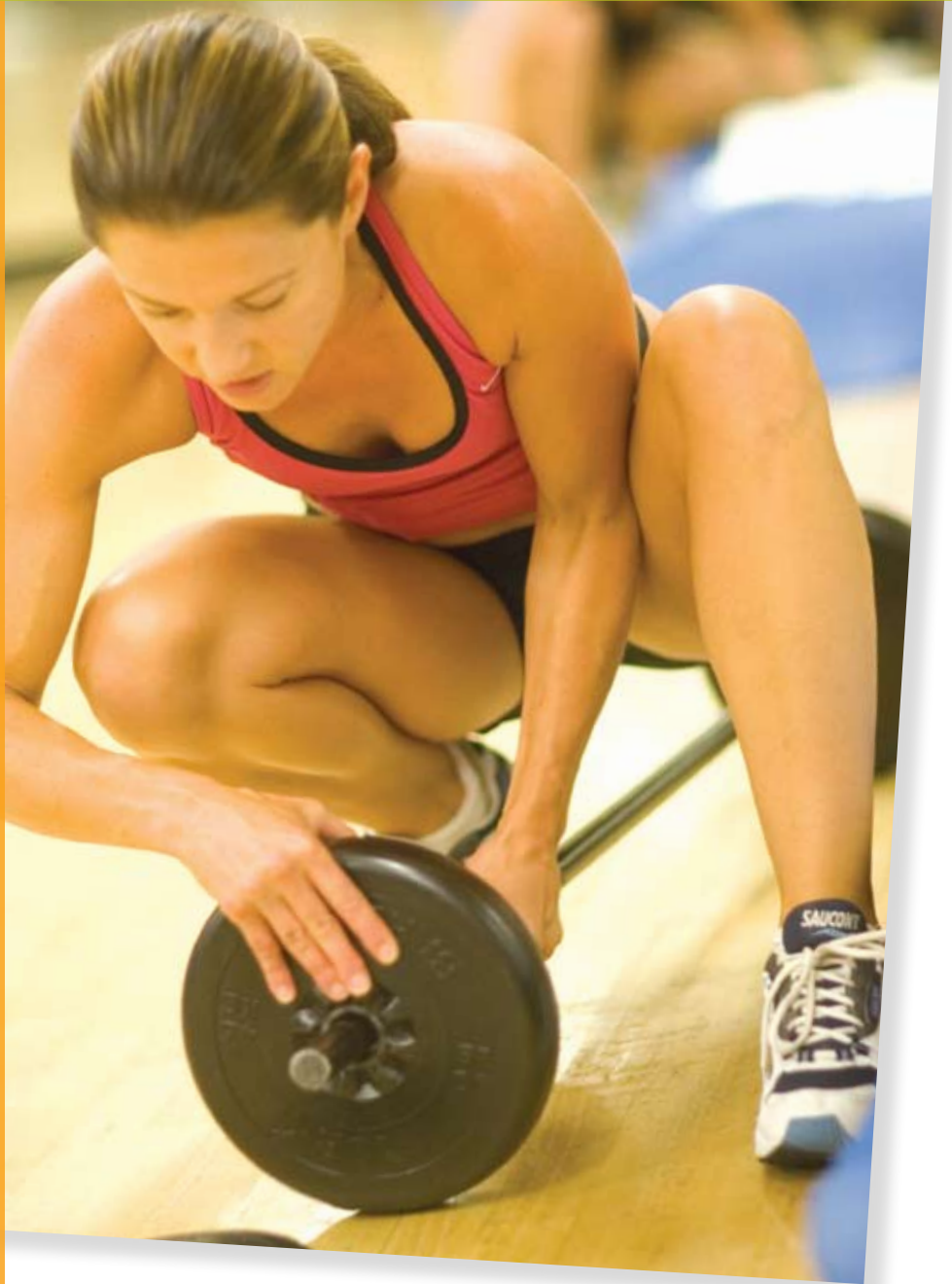


Memberships
and Club Usage



LITTLE ROCK ATHLETIC CLUB



Memberships

Types

Individual

An individual membership shall be applicable only to the named individual, whether married or not. An individual Member's spouse or children, if any, shall not be entitled to the privileges of this membership, except as guests, and are subject to the guest policies established by the Club.

Family

A family membership is defined as any married couple or any two adults from the same immediate family, i.e., sister/brother, mother/daughter. Children of family members who are under age 19 and considered dependents are entitled to use of the Club in accordance with our Child Policies. Young adults, ages 19 – 24, may be part of their family's membership for an additional monthly fee. When children reach the age of 25, they must convert their membership to an adult membership. In such cases, the joining fee will be waived if "young adult dues" were being paid for the child at the time of their 25th birthday.

Single Parent

A single parent with an individual membership may add dependents under the age of 19 to his or her membership for a monthly fee per dependent. The monthly fee does not go into effect until the child turns three years old.

Senior

Discounted memberships are available for persons age 62 or older. Seniors without children will receive a discount on their joining fee and their monthly dues. Seniors with dependent children will receive a discount on their joining fee but will be required to pay full family dues.

