INC. VILLAGE OF LAKE SUCCESS
RULES AND REGULATIONS FOR THE FITNESS CENTER
2027

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 HEALTH-RELATED 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 fourth page of this application.

APPLICATION PROCEDURE: Application for Membership along with the Waiver & Release Form must be completed for all members. Parents will be required to sign the Waiver & Release Form "As Guardian For" any minor under the age of 18.

ELECTRONIC ACCESS I.D. CARD: Electronic access cards will be issued by the Village Office at the time of submitting an initial membership 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. Please notify Village Office of a lost access card, immediately, so it can be deactivated. Replacement/Lost access card fee will be $25.00

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

VILLAGE OFFICE: 516-482-4411; LSoffice@villageoflakesuccess.com

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 or other professionals. The contact information for the fitness class

instructor is posted in the fitness center or may be obtained by contacting the Village office.

GUEST MEMBERSHIP: Fitness Class ONLY membership is available for a non-resident guest of a resident who is a current full fitness center or fitness class member.
Requirements of membership: The non-resident guest MUST be sponsored by a resident member and attend classes with the resident member. The fee is $150 for a calendar year. An application is required and renewable each year of subsequent paid membership. Only one (1) guest per member permitted. The non-resident guest is subject to all rules of the Fitness Center.

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.

GENERAL

* **The access cards are not transferable. In addition, allowing non-members into the fitness center is prohibited.**
* 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 must sign the Waiver & Release Form on the membership application before they are allowed to utilize the Fitness Center.
* Please be courteous and practice the 30- minute cardio equipment limit.
* **Please refrain from using cell phones or tablets while using the exercise equipment. Cell phones or tablets may be used on cardio equipment for streaming.**
* Allow others to use equipment during your rest periods.
* Water bottles with spill proof lids are allowed in all areas of the center.
* Members must, at all times, be courteous to other members and staff.
* Towels, toiletries and bathroom amenities are for your use at the facility. Taking these items off premises is strictly prohibited.
* Further rules relating to health-related restrictions and/or fitness center etiquette are annexed hereto as Exhibit “A”.

GUEST POLICY

Main Gym:

* No person other than Fitness Center members are permitted to use the main gym.

Fitness Classes:

* No person other than Fitness Center members, Fitness Class members or Fitness Class Guest members are permitted to attend fitness classes. Fitness Class guest members are permitted to apply with the Village for a Guest membership for fitness class only under separate application and fee requirements. Resident members will have priority in attending fitness classes.

AGE RESTRICTIONS

* Children under the age of 14 are NOT permitted access or use of the Fitness Center and are *not permitted on the lower level of the building*.
* Members 14 and 15 years old must be working one-on-one with a staff trainer or parent.

ATTIRE

* Appropriate athletic shoes only. No golf shoes, street shoes, boots, or sandals are allowed in workout areas.
* Please wear appropriate fitness attire such as shorts, sweatpants, T-shirts, tank tops, & spandex accessories only. No belt buckles, blue jeans, or loose jewelry items can be worn in workout areas.

TRAINING

* Personal trainers or other fitness professionals are not allowed
* Any persons attending Fitness Classes must sign in at the fitness studio upon entry.

EQUIPMENT

* If you are unfamiliar with the use of any equipment, please ask a staff member for assistance.
* Please DO NOT touch stereo equipment and / or unplug television sets.
* Keep hands and feet away from all moving parts and weight stacks.
* Rack all weights after each use. Return all equipment used in the main gym AND fitness classroom to appropriate racks, etc.
* If dumbbells appear loose or cracked, report the item to the staff immediately.
* Always use a spotter when attempting maximum weight.
* DO NOT attempt to repair or adjust any equipment that has malfunctioned. Report any items in disrepair to the Village office or to the attendants at the counter by the fitness hallway.
* DO NOT tamper with any equipment in or around the fitness center.
* 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.

MEMBERSHIP REVOCATION

* Any member found in repeated violation of these rules may be subject to membership suspension or revocation without refund.

EXHIBIT “A”

FITNESS CENTER ETIQUETTE, HEALTH-RELATED RESTRICTIONS, REQUIREMENTS AND RECOMMENDATIONS

1. Anyone using the facility must wipe down the exercise machines after each use.

2. Members may not remove, dismantle or deface any signs and or equipment in the Fitness Center.

3. Members must at all times be respectful and courteous of other members and considerate of any and all personal space and sensitivities.

4. Hand sanitizers should be used regularly.

5. 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.