappropriate and has the authority to require members, guests or staff to refrain from wearing inappropriate attire.
- To honor the rules and policies as set forth for alcohol, tobacco, drugs and weapons.
- **No tolerance rule in effect. You will go home if you swear, argue or fight. The choice is yours.**
- To honor the rules and policies as set forth for all areas of the facilities—in essence:

## **TREAT PEOPLE RESPECTFULLY**

**Remembering and behaving according to the Golden Rule:  
Do unto others as you would have them do unto you.**

**Franciscan Health Fitness Centers provides a pathway to a healthier lifestyle through the comprehensive fitness and wellness services, equipment, facilities and expertise that it offers to communities in Northwest Indiana.**

**Franciscan Health Fitness Centers strives to be the leading wellness advocate and resource for the community and coach to the individual anywhere along the health continuum, providing the opportunity for individuals to experience the benefits of committing to a healthy lifestyle.**



## **DIFFERENCES BETWEEN LOCATIONS**

Some areas of this manual may only apply to one facility location.

We will do our utmost to have those areas clearly defined by stating Chesterton Only or Schererville Only.

To also help distinguish the different areas, we will change the type face (font).

**Chesterton Only area will look like this.**

**Schererville Only areas will look like this in appearance.**

## **CHESTERTON Facility Hours**

Mon-Fri 5am-10pm

Saturday 7am-7pm

Sunday 7am-7pm



### **Holiday Facility Hours**

Easter	Open to 1pm
Thanksgiving	Open to 1pm
Christmas Eve	Open to 1pm
Christmas Day	Closed

Limited or No Classes on all National Holidays.

## **~CHESTERTON FACILITY~**

### **7,242 Sq. Foot Fitness Area**

Strength Equipment  
Separate Free Weight Area  
Free Motion Cable Strength  
Training Equipment  
25 new pieces of State-Of The-Art  
Cardio Equipment  
Functional Training Area with  
Myzone Capabilities

### **Group Exercise**

Over 65 Land & Water Classes per week  
Aqua Aerobic Classes  
Aqua Arthritis Classes  
Aqua ZUMBA  
ZUMBA  
Cycling Studio with Myzone Capabilities  
Mat Pilates  
Performance Studio with Myzone  
Capabilities  
Les Mills: BODYPUMP

### **Additional Services**

Free Fitness Assessments  
Private & Semi Private Swim Lessons  
for Youth and Adults.  
Licensed Massage Therapy

### **Youth Programming**

Swim Lessons - Group/Private/Semi-  
private

### **Locker Rooms**

Remodeled  
Whirlpool & Dry Sauna  
Complimentary Towel Service  
Keyless Combination Lockers  
Assisted Changing Room

### **Other Chesterton Highlights**

25 Meter Salt Water Lap Swimming  
Pool  
Warm, Salt Water Therapy Pool  
Free Supervised **KID Zone**  
Indoor Banked Walk/Jog 1/16th Mile  
Track  
Community offered CPR/First Aid  
Classes  
Family Hours

### **Results Oriented Solutions**

Small Group Training (SGT)  
Personal Training - Private/Semi-private  
Myzone

# SCHERERVILLE Facility Hours

Open 24 hours a day,  
7 days a week.

## Holiday Facility Hours

Christmas Eve · Open until 3pm

Christmas Day · Closed\*

\* Re-open at 7am on December 26th

Limited or No Classes on all National Holidays.



## ~SCHERERVILLE FACILITY~

### 18,000 Sq. Foot Fitness Area

Functional and Strength Equipment

Separate Women's Workout Area

Separate Free Weight Area

Indoor Rowing Center

Cardio Theater With Over 80 Cardio Machines

Two Multi-purpose Group Exercise Studios

with Myzone Capabilities

Pilates Studio

Functional Training Area

with Myzone Capabilities

### Group Exercise

Over 65 Land & Water Classes per Week

Cycling Studio with Myzone Capabilities

ZUMBA

Les Mills: **BODYPUMP**

**BODYTONE**

**BODYCOMBAT**

**BODYFLOW**

Water// Motion

### Additional Services

Free Fitness Assessments

Private & Semi Private Swim Lessons for Youth  
and Adults

Yoga

### Locker Rooms

Whirlpool, Dry Sauna & Steam Room

Keyless Combination Lockers

Assisted Changing Area

Youth Programming

Fitness Workshops For Youth Groups

Swim Lessons - Group/Private/Semi-Private

Parisi Speed School

Morris Baseball & Softball Center

### Other Schererville Highlights

60' x 30' Salt Water Recreational Pool

75' x 25' Salt Water Lap Pool

Fieldhouse with Leagues, Clinics &

Tournaments

Basketball

Volleyball

Walleyball

1/10th Mile Indoor Track

Free Supervised **KID Zone**

### Racquet Sports

Racquetball/Handball

Pickleball

Table Tennis

### Results Oriented Solutions

Small Group Training

Personal Training - Private/Semi-private

Pilates

Myzone

# CLUB MEMBERSHIP TYPES

## **Gold Membership\***

Month to Month or Lifestyle II.

## **Senior Membership\***

All the benefits of a Gold Membership with a discount for those 60+ years old.  
Month to Month or Lifestyle II.

## **Student Membership**

Discounted membership for qualifying students (16-24 years of age) and must provide a current copy of a Student ID or class schedule.

## **Medical Membership**

60-day Membership for qualifying patients with Physician or Therapist Referral. Please view on the link below for more details or contact a Membership Coordinator.

<http://www.franciscanhealthfitnesscenters.org/medical-memberships>

## **Insurance Based Membership**

Please check with your provider to see if Franciscan Health Fitness Centers is in your Network.

## **Available in Schererville Location Only: Diamond Men's Membership\***

Designated main level locker room. Workout apparel and towels provided.

\*Add-On benefit available. "Add-On" is defined as an individual that is 16 years of age and older that resides at the same address as the primary member for the duration of the membership agreement. Proof required. Limit of two (2) Add-On's per primary member.

