

**INC. VILLAGE OF LAKE SUCCESS  
RULES AND REGULATIONS FOR THE FITNESS CENTER  
2023**

**ALL MEMBERS OF THE FITNESS CENTER MUST OBTAIN AN ACCESS I.D. CARD AT THE VILLAGE OFFICE & THE SAME ACCESS CARD IS REQUIRED TO RENEW MEMBERSHIP.**

**No other ID card will grant Members electronic access.**

**THE USE OF THE FITNESS CENTER IS FOR QUALIFIED RESIDENTS  
AND NON-RESIDENT GOLFERS**

Members of the fitness center must comply with **ALL RULES** stated herein and posted at the Fitness Center room. Members should be familiar with these rules. The Village, in its discretion, may amend rules, **INCLUDING ANY COVID-19 RESTRICTIONS** as required, for the safe and proper operation of the facility.

**Membership runs from January 1 to December 31  
(See Application for fees per person)**

**RESIDENCY:** As described in the Lake Success Village Code CHAPTER A116 RECREATION FACILITIES, USE OF § A116-1 Purpose; § A116-2 Criteria for determining residency and § A116-4 General restrictions; appeals. A copy of this section of the code can be found on the third page of this application.

**APPLICATION PROCEDURE:** Application for Membership along with the Waiver & Release Form must be completed for all members. Access cards will be issued by the Village Office at the time of application and are renewable each year. Once issued there will be a replacement fee if a new card must be issued during the current or subsequent years of membership. Parents will be required to sign the Waiver & Release Form "As Guardian For" any minor under the age of 18.

**ACCESS I.D. CARD:** Replacement/Lost I.D. card fee will be \$25.00  
(Notify Village Office of lost I.D. card immediately so it can be deactivated.)

**FITNESS CENTER- Hours of Operation:**  
Monday                      7:00 a.m. to 7:00 p.m.  
Tuesday - Sunday        6:30 a.m. to 8:00 p.m.

**LOCKER ROOM ATTENDANT PHONE NUMBER:** 516-482-4662

**LOCKER FACILITIES:** Lockers may be rented on an annual basis (if available). Members are entitled to the use of a half locker while in the Fitness Center only, *when available*, at no charge. Please see a locker room attendant for a designated locker. The Village and its employees are not responsible for lost or stolen items.

**FITNESS CLASSES AND ONE-ON-ONE FITNESS TRAINING:** Arrangements **MUST** be made with the fitness director for one-on-one fitness training. Members are not allowed to bring their own personal trainer. The contact information for the trainers or the fitness class instructor is posted in the fitness center or may be obtained by contacting the Village office.

**GUEST FEES:** ONLY Fitness Class members will be permitted to bring guests. The guest fee is \$5.00 per guest per class payable with a pre-paid 20 use guest card which must be purchased at the Village office at a cost of \$100. The guest cards do not expire and can also be used by park members for their guests at the pool and tennis courts.

**FITNESS CENTER RULES:** The Board of Trustees is authorized to deny use of the facilities to anyone violating rules and is empowered to enforce these rules by suspension of privileges or other appropriate means.

The Board of Trustees has adopted the following rules.

