



Health & Fitness Rules & Regulations

- **Guest Policy:** Members (18) years and older are allowed to register guests at front desk. Guest fees are \$8.00 per visit. Members must remain in facility with guest.
- Smoking and other tobacco products are not allowed in any part of the facility.
- No profanity.
- Eating and drinking are allowed in the front lobby area and in the pool area.
- Shirts and shoes are required at all times with the exception of proper swimming attire at the pool.
- Lockers are available for rent for \$5 a month or \$60.00 per year. You must provide your own lock. Lockers left on unrented lockers will be removed at any given time. Lancerlot is not responsible for any lost or stolen items.
- Children under the age of 15 must be accompanied by their parents when entering Lancerlot. Parents are not allowed to drop their children or guest off and leave the facility.
- Children under the age of 18 are not permitted to bring in siblings under the age of 15.
- Children are not allowed to wander around the building while parents are exercising.
- Child Watch is provided for children 12 years old and younger and for no more than 2 hours each visit.
- Children 8 years and older (who pass our swimming test) are allowed in the swimming pool area without supervision of their parents.
- Children of the ages of 13 and 14 years old are allowed in the weight rooms and cardio room with their parents as long as they have been through the proper training of equipment with the Personal Trainer and have been signed off on.
- If at any time a member(s) does not follow rules & regulations, they can be removed or their membership terminated.

I acknowledged that I have read all the rules, understand them, and will abide by them.

Signature

Date