



The Keller Pointe Facility Rules & Regulations

Fitness Center Rules and Regulations

- **YOU MUST BE 14 YEARS OF AGE OR OLDER TO BE ON OR USE THE FITNESS FLOOR EQUIPMENT, WEIGHT AREA, OR TRACK**
- **Children (under 14 years of age), strollers, carriers, etc. are prohibited from the fitness floor, weight area, and track**
- To use the fitness center without adult supervision you must be at least 16 years of age.
 - Teens 14-15 years of age may be allowed to use the fitness center equipment by completing The Keller Pointe Mandatory Fitness Orientation and having a parent or guardian sign a consent form
 - Teens 16-17 years of age may be allowed to use the fitness center equipment by having a parent or legal guardian sign a liability waiver
- Athletic shoes and appropriate workout attire must be worn at all times in the fitness center. Shoes must have non-marking soles and fully enclose the entire foot. No open-toe shoes.
- Please limit all cardio equipment use to 30 minutes during peak times
- Allow others to work on weight equipment and be courteous of those waiting during peak times
- Please replace all dumbbells and plates on appropriate racks when finished using them
- Do not drop or throw weights
- Wipe down equipment after each use
- Follow all instructions regarding the proper use of equipment as posted
- It is prohibited for a guest or member to conduct or solicit personal training on Keller Pointe property
- Tobacco, food, chewing gum, glass bottles, and cans are prohibited in the fitness center. Plastic water bottles are acceptable

Track Rules and Regulations

- **YOU MUST BE 14 YEARS OF AGE OR OLDER TO BE ON OR USE THE TRACK**
- **Children under 14 years of age MUST be accompanied by an adult (16 years of age or older)**
- **Strollers, carriers, etc. are prohibited from the track at all times**
- Slower runners and walkers should stay on the inside lane
- Faster runners should run in the outer lanes and pass slower runners/walkers on the outside
- Athletic shoes and appropriate workout attire must be worn at all times on the track. Shoes must have non-marking soles and fully enclose the entire foot
- Tobacco, food, chewing gum, glass bottles, and cans are prohibited on the track. Plastic water bottles are acceptable

Stay N Play Rules and Regulations

- Parents may only leave their children for a 2-hour maximum time period
- Parents may not leave the facility if their child is in childcare
- The parent/guardian will be notified if a diaper change is needed and parents will be called to help toilet training children use the restroom if needed
- Children will not be permitted into the childcare if they are sick. This includes but is not limited to:
 - Have had a fever in the past 24 hours
 - Have anything but clear mucus
 - Have thrown up in the past 24 hours
 - Had diarrhea in the past 24 hours
 - Have a rash that has not been diagnosed or is communicable
- We are not responsible for any toys brought into Stay N Play from home
- Children will be encouraged to assist with picking up toys before leaving
- If a child begins to cry and we are unable to calm him/her down after 10 minutes, the parent will be called to the childcare area
- Corrective behavior methods may include a time-out or not allowing the child to play with a certain toy
- Staff use of Stay N Play for personal childcare is prohibited



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Aerobic Room Rules and Regulations

The Aerobic Room can be reserved for classes and other athletic events. The room may not be used for personal use outside of approved contracts. Doors should be secured when classes are not in session. Members can rent the Aerobic Room. Please refer to the following guidelines for rental use of the Aerobic Room:

- All Keller Pointe facility rental policies apply
- Participants making the reservation and utilizing the studio must be 18 years of age or older. Users under the age of 18 must be accompanied by an adult
- The room reservation fee for *non-members* is \$40.00 per hour. A deposit of \$100.00 is required on all facility rentals but will be refunded if the area used has been left in good order and all conditions of the contract have been met. Reservation fees and deposit are waived for all members of The Keller Pointe but limited to a maximum of 3 individuals
- Participants may only reserve the studio up to 48 hours in advance for one reservation period. No more than two reservations may be made at one time. All reservations must be completed in person at the customer service desk
- Reservations may only be for a maximum of one hour
- All *non-member* groups (min.3; max 25) must pay a \$40.00 non-refundable reservation fee. Reservations will not be confirmed until payment is received
- Participants must provide their own music and equipment. Use of The Keller Pointe stereo and/or other Keller Pointe equipment is prohibited
- Food and drinks are prohibited in the studio
- Non-marking Athletic shoes only
- If room is available, it may be booked upon arrival
- Liability form must be on file or completed before access to the studio is made available
- Usage of the studio must be approved by The Keller Pointe
- Room may not be subleased. No additional fees may be collected or assessed to participants for activities such as, but not limited to, training, coaching, and private instruction
- The individual who makes the studio reservation must be present for the entire one hour reservation time
- Individuals/groups may not gain access to the studio prior to reservation time and must vacate the studio at the end of the reservation time or additional fees may be applied and future reservations denied
- The studio must be left in the same original condition at the beginning of the reservation or additional fees may be applied and future reservations denied
- User agrees to assume all responsibility for any damages resulting from their usage. The user will be charged for repair and/or replacement

Failure to adhere to any of the above rules, regulations, and policies will result in immediate removal from The Keller Pointe. Serious violations will result in suspension or termination of annual, monthly, or daily pass.