Please ask a Membership Coordinator at either Club by calling:  
**Chesterton-219/983-9832 or Schererville-219/865-6969**  
or click "**Join Now**" on our website.

**Towel Service available for a nominal monthly fee at Schererville location.**

**Reciprocal Club Privileges Apply.**

### **Chesterton Membership Coordinator Hours are as follows:**

Monday through Thursday 9am-7pm  
Friday 9am-5pm, Saturday 10am-2pm

### **Schererville Membership Coordinator Hours are as follows:**

Monday through Friday 9am-9pm  
Saturday 10am-6pm, Sunday Noon-6pm

## DRESS CODE

- Please practice proper hygiene. Keep your clothes clean and odor free.
- Athletic footwear must be worn in all areas of the club except in the pool. No bare feet, open toed shoes, or work boots allowed.
- Shirts are to be worn at all times, in all co-ed areas, except the pool.
- No offensive clothing will be tolerated.
- Management has the discretion to determine what attire is inappropriate and has the authority to require club members to wear appropriate attire.
- Designated aquatic wear must be worn in the pools and whirlpools.
- Nudity is strictly prohibited in the steam room and dry sauna. If you wish to enter those areas without clothing, you must be covered with a towel.

## SECURITY

- A Manager On Duty (MOD) is available during all hours of operation for assistance.
- Safety and security is our #1 priority. If you ever feel uncomfortable about a situation or anything that causes alarm, please contact our Manager On Duty or any of our staff immediately.
- Leave valuables at home. Do not leave valuables in lockers or cars, especially not visible in your car.
- Club is not responsible for theft or loss of personal items on or about the premises - this also includes items in lockers.
- We highly recommend that you keep lockers locked while in use and that valuables be left at home.
- No weapons of any kind are allowed in the facility.
- If a member or guest is asked to leave the facility, for any Code of Ethics concern a potential suspension of 30 days to one year may occur.
- **In SCHERERVILLE, A Security Officer is on duty from 7:00pm to 7:00am daily.**



## GENERAL FACILITY RULES

- Our #1 Concern is the safety and security of our members and guests. Therefore, we ask that each and every patron use good judgment in their conduct.
- NO TOLERANCE RULE IN EFFECT. Absolutely no foul language, arguing or fighting. You will be asked to leave.
- In case of an emergency notify any Staff Member. The Manager On Duty (MOD) will provide guidance.
- The MOD may close certain areas of the facility if the need arises.

## GENERAL MEMBERSHIP POLICY

- Management reserves the right to immediately terminate any membership, at its sole discretion, for any reason, including, but not limited to: non-payment of fees, violation of Club policies, disruptive and abusive behavior or comments, or any action that interferes with the operation of the Club or other members' safety or enjoyment of the facilities.
- Franciscan Health Fitness Centers complies with applicable federal, civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Franciscan Health Fitness Centers does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex.
- The members, guests and families who use the facility agree to abide by the rules and regulations of the Club, including our Code of Ethics, as they are now and as they may be amended or supplemented.
- Our employees are educated on our privacy policies. They know they are entitled to access member information only as necessary to provide care to you or for other authorized, legitimate reasons. A violation of Franciscan Alliance's privacy policies would be considered a serious offense. Failure of an employee to protect a member's information from accidental or unauthorized access is not tolerated.
- Due to security and safety issues, cell phones or anything with photographic capabilities will not be allowed in the locker room areas or pool areas of the club. Talking on cell phones is only allowed in the lobby, Café and vending areas.
- Member admits to being in good physical condition and releases Club of responsibility of personal injury to member, guests & family.
- Individuals with known heart disease, recent cardiac related surgeries or very high risk individuals may be recommended to obtain a medical release and consult with the exercise physiologist.
- Admittance will not be granted without proper Club identification.
- Each new member agrees to authorize a membership agreement. Member shall not be relieved of fulfilling his or her obligations or agreement for reasons of absence or failure to use the facilities.
- A returned item fee may be assessed on membership if payments are returned to the Club unpaid from EFTs or returned checks.



## **GENERAL MEMBERSHIP POLICY** continued

- Payments may be made at the Service Desk. Acceptable payment forms are: Visa, MasterCard, Discover, American Express Cash or Check.
- You must be a current member in good standing to be able to pay for any Club activity, event or program with a personal check.
- A late charge of \$9.50 per month will be added to your account when payment is not paid within the month and each month not current. Also, there is a \$19.50 service charge each month EFT is declined.
- Any person signing a membership agreement, new or renewal, must be in good standing.
- All rates subject to change.
- Yearly locker rentals are available if you wish to leave belongings here overnight. Please see Service Desk.
- Every member, guest and family member must check in at the Service Desk.
- Contents not removed from lockers daily may be subject to removal.
- A Club ID is needed to check out all equipment.
- All items checked out and not returned **MUST BE PAID FOR**.
- Replacement ID fee is \$10.
- **Fieldhouse (Schererville)**, pool and fitness area rules and regulations are posted and must be followed.
- **SMOKING IS NOT ALLOWED ANYWHERE ON CLUB PROPERTY.** E-Cigarettes and Vaping are also not permitted.
- For all necessary membership amendments or queries please refer to MYiCLUB account [myiclubonline.com](http://myiclubonline.com) or direct to our website: [FranciscanHealthFitnessCenters.org](http://FranciscanHealthFitnessCenters.org)
- No unauthorized photography allowed within the facility.
- Inquire about Lost and Found at the Service Desk.
- Members are allowed to request a Leave of Absence, from 1 to 4 consecutive months, 1 time in 12 months and must contact the Business Office for details as it pertains to your membership plan.
- Anyone living in the same household (age 16 years of age and older) can add on to a primary member with a limit of two add-ons per primary member.
- **Lightning/Thunderstorm Policy-** when lightning is detected within 2.5 miles of the facility, the MOD will evacuate all wet areas. Wet areas are defined as both swimming pools, whirlpools and showers. The area is to remain evacuated until the "All Clear" is called or until 30 minutes after the last evidence of lightning is seen.

