

# FirstHealth Fitness Pinehurst Guest Guidelines

Please bring a photo ID to each visit

## Just visiting the area and would like to use the center?

Our guest fee is \$15 per day. Please remember your photo ID.

## Members Bringing Guests

### ■ Purchase a Visit Pass Card

*Benefits Include:*

- 10 Visits for \$99 ~ \$10 per visit (Reg. Price \$15 per visit)
- More than one person can use this punch card
- No expiration date
- Gives guest access to full center including the group fitness classes

### ■ Purchase an Individual Day Pass

- Members can purchase single passes for guests for \$10 per person per day.

## Please Be Aware of these Age Specific Guidelines

### ■ Children ages seven and under

Children who are seven and under may use the following areas of the center with their parent's direct supervision. A parent cannot leave a child unsupervised to use another area of the center.

- Pool
- Basketball court
- Multipurpose room
- Locker rooms (Only children three and younger may be in opposite gender locker rooms).
- Upstairs stretching area
- Track

All other areas of the center are off limits unless the child is in a directly supervised program.

### ■ Children ages 8 – 13

Guests 8 years & above must pay a guest fee. They have access to most of the center; however, they must be supervised by a responsible adult and within sight of each other at all times.

- All strength-training areas are off limits.
- Group exercise classes are off limits.
- Whirlpool, steam room and sauna are off limits.
- Cannot participate in basketball during full court games on Monday and Wednesday evenings.

### ■ Children ages 14 – 17

Guests 14 to 17 years may be in the center without adult supervision but must have a signed parental release each time they use the center. Parents/guardians, please come in and sign kids in for each visit. They cannot be dropped off or be checked-in by friends.

- The free-weight room is off limits to all members/guests under the age of 14.
- Full court basketball is off limits to those under the age of 16.

## Guest Info

- All guests must follow the age guidelines for use of the center.
- The member is responsible for the behavior of the guest.
- Guests caught sneaking in will not be allowed to use the facility.
- Inappropriate behavior will result in dismissal from center, without refund.