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The Aquatic Facility Rules

General Rules – Indoor and Outdoor Pool Rules and Regulations

- Running or horseplay is prohibited
- Shower with soap and rinse thoroughly before entering the pool
- Diving is prohibited
- Coast Guard approved life vest only
- Swimsuits only. Cutoffs, athletic shorts, biking tights, and leotards are prohibited
- Use swim diapers for non-toilet trained patrons
- For sanitary reason, all clothing and diaper changes must be made in the family changing room or locker rooms
- Children, 9 and under, must be directly supervised by those 16 years of age or older wearing a swimsuit
- Use of, including but not limited to, water wings, toys, facemask, and small rings are strictly prohibited
- No personal toys including rafts, inner tubes, tennis balls, or Frisbees
- No one admitted under the influence of alcohol or other intoxicating substances
- Glass in pool area and outside sun decks is prohibited
- The dining desk is for concessions purchases only
- Coolers may be brought into the facility and are subject to inspection by The Keller Pointe staff
- The Keller Pointe is not responsible for lost, stolen, or damaged personal items
- Enter vortex through the designated water entrance
- Hanging or climbing on railings or lane markers is prohibited

Spa/Hot Tub Rules

- **CAUTION:** If you are pregnant, have high blood pressure or are on medications, consult your physician prior to use
- **Children under 16 years of age are prohibited from using the spa**
- No more than 13 people in spa at a time
- Wear proper swimming attire
- No oil-based products
- Participants shall enter/exit the spa/hot tub using the stairway or transfer wall only

Slide Rules

- A person must be 42" in height to ride indoor waterslide and 48" in height to ride outdoor waterslides
- All eyewear and floatation devices must be removed
- Only one person at a time may ride
- Ride feet first only, sitting up or lying down
- Riders must exit the catch pool quickly
- Parents are not allowed to catch children at the bottom of the slide

Lap Lanes

- Lap lanes are for continuous lap swimming; please use proper lap swim etiquette
- Hanging, sitting, or climbing on lap lines, railings, or safety ropes is prohibited
- Please consult the pool schedule for lap swim availability



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Gymnasium Rules and Regulations

Food and drinks of any kind, gum, etc., are prohibited in the gym. Water bottles, with clear water, will be allowed in the gym.

- Profanity is prohibited.
- Open gym schedules can change at little notice due to availability, leagues, and programs
- Personal basketballs/volleyballs, etc. are permitted, however, we are not responsible for loss or damage
- Basketballs/volleyballs may be checked out at the front desk. A valid Keller Pointe membership card is required in order to checkout any equipment. The person who originally checked out The Keller Pointe equipment must be the same individual to return that equipment
- Athletic shoes (non-marking) and appropriate gym attire must be worn at all times
- Dunking or hanging on the rim is prohibited
- Horseplay, fighting, swearing, abusive language and/or destruction of property are prohibited throughout The Keller Pointe
- Lockers are for daily use only. The Keller Pointe personnel will remove all locks at the end of each day. The Keller Pointe is not responsible for lost or stolen property
- Pick-up basketball games are allowed, however, the rules listed below must be followed:
 - Players must be at least 16 years of age. Players 16 & 17 years old must have a liability waiver on file
 - Each player must sign up in an available spot on the board to play pick-up games
 - You **CANNOT** sign up on behalf of another player present or not present. Players abusing this will be unable to play for the duration of the session. Any players erasing names will also be unable to play for the duration of the session
 - When there are less than 5 players waiting, any unassigned spots will be determined by a shoot off between players from the losing team on the court. Shots will be taken from the top of the key
 - No player, at any time, can select a teammate from the pool of players – waiting or playing. The board signup is the only way teams are determined and you're responsible for signing up on the board
 - When there are less than 10 players, only half-court will be made available for play
 - Players will be ejected from a game for unsportsmanlike conduct. Any situation that the Manager on Duty deems unsportsmanlike may be cause for ejection
 - Any player who verbally abuses a player, staff member, or spectator during a game will be subject to suspension or removal at the Manager on Duty's discretion
 - Physical abuse of a player, staff member, or spectator will result in REMOVAL of that/those player(s) from The Keller Pointe for at least a one year period and possible legal action
 - Anyone ejected from a game (player or spectator) for poor behavior must leave the facility property within five (5) minutes. If they do not, or if they leave and/or return later, the Keller Police department will be contacted to remove the individual(s). That person will be subject to suspension from The Keller Pointe for a period to be determined by The Keller Pointe Manager
 - Participants will be held accountable for any destruction or damage to property caused by their actions. Participants will not be allowed back to play until the property damage is paid for in full to The Keller Pointe.
 - The use of any abusive or profane language will result in an automatic ejection and one week suspension
- The Keller Pointe reserves the right to modify and/or change the rules to better facilitate the program. You risk losing your facility pass if your card is used by anyone other than yourself and/or you fail to comply with the above stated rules.