# FAMILY POLICY

“A family that plays together, stays together.”

## Weekends

- Special hours have been set aside so that members may spend time with their families at the Club. Hours are: **Chesterton: Sunday 2pm to 6pm. Schererville: Saturday and Sunday from 2pm to 6pm. No Family Hours on Holidays unless Holiday falls on weekend.**
- All family members must be pre-registered before they can be admitted to the Club. Family members are considered guests and all guest rules apply.
- Family members are defined as spouses, children, parents, grandparents, and qualified add-ons residing at the same address with verified proof of shared residence. (with grandparents/grandchildren being the exception).
- Spouses, parents, children and grandchildren ages 16 and up will be charged a \$5 guest fee during Family Hours. Children and grandchildren 15 years of age and younger are FREE during Family Hours.
- This is the ONLY time children under the age of 12 are allowed in the Club.
- Children MUST BE ACCOMPANIED BY A PARENT OR LEGAL GUARDIAN (who is a current member) AT ALL TIMES.
- Family Hour guests will not be allowed in the Club any earlier than 2pm on family days, except under the supervision of our instructors.
- Children, 11 years and under, are allowed to use the **Therapy Pool and Lap Pool (swimming or water walking only) in Chesterton. In Schererville, children 15 years and under, are allowed to use the Rec. Pool, racquetball courts, Game Room, basketball courts, volleyball courts and showers. They are not allowed in the whirlpools, steam rooms, dry saunas and Lap Pool.**
- **Children ages 7 and up may use the Functional Training Area “Turf” but all must be accompanied by a parent or legal guardian (Member).**
- Children 12 and up may use the Fitness Center Floor, but must be accompanied by a parent or legal guardian (Member). We do not provide program cards for these children. They must demonstrate a working knowledge of equipment in this area.
- No boy, of any age, is allowed in the Women’s Locker Room. No girl, of any age, is allowed in the Men’s Locker Room. The Assisted Changing Room is located in the main hallway beyond the Service Desk.
- Management reserves the right to ask for age verification of all family members.
- Guests of members may not bring their children during Family Hours.
- Members are not allowed to bring in any children other than their own, unless legal guardian.
- Management reserves the right to limit the number of Family Hour guests, due to safety concerns.
- During Family Hours, only Coast Guard approved flotation devices allowed in pools. (available for purchase at the Service Desk).
- No equipment (noodles, kickboards, dumbbells, gloves or inflatable objects) during Family Hours.

# FAMILY POLICY continued

## Weekdays

- All family members must be pre-registered before they can be admitted to the Club. Family members are considered guests and all guest rules apply.
- Youth 12 to 15 may use the Club with a parent (member) for a \$2 guest fee.
- Children 12 to 15 may use the fitness center floor, but must be accompanied by a parent or legal guardian (member). We do not provide program cards for these children. They must demonstrate a working knowledge of equipment in this area.
- Children 12-15 may not use the pools unless in a supervised swim lesson with a staff instructor.
- Children **MUST BE SUPERVISED BY A PARENT OR LEGAL GUARDIAN** at all times.
- Children are not allowed in the whirlpools, steam rooms, dry saunas, Lap Pool or Rec Pool.



# PROGRAMS

Fees that are paid for specialty programs are used to maintain high quality offerings, to pay professionally trained instructors and to purchase supplies and equipment for use during programs. Fees are nominal and are paid at the Service Desk.

## GUEST POLICY



- Children between ages 12 - 15 can come into the club with a member parent/legal guardian for \$2. (Family Hours are free).
- Members' children ages 16-17 may come in with parent for \$15. (Limit of four times per year).
- All guests must be 18 years of age or older and provide a valid state photo I.D. (which includes date of birth) and sign a waiver.
- Guest tours are available anytime a Membership Coordinator is here, (see Membership Coordinators hours).  
Appointment recommended but not required.
- Guests of Members: \$15.
- Walk-in Guests: \$20.
- Members may bring a maximum of three guests per visit.
- Members are responsible for their guest and guest privileges may be revoked.
- Paying guests are limited to four times per year.
- Some restrictions may apply.

### Chesterton Location

- Guests permitted during all hours of operation.

### Schererville Location

- Guest visiting hours are limited to:  

Monday-Friday:	9am to 9pm
Saturday :	10am to 6pm
Sunday :	Noon to 6pm



## GENERAL **KIDZone** RULES CHESTERTON & SCHERERVILLE

- **KIDZone** services are offered to members' children and grandchildren.
- Parents and Grandparents must have the required paperwork on file with **KIDZone** prior to use.
- Member must remain on property while their children are in the **KIDZone**.
- Members must get a **KIDZone** Key Tag, complete required paperwork and have child photo taken prior to first visit or being allowed to enter the **KIDZone** room(s).
- **KIDZone** is not staffed to meet the individual needs of special needs children.
- Two hour time limit.
- Please do not send food, gum or candy with your children. Water with a closed lid is allowed.
- Member must sign their child in and out of the **KIDZone**.
- Member must indicate where they will be in the Club (i.e. pool, specific class and place) on the sign-in sheet.
- Members are to specify which parent will be picking up the child, if both parents arrive together.
- Member who checks child in will be the parent who picks up their child unless prior arrangements are approved.
- **KIDZone** attendants do not change diapers or feed baby food to infants.
- For the safety and security for all, please refrain from bringing toys from home and electronics with camera capabilities.
- **KIDZone** is a technology free zone. No phones, iPads, etc.
- **KIDZone** services are for parents attending the Fitness Center, not our tenants, rehab or physician offices.

