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WELCOME NEW MEMBER



Welcome to Silver Mountain Sports Club! We hope to exceed all of your expectations every time you visit the Club. The following information is provided to help you quickly become acclimated, so you may enjoy your new health club to the fullest extent possible.

Silver Mountain Sports Club is open every day of the year with the exception of Christmas Day. Limited hours on designated holidays may occasionally apply. Notices will be posted in advance throughout the club. The Club reserves the right to restrict hours, and/or close the Club, for private functions without notice, although we will make every effort to either avoid this inconvenience to our members, or to advertise the special situation beforehand. Hours shown are subject to change.

SPORTS CLUB HOURS OF OPERATION

5:00 AM – 10:00 PM	Monday – Thursday
5:00 AM – 9:00 PM	Friday
7:00 AM – 8:00 PM	Saturday
7:00 AM – 7:00 PM	Sunday

TELEPHONE NUMBERS

Prospector Square	(435) 649-6670
Kimball Junction	(435) 575-0350
Fax	(435) 649-6893

AT YOUR SERVICE

Silver Mountain Sports Club staff is available to assist members at all times. Please feel free to contact the Front Desk or any Manager on Duty with questions, suggestions and/or comments. Members are also encouraged to fill out suggestion forms available in the front lobby.

MEMBERSHIP CHECK-IN

Silver Mountain Sports Club is a private club. In order to ensure exclusive use of the facilities for our members, everyone (including children 7 years and up) must use their own assigned key tag to check-in at the Front Desk every time they enter the club.

Membership accounts and key tags are issued to members only. They are not to be used by anyone other than the member to whom they are issued. Infractions will result in immediate expulsion from the SMSC, as well as the recovery of applicable fees fraudulently circumvented.

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MEMBER SERVICES

The Front Desk is always ready to help and assist Silver Mountain members and guests with check-in, class registration, details on social and off-site activities and more. The Front Desk is the place to come for more information on all that the club has to offer.

SILVER MOUNTAIN CAFÉ

Our Silver Mountain Café offers fresh fruit smoothies, power drinks, juices, bottled water, energy bars, and coffee. The summertime outdoor Café and Grill features hamburgers, hotdogs, pizza, snacks, and more. Cash is not required as purchases may be charged to your account and will bill to the credit card or bank account on file. Key tag or membership identification number is required.

ONLINE INFORMATION

The *Silver Mountain Sports Club* website includes information regarding upcoming events, current schedules, fitness classes, newsletter, team member bios, and much more. Visit us at www.SilverMountainSportsClub.com

Send a request to newsletter@silvermountainspa.com to receive our newsletter and special updates via email.



“Like” Silver Mountain Sports Club on Facebook to receive class and club updates, fitness tips, and training information.



Get Twitter updates @SilverMtnSports

THE KIDS CLUB

The Kids Club provides onsite childcare for your convenience. Hours vary depending on season. Please call The Kids Club for more information at Prospector (435) 615-6620 or Kimball (435) 647-0022

GENERAL GUIDANCE, RULES & REGULATIONS



At Silver Mountain Sports Club we have created an exciting sport and fitness environment where you can challenge your body ... refresh your spirit ... replenish your energy. We want you to get the most out of your time spent at the Club, so the following information is provided to ensure that every member has a great experience during each visit. Please read the following guidelines and policies that pertain to the general use of the Club.

The Club retains the right to amend or change its rules, regulations, and restrictions as it deems necessary without advance notice.

DRESS AND FOOTWEAR

The Club has established a dress standard for general hygiene reasons and for the comfort of all our members. **Shirts and shoes are required throughout the Club at all times.** Bathing suit cover-ups must also be worn while an individual is inside the building. At the discretion of management, inappropriately attired members or guests will be asked to correct their attire before continuing their activity.

For your safety, open toed shoes are not allowed in the weight room or cardiovascular workout areas. **Bare feet are NOT allowed inside the club at any time.**

TOWELS

Shower & Workout Towels are available at the Front Desk for our members' convenience. SMSC is committed to the effort to conserve water in Park City so we ask members to restrict their towel usage. Please do not take SMSC towels away the Club and always place your used towels in the receptacles provided.