- \* Members acknowledge that you are physically able to engage in any activity, program, or training provided and agree that all exercises and use of this facility are undertaken at your sole risk. You also agree to accept full responsibility for all personal belongings.
- \* All members 14 years of age and older must sign the Waiver & Release Form before they are allowed to utilize the Fitness Center.
- \* Children under the age of 14 are NOT permitted use of the Fitness Center – Members 14 and 15 years old must be working one-on-one with a staff trainer or parent.
- \* Children under the age of 14 who are not using the Fitness Center with their parent or trainer are *not permitted on the lower level of the building*.
- \* Members are not allowed to bring guests to the Fitness Center other than for fitness classes.
- \* Fitness Class members will be permitted to bring guests only for the purpose of attending fitness classes.
- \* Please be courteous and practice the 30- minute cardiovascular machinery limit.
- \* Please refrain from using cell phones while using the equipment.
- \* Please DO NOT touch stereo equipment and / or unplug television sets.
- \* Appropriate athletic shoes only. No golf shoes, street shoes, boots, or sandals are allowed in workout areas.
- \* Please wear appropriate Shorts, sweat pants, T-shirts, tank tops, & spandex accessories only.
- \* No belt buckles, blue jeans, or loose jewelry items can be worn in workout areas.
- \* Allow others to work out during your rest periods.
- \* Keep hands and feet away from all moving parts and weight stacks.
- \* DO NOT attempt to repair or adjust any equipment that has malfunctioned. Report any items in disrepair to the Village office.
- \* Workout towels are provided by the Village and should be used to wipe off equipment and benches after use. Workout towels may not be removed from the fitness center and should be deposited in the bin provided after use. Large towels are for use in the Locker Room ONLY and may not be used in the fitness center or removed from the locker room. Large towels should be deposited in the bins provided in the locker room after use.
- \* If you are unfamiliar with the use of any equipment, please ask a staff member for assistance.
- \* Rack all weights after each use.
- \* If dumbbells appear loose or cracked, report the item to the staff immediately.
- \* Always use a spotter when attempting maximum weight
- \* Water bottles with spill proof lids are allowed in all areas of the center.
- \* Any persons attending Fitness Classes must sign in at the fitness studio upon entry.
- \* Further rules relating to COVID-19 restrictions and/or fitness center etiquette are annexed hereto as Exhibit "A".

## EXHIBIT "A"

### **FITNESS CENTER ETIQUETTE, COVID-19 RESTRICTIONS, REQUIREMENTS AND RECOMMENDATIONS**

1. Anyone using the facility must wipe down the exercise machines after each use.
2. Those who use the facility must use reasonable efforts to respect the personal space of others.
3. Hand sanitizers should be used regularly.
4. The Village reserves the right to modify any of the above in its sole discretion.

## Chapter A116, Recreation Facilities, Use Of

[HISTORY: Adopted by the Board of Trustees of the Village of Lake Success 6-21-1971; amended in its entirety 7-26-1976. Subsequent amendments noted where applicable.]

### § A116-1. Purpose.

For all purposes relating to use privileges of the recreational facilities of the Village of Lake Success, the following rules and regulations shall apply.

### § A116-2. Criteria for determining residency.

- A. A resident shall be a person or a member of the household of a person who either owns and occupies or rents and occupies, for not less than the minimum periods provided in §§ A116-3 and A116-4, a dwelling in the village.
- B. A child of an eligible owner or lessee shall be presumed to be a nonresident if he has a place of residence outside of the village, except one which is maintained by reason of his full-time attendance at a recognized educational institution or his membership in the Armed Forces of the United States or in the Peace Corps or Volunteers in Service to America (VISTA). [Amended 11-18-1985 by L.L. No. 6-1985]

### § A116-3. Eligibility of renters for use of recreational facilities. [Amended 3-8-1999 by L.L. No. 1-1999]

- A. A person or member of a household of a person who rents a dwelling in the village pursuant to a lease for a period of not less than one year and has established full-time occupancy in the village for at least 60 days shall be entitled to annual privileges. Such annual privilege shall only be valid for the period of residency in the village.
- B. A person or member of a household of a person who rents a dwelling in the village for a period of not less than 120 days shall be entitled to daily privileges at village recreational facilities during the term of such periods.
- C. Rent or rental, as used above, must include the following: a taking over of the premises by the renter and vacating by the owner and his family and the payment of a fixed amount of rent money for a definite period of time.
- D. Annual resident memberships will be restricted to those that actually reside in the village, either owner/landlord or resident/tenant, but not both.

### § A116-4. General restrictions; appeals. [Amended 11-18-1985 by L.L. No. 6-1985]

- A. Proof of residency shall be required from the person applying for recreational use privileges shall be verified by the Commissions of the recreational facilities.
- B. A property owner renting his home in the village and not actually residing in the Village of Lake Success shall not be entitled to any recreational use privileges afforded to a resident during the period of such rental. Where nonresident privileges of recreational facilities are established, the lessor may apply for use privileges as a nonresident.
- C. Any person who has been denied use privileges of the village recreational facilities as a nonresident may appeal such denial to the Board of Trustees, whose decision shall be final.
- D. Fee and category of membership shall be established by resolution of the Board of Trustees.