*Members will be paged to **KIDZone** if the child is in need of their assistance.*

- Member must return to **KIDZone** when paged. After two pages, the staff will try to locate you in the club.
- **KIDZone** privileges can be suspended if failure to return when paged and staff cannot locate you.
- Children and parents are expected to uphold all **KIDZone** rules. Any continual problem can result in a suspension from the **KIDZone**.
- Behavioral disciplinary procedure of one, two, three strikes will be enforced.



# GENERAL **KIDZone** RULES

**Children will not be permitted in **KIDZone** if a child has:**

- a fever of 100° or higher
- Diarrhea
- Vomiting
- Sneezing/Runny Nose
- Sore Throat/Strep Throat
- Rash



**Additional medical conditions that will be refused include:**

- Lice
- Pink Eye
- Chicken Pox
- Measles/Rubella – doctor’s note needed for release
- Impetigo
- Whooping Cough

**If a physician’s note is provided stating the child’s problem is not contagious, the child will be accepted.**

***KIDZone* reserves the right to:**

- Send any child home that may be contagious to others.
- Charge a \$4.00 service fee per child, if a stay goes beyond 2 hours.
- **Combine rooms based on Staff/Child Ratios. (In Schererville).**

## ***KIDZone* Staff/Child Ratio:**

***KIDZone*** Staff/Child ratios are based on the recommendation of Indiana State Guidelines. (<http://www.daycare.com/indiana>).

### ***KIDZone* Staff/Child Ratio**

<u>Age</u>	<u>Staff</u>	<u>Child</u>
6 weeks - 12 months	1	4
1 - 2 years	1	5
3 years	1	10
4 years	1	12
5 years	1	15
6 - 12 years	1	20

***KIDZone*** strictly provide childcare services and do not provide daycare services.

***KIDZone*** reserves the right to limit and refuse children based on staff availability and ratio. We operate on a first come/first serve basis. Reservations are required for children 6 weeks to 2 years of age.

***Your children’s safety is our primary concern.***

# CHILDREN'S **KIDZone**

## CHESTERTON -

Ages 6 weeks to 12 years.

- 24-48 hour prior reservation is recommended. Limited availability.
- Monday through Friday 8:00 a.m. to 8:00 p.m. and Saturday 8a.m. to Noon.
- All members must see a **KIDZone** staff member prior to their children or grandchildren's first reservation.



# CHILDREN'S **KID Zone**

## SCHERERVILLE -

### Infant Room

- Ages 6 weeks to 9 months & 9 months to walking.
- Limited availability. Reservations are required for 6 weeks to 2 years.
- Monday through Friday 8am to 8pm and Saturday 9am to 2pm.
- Fee: \$1 per hour. Cost is for babies 6 weeks to 9 months only.
- \$5 and \$16 punch cards are available at the Service Desk.



### Pre-School Room

- 14 months or walking—Fee: none.
- Limited availability. Reservations are required for 6 weeks to 24 months.
- Monday through Friday 8am to 8pm and Saturday 9am to 2pm.

### Pre-School Room

- 2, 3, & 4 year olds -Fee: none.
- Monday Through Friday 7:45am - 8pm, Saturday 9am to 2pm.

### School Age Room

- 5 to 12 year olds -Fee: none.
- Monday Through Friday 7:45am to 8pm, Saturday 9am to 2pm.





# **KIDZone** Key Tag

## **Frequently Asked Questions**

### **What is a **KIDZone** key tag?**

Registration begins at our [Service Desk in Schererville](#), or with a [Membership Coordinator in Chesterton](#), where each child's picture is taken and a key tag will be assigned to each child directly linking to one adult membership.

### **Why do we need to check in children?**

We need to have a system that would allow us to link children with adult for security and safety concerns.

### **Whose responsibility is it to carry and check in each child with **KIDZone** key tag?**

Each child is assigned a key tag that links them to an adult (parent, grand-parent or guardian) club membership. Only one key tag, per child, per account is allowed. In the event that there is more than one adult on club membership then the adult without the key can be checked in manually. We would be able to access only those on the same account in this way. In the case of two households, (single parent, grandparents etc.) with different membership accounts, then each member will receive a key tag for each child.

### **Do I still have to leave my ID tag?**

No, we would like you to hold on to all key tags as these are linked with your identity. Only in cases where an adult can't be entered into the program will we ask for a photo ID.

### **Is our stored information databank secure?**

Yes, Franciscan Health Fitness Centers have detailed policies and procedures regarding protection of and access to your information. Our standards outline how and when our employees can access your information and the circumstances under which your information may be released to parties outside the organization. These policies conform to state and federal law and are designed to safeguard your privacy. For additional information regarding Franciscan Alliance's privacy practices, please request a copy of the Notice of Privacy.

### **Who has access to my personal information?**

Our employees are educated in our privacy policies. They know they are entitled to access member information only as necessary to provide care to you or for other authorized, legitimate reasons. A violation of Franciscan Health Fitness Centers policies and procedures and/or Franciscan Alliance's privacy policies would be considered a serious offense. Failure of an employee to protect member's information from accidental or unauthorized access is not tolerated.

### **What is a Security Tag? Do I have to fill something else out?**

Yes, when you first use **KIDZone**, you will be asked to fill out a One time Security Tag/Information Sheet for each child. It is a **KIDZone** internal record of special information we might need to know in case of an emergency.

# **KIDZone** Key Tag

## Frequently Asked Questions continued

**Service Desk checks me in; can't each child be checked in at the same time?**

No. **KIDZone** staff needs to physically see you and each child so we can make sure that they match and are linked to adult and child checking in and leaving.

**How does the staff know it is okay to let a child leave with an adult?**

Photo of adult and child must match when checking out.

**What happens if I lose **KIDZone** key tag?**

If lost, stolen, or misplaced there is a \$10 per card replacement fee.