EXECUTIVE LOCKER ROOMS

Executive Club Members are given access to the executive locker room and are assigned a private locker and a laundry bag for gym clothes. To have your gym clothes laundered, simply place in the laundry bag in the towel bins. All clean laundry will be returned to the assigned locker within twenty-four hours. **ONLY CURRENT EXECUTIVE CLUB MEMBERS MAY USE THE EXECUTIVE LOCKER ROOMS!** Please see the Front Desk for a tour or if you are interested in becoming an Executive Member.

YOUTH IN LOCKER ROOMS

In order to foster a relaxed, tranquil atmosphere for adults, **children are not to be present in the locker rooms unless accompanied and supervised by a parent or guardian.** If children abuse this privilege, they may be suspended from the Club. Children over the age of three are not permitted to enter the opposite-sex locker room at any time.

FAMILY LOCKER ROOM

As an added convenience for our members, we have provided a family locker room. This room is designated for use only by mothers with young boys or fathers with young girls. A shower, toilet, sink, diaper changing table, personal amenities, and complimentary lockers are provided. Please limit the time you use the room since other families may be waiting.

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General Guidance, Rules & Regulations (cont)



LOCKERS

Complimentary lockers are available in the Locker Rooms for members and guests while using the Club and are for day use only. Items left overnight will be removed from the lockers and held at the Front Desk in our Lost and Found. Cubby lockers for overnight storage are available on a monthly basis. Please visit the Front Desk for rates and policy information.

PERSONAL VALUABLES

The Club cannot assume liability for any items brought into the club or left on the club premises. It should be noted that lockers are not designed to protect valuables. Please leave all of your items of value at home. The Club shall not be held responsible or liable for any damage to or loss of property while the member/guest is at the Club.

LOST AND FOUND

Items found within the club will be placed in Lost and Found located at the Front Desk. Unclaimed personal property will be held at the Club for a maximum of thirty days. After this time passes, all items will be donated to charity. Please ask the Front Desk Staff for assistance.

PARKING

General parking is available for club members in clearly designated areas. Please remember to lock your car and place any valuables out-of-sight. SMSC is not responsible for any articles lost or stolen while you are at the club. Reserved Parking is for current Executive Club Members with a valid Parking Pass.

FIRST AID

Any accident or injury occurring at SMSC must be reported immediately to Club Management. Submission of an "Incident Report" will be required.

FOOD AND BEVERAGE

All beverages must be contained within an unbreakable, spill proof container. Please do not bring outside food or drink into the club. All transactions for food services must be completed before a member leaves the lobby or café area. Charges can be applied to member's account if current automatic payment information is on file.

General Guidance, Rules & Regulations (cont)



CLUB ACCOUNT CHARGE PRIVILEGES

Club members may charge goods and services at the Café and Front Desk. All members requesting charge privileges must have an active credit card or checking account number on file. The Club will extend charge privileges to all persons listed on the membership, unless otherwise notified by the primary account holder. The member must sign charge slips at the time of purchase.

Charges and fees for services, including use of our facilities, are subject to change at any time without advance notice as deemed necessary by SMSC.

GUEST POLICIES

Silver Mountain Sports Club encourages members to bring guests. All guests present with an active member must pay a guest fee if they are 7 years of age or older. This guest fee authorizes a full day of access to the club.

All guests will check in at the Front Desk and pay the guest fee prior to entering the club. Fees may be paid either by punch card use, cash, check, credit card or by a charge to the hosting member's club account. Taxes do apply. All guests are required to abide by all rules and regulations of the club.