**I have children in different rooms; do I have to do this for each room?**

**(Schererville) No. One family - one check in. The first room you check in, **KIDZone** staff will check in ALL the children. The **KIDZone** computers are linked together and can only be viewed by authorized staff members.**

**What if I do not want my child's photo taken?**

In order for us to check in your child into our **KIDZone** we must be able to link each child with an adult for security and safety concerns. The tag itself has only a barcode and it is a requirement that we be able to match each child with adult coming and going from our **KIDZone**. Again, this is for you and your child's safety. All pictures are kept on our secured database and are covered by the Franciscan Alliance Privacy Policy



## Basketball Rules – SCHERERVILLE

- Franciscan Health Fitness Centers requires a current Club I.D./Photo I.D. or paid receipt to go on the waiting list for full court time. Anyone using a false name will be suspended from the courts.
- Each player must sign their own name to the list. You must not sign for another player.
- Games are played to 12 points. Winners stay. The next five (5) players on the waiting list are the next team to play. **NO SUBSTITUTIONS.** If the wait is longer than 2 games, speed up rules apply (15 minute games).
- If the winning team needs substitutes, the sub will be the next name on the waiting list. If a sub plays less than six (6) points with the winning team and they lose, they may retain their place on the waiting list.
- If you are playing another full court game on another court your name will be removed from the waiting list. You must be available when your name is called.
- There is a 20 minute time limit on each game and a 3 minute time limit between games.
- Offense calls the fouls. Defense calls the violations. If there is a disagreement, shoot for the ball.
- **NO TOLERANCE RULE IN EFFECT. You will go home if you swear, argue or fight. The choice is yours.**
- Do not dunk or hang on the rims.
- The Court Monitor has the final say. Failure to comply will result in dismissal from the courts and/or possible further suspension from the courts or the Club.
- You are responsible for keeping your bag in a safe location to prevent injury.
- Usage of the courts is on a first-come, first served basis.
- Shirts must be worn on all courts in the Club and appropriate footwear.
- For the safety of the members walking the track, please refrain from running through the nets.

## Fieldhouse Rules – SCHERERVILLE

- The Fieldhouse, on occasion, is reserved for programs and events. Please check the signs posted in the Fieldhouse in advance for times and dates.
- All Fieldhouse equipment can be checked out at the Service Desk with an I.D.
- You must bring back the equipment that you have checked out or a fee will be assessed.
- No kicking any objects (including baseballs, softballs and footballs).
- No throwing any objects other than basketballs, volleyballs or pickleballs.
- No spitting.
- No loud or abusive language.
- Children must be accompanied by a parent or legal guardian at all times.
- No balls allowed on the track area.
- Please respect the rights, facilities and equipment of others.
- No food, beverages or glass containers allowed in the Fieldhouse.
- Baseballs, softballs and footballs are not allowed on Courts.

## Volleyball Rules – SCHERERVILLE

- Volleyball players have priority over basketball players during set volleyball league times per the seasonal court schedule which is available online and posted in the facility.
- Nets are not to be taken down without management approval.
- Volleyball players cannot practice on the track.

## Racquetball Court Rules – SCHERERVILLE

- No fee to reserve a court.
- No black soled shoes allowed.
- Racquetball racquets are available at the Service Desk to check out.
- Safety eyewear required.
- Tethers on racquets are required.

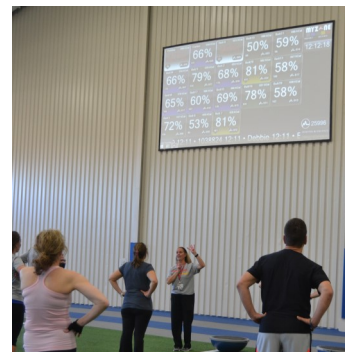
## Pickleball Court Rules – SCHERERVILLE

- No Reservations required, No fee required.
- Pickleball players have priority over basketball players during set Pickleball times per the seasonal court schedule which is available online or posted in facility.
- One-hour limit per team. If the court is in use, members may begin a wait list at the Service Desk
- If wait list is available, standby players will be assigned by Service Desk staff only, at 10 minutes after the hour.
- If you leave the club, you forfeit your standby time.
- Pickleball paddles and balls are available at the Service Desk to check out.
- First come - first served.
- Refrain from running through the nets.
- Nets are not to be taken down without management approval.
- Pickleball players cannot practice on the track.



## Functional Training Area Rules

- All Members are welcome to use the Functional Training Area for their workouts when Small Group Training and other fee based programs are not in session. This would include: Small Group Training Sessions, Private and Semi-private Sessions, Parisi Speed School, and other special events.
- All functional training equipment must remain in Functional Training Area
- All weight room equipment must remain in the weight room.
- **Sleds may only be used on the turf. Only plastic weight plates will be allowed on the sled. (No metal). Push the tires with the handle side up.**
- Clean, dry athletic shoes must be worn at all times.
- Only water is allowed in this area.
- **The minimum age for this area is 7 years old in Schererville. In Chesterton minimum age is 12 years.** Must be under proper supervision.
- This area is under video surveillance 24/7.



## Physical Activity Belt Myzone belt use in the Club.



- A limited number of **Myzone** demo belts are available for use by Members. Belts are available on a first come first served basis.
- Members may check out **Myzone** Demo belts up to two times.
- Members using **Myzone** in classes should arrive a minimum of 10 minutes prior to class start times.
- No **Myzone** Demo belts will be given out during Open Cycling Sessions.

## FITNESS AREA—RULES

- Personal Trainers not currently on staff at Franciscan Health Fitness Centers are restricted from conducting business on the premises.
- It is mandatory that all plates and weights be returned to racks or spaces allotted for them immediately after use. Failure to do so will result in being asked to leave the premises. It is a matter of safety.
- If you use chalk, please clean it up after your use. Failure to do so will result in being asked to leave the premises.
- Clean dry athletic shoes must be worn at all times.
- Keep weight plates in free weight area.
- No children under the age of 12 are allowed in this area.
- No coats or bags in the fitness floor area, **except on designated rack.**
- No food, beverages or glass containers allowed in fitness areas. Water bottles only.
- Do not drop or throw weights or you will be asked to leave the premises.
- Please wipe off your fitness equipment after use.
- Dumbbells are not to be used in the Cardio area.
- For the safety of all, please be aware of your surroundings when approaching, using or exiting any strength or cardio area/equipment.
- Functional Training Area in is available for Member use when area is not being used for trainer led group classes.



## FITNESS STUDIOS

- No black soled shoes (even tennis shoes) or street shoes are allowed.
- **Be courteous of members on the track when exiting into the fieldhouse from Studio 41. Please stay off the track. (SCHERERVILLE)**
- Please do not enter a studio until the previous class is finished.
- Spots cannot be assigned. Spots are reserved on a first come first served basis as participants enter the studio.
- Return all equipment to its proper location.
- Water bottles only allowed in class.
- No coats or bags in any studio. Please place them in a locker.
- Please do not enter the studio once class has started. This is a disruption to the members and the instructor.
- After class is finished, please exit quickly so the next class can start on time.

## **FITNESS AREA—ETIQUETTE**

### **Be Safe—Be Courteous—Be Considerate**

- Swearing is offensive. Refrain from inappropriate language. (See No Tolerance Rule on page 2 in Code of Ethics).
- For obvious sanitary reasons, spitting is prohibited in all areas of the club. (Including in the water fountain or anywhere else!)
- For your safety, please ask your fitness staff if you do not know how to use a machine.
- Talking to others, watching TV, listening to music, etc. can be a distraction. For the safety of you and others, please focus your attention on your activity when moving about or using equipment.
- Please share. If resting between sets, please let others work in on equipment.
- All garbage must be disposed of properly.
- Refrain from using the facility if you are not feeling well.
- Be sure to use the disinfecting cleaner and towels that are provided to wipe down machines after each use. Do not spray equipment directly.
- Please put your weights away. It is for the safety of EVERYONE.
- If a machine is marked “Out of Order” do not try to use that equipment. Please see your fitness staff for alternatives until the machine is repaired. This is for your safety.
- If you should experience any equipment malfunction, please report it to your fitness staff.
- Earbuds are available for purchase at the Service Desk.
- On cardio equipment, during busy times, a 30 minute time limit may be enforced.

## **RED LIGHT / GREEN LIGHT POLICY**

- Each month, our group exercise class attendance will be evaluated using the Red-Light / Green-Light system. When a class’ attendance drops below the studio capacity of 30%, the instructor will be notified. The class then becomes a Red Light class and will be monitored for the next 60 days.
- If the class continues to be in the Red for a second month in a row, the class will be posted on the Member Information Board to notify members. If the class does not reach its target attendance and is in the Red for a third month in a row, Franciscan Health Fitness Centers reserves the right to change or remove the class from the group fitness schedule.
- If you have any questions, please feel free to ask your instructors. See the Group Exercise Schedule for a complete description of each class offered at each facility.

**Class Schedules are also available online at:**

[FranciscanHealthFitnessCenters.org/classes](https://www.franciscanhealthfitnesscenters.org/classes)

# INDOOR CYCLING SIGN-UP RULES

## SCHERERVILLE

- Bikes may be reserved at noon for classes the following day for both AM and PM classes. You may call or stop at the Service Desk to reserve a bike for only yourself. The one exception to this rule is regarding spouses. A spouse may sign up his or her spouse, as long as they are both members.
- If you have signed up for an Indoor Cycling Class and do not show up at least 5 minutes before the time the class is scheduled to begin, your bike will be forfeited to the next person on the waiting list. Please call to cancel if at all possible.
- If you wish to use a Myzone belt, please arrive 10 minutes prior to class. Members will be allowed to use a demo belt twice.
- If the class is full you will be placed on standby. Those on standby are to be in the studio at least 5 minutes before the class begins. If a bike is open, you will be issued a card to enter the class (In order of your place on the standby list).
- If it is found that you signed up for the class before the designated time, You will automatically be taken off the list. --No exceptions!
- If you are new to Indoor Cycling, it is highly recommended that you arrive 15 minutes prior to class for set-up and orientation purposes.
- Supplies suggested for this class: water bottles (water only) and a towel.

## CHESTERTON

- Members may call-in or walk-in at 5am the day of the class to register at the Service Desk, or sign up 7 days in advance using MYiCLUB Online.
- Bikes can be assigned up to 90 minutes in advanced to attend any class for the day.
- Individual sign-ups only.
- If you wish to use a Myzone belt, please arrive 10 minutes prior to class. Members will be allowed to use a demo belt twice.

**WE KNOW  
MOTIVATION**





# POOL RULES

- Warning—NO LIFE GUARD ON DUTY. Swim at your own risk.
- Both pools are under video surveillance. **Poseidon under water monitoring system is simply another layer of protection. This system alone will not save the life of a swimmer in distress or a drowning victim. It is simply a way to alert the staff of a potential issue in the water.**
- Swimming alone is not recommended.
- Children under the age of 18 may only use the pool when a lifeguard is on duty.
- When children are allowed, children **MUST BE ACCOMPANIED BY A PARENT OR LEGAL GUARDIAN AT ALL TIMES.**
- **SCHERERVILLE: Rec pool capacity: 140 max. Lap pool: 125 max.**
- **CHESTERTON: Therapy pool: 32 max. Lap pool: 123 max.**  
**During Aquatic Classes, two lap lanes will always be available for circle swimming.**
- All persons shall take a cleansing shower before entering the pool.
- No cell phones or electronics allowed in pool area.
- A bather leaving the pool to use the toilet shall take another cleansing shower before returning to the pool.
- Spitting, spouting of water, blowing the nose and similar behavior in the pool is prohibited.
- Appropriate designated swim attire is required.
- Anyone who has had diarrhea in the past 2 weeks can not use the pool.
- Anyone who has an area of exposed sub-epidermal tissue, open blisters, cuts, etc., is advised not to use the pool.
- No glass, food, gum or beverages (except plastic water bottles) are allowed on the pool deck.
- Street clothes or shoes are not allowed in the pool.
- Prolonged underwater swimming or breath holding is prohibited.
- No running or rough play is permitted in the pool, on the runways, on floats, on platforms, in dressing rooms or in showers.
- Courtesy is expected of all pool patrons at all times. Profanity and improper behavior will not be tolerated.
- No hanging on lane lines.
- Lifeguards and management reserve the right to deny the use of pool to any patron who does not conform to the rules listed herein or posted in the area.
- There is NO diving in any of our pools.
- During Family Hours, only Coast Guard approved flotation devices allowed in pools (available for purchase at the Service Desk).
- No equipment (noodles, kickboards, dumbbells, gloves or inflatable objects) allowed in the Rec. Pool during Family Hours.
- Non-potty trained children must wear swim diapers (available for purchase at the Service Desk).
- Do not change diapers at poolside.
- Long hair must be tied back.