CHILDREN

- Children under the age of 12 must be accompanied and supervised by a parent or guardian at all times when in the Club and pool area unless they are engaged in a club-supervised activity.
- When a **lifeguard** is on duty, children who are 7 through 11 years old may use the pool, **as long as the parent remains at the club.**
- Children who are age 12 thru 14 may utilize the pool independently, only when a lifeguard is on duty, and only with their parents' permission.
- Young adults must be 15 years old to use our training facilities independently. Youths between the ages of 12 and 15 may use the weight room only if exercising directly with a parent. Youths under the age of 12 may **not** use the weight room unless specifically approved in writing by the Club General Manager or Membership Director.
- Per Utah Department of Health regulations, **children under age 5 are prohibited from using the hot tub.**
- For their own safety, children ages 5 through 14 may only use the hot tub when under **direct supervision** of an adult. Children under age 16 may not enter the steam room or sauna for any reason unless escorted by a parent.
- Use of the lap pool is restricted to those individuals age 16 and older. Youth under age 16 may only utilize the lanes for serious training purposes.
- The Kid's Fitness Castle is only for use by children under the age of 15. Adult supervision is recommended.
- Children under the age of 15 **must** be accompanied by an adult to use Muscle Beach.

General Guidance, Rules & Regulations (cont)



PERSONAL CONDUCT OF MEMBERS

All Members are expected to conduct themselves in a polite and respectful manner at all times. Loud and rambunctious recreation often disturbs other members who wish to relax and enjoy the Club. Failure to comply with Club policies will result in suspension of club privileges. We ask that any conflict between members also be reported to and discussed with the General Manager or Membership Director.

Any member who is loud, offensive, uses profanity, is bothersome to other members/employees, behaves in an otherwise unbecoming manner, who is cited for an infraction of rules and regulations, may be expelled from the club and his/her membership suspended. In the event of the club's decision to terminate a membership under these circumstances, the unused portion of any advanced payment shall be forfeited to SMSC.

Any allegation of vandalism, theft of, or blatant maltreatment of SMSC's property, will automatically result in suspension and/or revocation of membership privileges. SMSC will prosecute offenders to the fullest extent of the law. In the event of termination, the unused portion of any advanced payment shall be forfeited to SMSC.

The consumption of **alcoholic beverages** or use of other illegal substances on club property may result in immediate suspension and/or revocation of membership privileges. In the event of termination, the unused portion of any advanced payment shall be forfeited to SMSC.

Silver Mountain Sports Club reserves the right to refuse service or admission to anyone when it is determined to be an appropriate and necessary action.

Any member found to be in violation of the criteria designating "Types of Membership" shall be corrected and subsequently charged the appropriate fees. SMSC will also retroactively recover all dues eluded by the members' misrepresentation.

Smoking is not permitted anywhere on SMSC premises.

CELL PHONES

In consideration of other members, please do not use cell phones with the Club. Should a call be necessary, please take it in the hallway or lobby.

PERSONAL TRAINING

One-on-one Personal Training services are available from our group of Certified Personal Trainers. Single session rates are \$80 or purchase a package of 10 sessions for \$750.

New Members may sign up for a FREE ½ hour Personal Training Consultation Session at the Front Desk. This session is designed to show you what our training team has to offer.

Personal training or exercise instruction may only be conducted by Silver Mountain Sports Club personnel.

RACQUETBALL COURT RESERVATIONS

Court reservations may be made one day in advance at the Front Desk for a ninety-minute block beginning on the hour or half hour. Late arriving members and their playing partners are allotted a five-minute grace period to claim the court. Beyond this five-minutes use of the court may be relinquished to other waiting members.

Safety straps are required on all racquetball racquets. In addition, protective eye wear is recommended while using the Racquetball courts.

GROUP FITNESS



The following information is provided to ensure your safety and maximize your enjoyment of the Group Exercise program.

- Participation is at your own risk. The Club assumes no responsibility for injury or harm incurred during participation in any class.
- Shoes are required to participate in all classes except where indicated by the instructor, i.e. yoga or stretch classes. Aerobic or cross training shoes are recommended. Feel free to consult with the instructor to obtain a recommendation.
- Water may be taken into the studio(s) provided it is in an enclosed, unbreakable bottle.
- Please be on time when participating in a class. The warm up is important to avoid injury. If you are late, please take time to warm up before entering the studio.
- When you arrive early for class, please refrain from entering the studio while the earlier class is cooling down and wrapping up. Wait outside until the instructor indicates it is time for the next class to begin. Note that the Step class instructor will allow time to set up steps before beginning class.
- Your instructor is trained to provide participants with the best, and safest workout possible. Please follow the instructors' guidelines. Listen for specific safety cues during a workout routine. Always ask questions when uncertain. Please do not create your own routine. This is discourteous, and distracting, to other class participants and to your instructor. If you are aware of a medical condition that may prevent you from following the routine, please discuss the issue with your instructor before class.
- Be considerate of another members' exercise space. Do not crowd a member who has arrived in class before you.
- Please keep conversations to a minimum during class.
- Due to the popularity of 8:30 and 9:30am Spinning and Group Fitness Classes at the Kimball Junction location, we do require that you make a reservation from October through April. Simply visit or call the Front Desk within 24 hours to reserve your spot.
- All equipment (steps, mats and weights) must be returned to their proper storage area.
- Members may not use the stereo equipment.

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FITNESS TRAINING CENTER



For the safe and enjoyable use of the Silver Mountain facility by all our members, the following guidelines apply to use of the Fitness Training Center. We ask that all members familiarize themselves with these guidelines so that everyone receives the maximum benefit of their time spent at the club.

ONLY Club approved Personal Trainers are allowed to give instruction at Silver Mountain Sports Club

- Proper workout clothing and shoes must be worn at all times. Street clothes and open toe shoes are not allowed in the weight room and cardio areas.
- Young adults must be 15 years old to use our training facilities independently. Youths between the ages of 12 and 14 may use the weight room only if exercising with an adult. Youths under 12 may not use the weight room unless specifically approved by the General Manager.
- Please remember to always RE-RACK your bars, plates, and dumbbells in the proper places.
- Please be respectful of other members and use the provided towels and gym wipes to wipe off perspiration from all equipment after use.
- Any member who is loud, offensive, uses profanity, is bothersome to other members/employees, or who behaves in an otherwise unbecoming manner, may be suspended or expelled from the Club.
- Please do not bring any food into the Training Center. Only beverages in unbreakable, spill-proof containers are allowed. All drink containers must have lids.
- Please be courteous and let other members “work in” if you are using a piece of equipment.
- Do not remove any equipment from the weight room.
- Gym bags are NOT allowed in the weight room.
- Please do not drop or slam weights. This includes both machines and free weights.
- Emergency exits may not be blocked at any time.
- Please adhere to the “30 minute” time limit on the cardiovascular equipment during peak hours or when others may be waiting.

Basic guidelines for YOGA practice:

- Dress in comfortable sporty clothes. They should fit closely to the muscles you intend to work out.
- All exercises are done much better without shoes.
- Also don't wear trousers that require a belt or anything else that can irritate your back during the workout.
- Yoga mats, straps and blocks are provided in the Yoga room.

PILATES MAT Guidelines:

- Wear comfortable (not baggy) clothing, similar to Yoga.
- Socks or bare feet, unless you have a condition that requires you to wear shoes
- Abstain from wearing fragrances to class, as this may impact other students.
- Please don't chew gum during class.

PILATES Reformer Classes:

If you are looking for the perfect complement to your fitness program, a Pilates Reformer class might be just what you are looking for. Pilates is a unique method of body conditioning named after Joseph H. Pilates. The Pilates method provides strength, without building bulk or tension, and combines the use of breathing techniques, stretching, muscle control, and mental concentration. There is an additional fee for a Pilates Reformer class. Please visit the Front Desk for more details.

Reformer Class Guidelines

- Arrive on time, so you can set up the Reformer to your size, and discuss any health concerns with the instructor. Please arrive 5 minutes early if you do not have a current Registration and Waiver of Liability on file in the Pilates Studio.
- Wear comfortable fitting (not baggy) workout attire. If you wear loose-fitting shorts, please be sure to wear bike shorts underneath (your legs will be up in the air!).
- No shoes will be worn for the workout. You may either go barefoot or wear clean socks.
- Inform the instructor of any changes to your health status or of any new injury.
- To minimize disturbance during class, please turn off your cell phones.
- Minimize use of heavy perfumes or colognes, as a courtesy to others, especially those with allergies.

Safety Guidelines

- Avoid wearing jewelry such as bracelets, necklaces, and oversized rings, which may get caught on the equipment.
- Refrain from using lotions and creams as it increases risk of slipping.
- Please do not chew gum during class.
- Please make arrangements for your children, do not bring them to class, as the equipment can be dangerous.
- All equipment is to be wiped down and returned to its original setting after use.