## **GENERAL Pool, Whirlpool, Dry Sauna and Steam Room Rules**

- IN CASE OF EMERGENCY, GO TO ANY EXTENSION or EMERGENCY PHONE AND FOLLOW THE DIRECTIONS BY THE PHONE.
- Indiana State Law REQUIRES a cleansing shower before the use of any spa, dry sauna, whirlpool or pool.
- Please do not use any oils or creams in these areas.
- Please wear appropriate bathing suit attire at all times.
- The use of electronic devices (cell phones, MP3 Players, IPOD's, etc.) are not permitted in locker rooms, pool deck, saunas, steam rooms, whirlpools, pools due to privacy and battery instability at high temperatures.
- Please do not use hair dye products in the locker rooms. The products permanently stain the curtains, grout, tiles and counter tops.
- It is never recommended to use these areas when you are alone.
- Never use these areas during or after the consumption of alcohol.
- In order to keep a safe body core temperature, you must shower each time before entering whirlpool, steam room or sauna. Be sure to remove all soap from body.
- Pulse rate should be below 100 beats per minute before entering.
- People with known hypertension, diabetes or cardiac related problems should avoid entering. Use of these areas may cause blood pressure and heart rate to elevate.
- Never wear jewelry.
- No cosmetics or body oils.
- No sleeping.
- Wait at least 30 minutes after eating before use.
- Children under 16 years of age are prohibited in spa, sauna & whirlpools. See Pool Rules for age restrictions for the pools.
- These units should not be used for weight loss, always replenish fluids.
- You have the bottom line of responsibility in entering any of these areas. Use good judgment to help protect the safety of you, your family and guests.
- If wearing shoes in the pool or pool area they must be designated pool shoes.
- Lightning/Thunderstorm Policy when lightning is detected within 2.5 miles of the facility, the MOD will evacuate all wet areas. Wet areas are defined as both swimming pools, whirlpools and showers. The area is to remain evacuated until the "All Clear" is called or until 30 minutes after the last evidence of lightning is seen.

## Dry Sauna

- Pregnant women are prohibited, as it may be hazardous to your health.
- Do not pour water on coals.
- Do not dry clothes in the sauna.
- No shaving or reading materials.
- Nudity is strictly prohibited in the dry sauna. If you wish to enter without clothing, you must be covered with a towel.
- Direct skin contact to the sauna surface is not permitted. You must sit on a towel.
- If entering with clothing, it must be designated swim attire.
- Limit exposure from 5 to 15 minutes, but always leave sooner if you feel any discomfort.
- No shoes allowed in the dry sauna.
- No cell phone usage or electronic devices allowed.

## Whirlpool

- Pregnant women are prohibited, as it may be hazardous to your health.
- Those with skin irritations or abrasions should refrain from use.
- No shampoo, soaps, shaving, reading material or sitting on the side or top of the whirlpool.
- Limit exposure from 10 to 15 minutes. Always leave sooner if you feel any discomfort.
- Clean, designated swim attire must be worn at all times.
- No cell phone usage or electronic devices allowed.

## Steam Room – SCHERERVILLE

- Pregnant women are prohibited, as it may be hazardous to your health.
- No eucalyptus, shaving, spitting or reading materials.
- Please limit exposure time to 5 minutes or less.
- Always leave sooner if you feel any discomfort.
- Bring a towel to sit on.
- Nudity is strictly prohibited in the steam room. If you wish to enter without clothing, you must be covered with a towel.
- If entering with clothing, it must be designated swim attire.
- No cell phone usage or electronic devices allowed.



## Facility Temperatures



**Whirlpools<sup>4</sup> = 102°- 104°**

**Saunas<sup>1</sup> = 160°- 170°**

**Steam Rooms<sup>1</sup> (*Schererville*) = 100°- 110°**

(steam room temperatures may vary based on usage)

**Physical Activity Areas<sup>1</sup> = 68°- 72°**

**Lap Pools<sup>2</sup> (*both clubs*) = 80°- 83°**

**Therapy Pool<sup>2</sup> (*Chesterton*) = 91°- 94°**

**Recreation Pool<sup>3</sup> (*Schererville*) = 83°- 88°**

(air temperature in pool area will vary within 5° of water temperature)

<sup>1</sup> as per ACSM recommendations

<sup>2</sup> as per National Swimming Pool Foundation recommendations

<sup>3</sup> as per Arthritis Foundation recommendations

<sup>4</sup> as per Indiana State Department of Health recommendations



## FREQUENTLY ASKED QUESTIONS

*Please Note Questions/Answers that Apply to Both Locations, Chesterton and Schererville, are listed in **BLACK**.*

*Those Questions/Answers that apply specific to Chesterton are listed in **Green**.*

*Those Questions/Answers that apply specific to Schererville are listed in **Blue**.*

### **How do I get free passes for my friends?**

We do not have one-day “free passes”. This is to protect you, our paying member. But as a new member within the first 30 days of your membership you are eligible for 3 one-week passes for 3 “qualified” guests. You must pre-register your guests with your Membership Coordinator. Qualified Guests are:

- A. 18 years of age or older and have a valid state ID.
- B. Have not already activated a one-week pass with the last year.
- C. Must make an appointment with the Membership Coordinator for the first visit and tour. The pass will be validated at that time. After your guest uses his/her free week pass, they can come in for \$15 each visit, up to four times per year with you as your guest.