Intended to enhance the enjoyment of Silver Mountain Pool facility by our members and guests, rules and regulations have been implemented to promote safety. We request that all members familiarize themselves with these guidelines so that everyone receives the maximum benefit of their time spent at the club.

- Pool water temperature in the recreation pool is maintained between 82 and 86°F
- Swimming lessons and water aerobics classes maintain priority over general recreational pool use. Please yield to the space as requested.
- Beverages must be served in non-breakable containers.
- Running, boisterous or rough play, engaging in unsafe activities or horseplay, in or around the pool is forbidden.
- All bathers using the facility must take a cleansing shower before entering the pool. We request that parents please initiate frequent bathroom breaks for young children.
- Swim diapers/pants are required to be worn by all children who are not reliably potty-trained. No “regular” diapers permitted.
- Please do not change diapers poolside. A changing table is available in the family locker room.
- For the safety of our members and guests, do not enter the pool if ill with diarrhea.
- Diving into the pool is not allowed anywhere, at any time.
- The water slide and lazy river will only be operated when a lifeguard is on duty.
- All floatation devices must meet U.S. Coast Guard Approval Standards.
- The following items are not allowed in the recreation pool: Squirt guns or “squirt” devices, Flippers, kickboards, snorkels, water wings, rafts, inner tubes, hard balls, Frisbees, and foam “noodles.”
- Persons suffering from a communicable disease transmissible via water may not use the pools. A person having any exposed sub-epidermal tissue, including open blisters, cuts, or other lesions may not use the pools.
- The knowing release of any type of body fluids, including urine and bowel movements, are absolutely prohibited.
- All patrons are required to obey the instructions of lifeguards at all times. Failure to do so may result in expulsion.
- Children age six and under must be accompanied by an adult at all times, even if a lifeguard is present.
- Children ages seven through 11 must have a parent present on the health club premises during that time.
- Children ages 12 thru 14 may utilize the pool without a parent present, as long as the parents know the child’s whereabouts and a lifeguard is on duty.
- Children under the age of 14 must be accompanied and directly supervised by at least one responsible adult over the age of 18 years when a lifeguard is not on duty.



Lazy River:

- Guests are not allowed on the center island.
- No jumping off the center island.
- No jumping into the lazy river.

Water Slide Rules:

- No running, standing, kneeling, tumbling, or stopping on flume.
- No head first sliding at any time.
- The use of a slide while under the influence of alcohol or impairing drugs is prohibited.
- Only one person at a time may travel the slide. An adult may slide down with a child in his/her lap.
- Keep all parts of the body within the flume.
- Leave the splash zone promptly after exiting from the slide.
- No toys or other devices may be carried as the person slides down.
- No one is allowed under the lip of the slide where it overlaps the pool edge.

Adult Lap Pool:

- No lifeguard is on duty for this pool.
- Pool water temperature is maintained between 78 and 82°F
- Use is restricted to adults (≥ 16 years old) and swim team exclusively.
- This pool is never to be used for play, horsing around, or for games by children.
- Kickboards and fins are allowed.
- Two lanes will be open within an hour of the club opening. If the pool is needed earlier, please see the front desk. During the winter months, only two lanes will be open unless there are 5 or more swimmers.

Hot Tub & Spa Areas:

- The temperature of the hot tubs may not exceed 105°F.
- Children under the age of five (5) years are prohibited from entering the hot tubs per Utah Department of Health.
- The hot tub, sauna, and steam room areas are designed for relaxation; any inappropriate use of these areas, or the display of horseplay, will result in removal from the area.
- All children between the ages of 6 and 14 must be accompanied by a parent while using the whirlpool areas.

Muscle Beach & Kids fitness Castle

- Use of playground and Muscle Beach equipment is at your own risk.
- Adult supervision recommended.
- Kids 15 years of age and older are not permitted to use the playground.
- NO JUMPING OFF any of the equipment.
- NO GLASS of any kind permitted.
- Kids under the age of 15 must be accompanied by an adult at Muscle Beach.