Paying guests’ hours are restricted to **all hours of operation in Chesterton. Monday-Friday 9am-9pm, Saturday 10am-6pm, and Sunday noon-6pm in Schererville.** Guests without accompanying member pay a \$20 fee; same hour restrictions apply.

### **How do I get a workout program set up?**

Franciscan Health Fitness Centers offers free Fitness Assessment Appointments and Fitness Orientations. To get started call

**219/983-9832 (for Chesterton) or call 219/865-6969 ext.3340**

**(for Schererville)** or stop by the Fitness Desk located in the Fitness Center. In order to have a workout program designed for you or to

participate in any of our structured exercise

programs, a free fitness assessment is required first and needs to be done annually. Both facilities follow ACSM

guidelines for assessing our members. If you have any health concerns that require a physician release, we will

not be able to provide you with an exercise program or

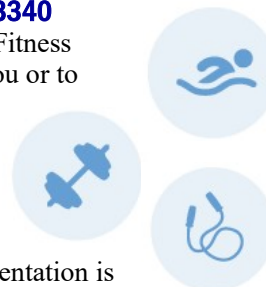
complete the assessment process until the physician documentation is

on file in the club. You will still be allowed the opportunity to exercise

on your own until the physician release is received. We also offer Personal

Training, Small Group Training (SGT), Semi-private and Private Training, for an additional fee. For more information about Personal Training, please inquire at the

Fitness Desk.



**Additional FAQ's can be found in the footer of our website:**

[FranciscanHealthFitnessCenters.org](http://FranciscanHealthFitnessCenters.org)

**What if I don't want the dues to come out electronically next month?**

Payment must be received by the 25<sup>th</sup> of the month prior to when they are due. Otherwise dues will be automatically debited from your account on the 1<sup>st</sup> of every month.

**When do I get my Franciscan Health Fitness Centers ID key tag?**

Your new ID key tag will be issued by the *Membership Coordinator in Chesterton* and at the **Service Desk in Schererville** on the day you sign your club membership agreement. A valid state issued photo ID is required to get an ID key tag.

**What do I need to bring? What locker do I use?**

**Use any day locker available and as many as you like, keyless combination lockers available in the main locker rooms to lock up all your valuables while you're here. Please empty the locker(s) each time you leave the club and take your lock with. Locks may be purchased at the Service Desk in case you forgot yours for use in the Assisted Changing and the Annex Locker Rooms. Rental lockers are also available for an annual fee (plus key deposit). Also, bring your own towels\*, workout apparel, etc. (\*Towel service available for a nominal monthly fee, just ask at Service Desk). Many workout items may be purchased at our "Pro Shop" which is open 24 hours and located at the Service Desk. *Daily-use keyless lockers, towels and toiletries are available at no cost in Chesterton.***

**Who can use the KidZone?**

**What are KidZone hours and Family Hours?**

**KidZone** usage is for your own children and grandchildren. Some age restrictions apply. Please review the **KidZone** section of the Policy Book for hours. *Chesterton Family Hours are Sundays 2-6pm. Family Hours in Schererville are Saturday and Sunday from 2pm-6pm. Family Hour Guests must be pre-registered.*

**How do I join a league (racquetball, volleyball, pickleball or handball) or register for an event?**

**To register for an event, program or league, or if you need further information, please see the Service Desk.**

**When can I use the Functional Training Area?**

- All Members are welcome to use the Functional Training Areas at both clubs for their workouts when the area is not being used for trainer led group classes.



**MAKING MOVEMENT MEASURABLE**

**FAQS - What is Myzone?**

Myzone is a new innovative heart rate based system that uses wireless and cloud technology to accurately and conveniently monitor physical activity.

It monitors heart rate, calories and time exercising that converts into Myzone Effort Points (MEPs), with a focus on rewarding efforts rather than fitness.

Myzone users simply wear a comfortable Myzone Physical Activity Belt (heart rate strap), which is registered online, to monitor all concerted physical activity in real time, allowing users to view their progress in their personal account.



Myzone enhances members' enjoyment at the gym by providing personal, color-coded guidance and motivational feedback both inside and outside the four walls of the club.

The Myzone system motivates and measures people of any shape, size, age or interest to get more active anywhere.

**Myzone users can:**

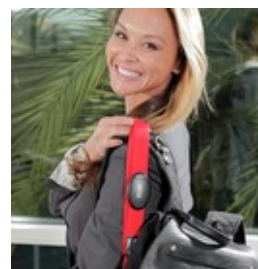
- Exercise inside and outside of the gym and have their activity recorded.
- Login online anywhere and track their activity and progress.
- Earn MEPs for every minute of physical activity.
- Participate in challenges based on physical activity and measure results.
- Achieve their goals via utilizing heart rate intensity feedback.



**To register your Myzone belt, go to:**

[myzonemoves.com](http://myzonemoves.com)

- Instant Feedback
- Motivating Goals
- Always Ready
- Advanced Accuracy
- Friendly Competition
- Works Everywhere



# WE KNOW RESULTS



810 Michael Dr. Suite Z  
Chesterton, IN 46304  
219/983-9832

221 U.S. Hwy 41, Suite A  
Schererville, IN 46375  
219/865-6969

*Any other questions please feel free to contact your  
friendly Membership Coordinator.*

**[FranciscanHealthFitnessCenters.org](https://FranciscanHealthFitnessCenters.org)**