Joint Club

The LRAC is a subsidiary of Riley's Health and Fitness Centers, Inc., which also operates the Little Rock Racquet Club, the North Little Rock Athletic Club and the Downtown Athletic Club. Discounted joint memberships between Clubs are available. Specific information is available through the Membership Office.

Change in Status

Type

Members desiring to convert their individual membership to a family membership must pay the difference in joining fees. The adjusted monthly dues will be charged to the Member accordingly.

Reactivation

Members who cancel their membership and wish to rejoin the Club may do so by paying the lesser of the appropriate joining fee currently in effect or the total of the dues elapsed since the date of the cancellation.

Leave of Absence

A Member may take a leave of absence for up to one year for a medical condition or temporary job transfer requiring an out-of-town move. The Membership Office will require a written statement from a physician or employer to verify the request.

Hold

Any Member may put their membership on hold if they are not using the Club but do not wish to resign their membership. During the hold, a monthly service fee will be charged to maintain the account.

Resignation

A Member may cancel his or her membership by submitting a written request and bringing his or her account balance to zero. A 30 day notice is required.



Fees

All joining fees, monthly membership dues and prices for goods and services will be determined by management and are subject to change.

Payment

Membership dues are automatically collected by either bank draft or credit card. All bills are due within 30 days of the date billed. All accounts not paid in full within 60 days of the date billed are subject to a delinquent charge.

Governing Rights

Membership does not confer or include interest or ownership in the facilities or assets of the LRAC. Membership grants no right to govern or control the affairs of the Club. No Member may sell or transfer his or her membership.



Club Usage

Safety and Consideration

Your compliance with the following policies is necessary for your safety, the safety of others and to ensure the full enjoyment of the Club by your fellow Members.

Access

All Members and guests must enter and exit the building through the front or tennis entrance and check in at the respective desk. Members, 15 years of age or older, must have their picture on file in our computer system.

Attire

Certain areas in the Club require appropriate attire. Closed-toe athletic shoes must be worn in the gym, on the weight floor, on all cardio equipment and in the racquetball courts; non-marking shoes are required on all wood floors; court shoes are required on tennis courts; shirts must be worn indoors, unless playing in a basketball game, and are also required on the outdoor tennis courts; cover-ups are required when going to and from the pools; and shoes, shirts and shorts (or cover-ups) are required to receive service at the Cool Down Café and Blue Court Grill.

Cardiovascular Equipment

Adult Members have priority on all equipment. Members must be at least 15 to use the treadmills. When starting a treadmill, do not stand on the belt. Clear the display information on all equipment after completing a workout. Wipe down equipment after use. Properly dispose of towels and cups.

Cell Phones

Cell phone use is not permitted on tennis courts at anytime and the Club highly encourages cell phone courtesy in all other areas. If carrying a cell phone, please leave it in silent or vibrate mode, speak quietly when answering and keep conversations short. Long conversations while on cardio equipment are disruptive to fellow Members and are highly discouraged by the Club.

All Members and guests are subject to these policies. The Club reserves the right to add to, change or delete these policies at any time.

Court Reservations

When reserving any court, a Member cannot reserve more than one court at a time and may not reserve back to back time slots. Reserved courts will be "opened" to other Members if no player on the reservation is present 15 minutes after the start of the reserved time.

Tennis:

Members may reserve indoor and outdoor tennis courts three days in advance by contacting the Tennis Desk. Indoor court fees as set by management will be charged. Courts must be canceled three hours prior to the reserved court time. "No shows" will be charged a fee if all other courts are reserved.

Racquetball:

Racquetball courts may be reserved one day in advance by contacting the Front Desk.

Damage to Property

Damage to Club property shall be paid for by any Member who willfully or neglectfully causes such damage. Members are responsible for damage caused by dependent children.

Equipment Sign-Ups

The Club offers a reservation option for certain pieces of cardio equipment located between the Membership and Aquatics Offices. Members may sign-up on sheets, which correspond to specific pieces of equipment and are located in the same area, 24 hours prior to the desired workout time. Machines may only be reserved for 30 minutes. A five minute grace period is allowed for late arrivals.

Group Exercise Reservations

Some classes require a reservation to guarantee a spot in the class (e.g. Group Cycling). Contact the Front Desk no earlier than 24 hours before a class to make a reservation. The class "opens" to Members that have not made a reservation five minutes before the scheduled start time.

Guests

All guests must be accompanied by a Member and sign-in at the Front or Tennis Desk. Guests will be charged a usage fee set by management. (To protect the value of your membership, individual guests are allowed five Club visits in one year after which an escalating guest fee schedule goes into effect.) Members age 15 and older may bring guests who are also 15 or older. Guests under the age of 15 must be accompanied by an adult, age 18 or older. Guests may not reserve courts and must abide by all Club policies. Members are eligible to pick up an allotment of guest passes once a year in the Membership Office.

Hours of Operation

Regular:

| | |
|-------------------|---------------------|
| Monday - Thursday | 5:00 am to 10:30 pm |
| Friday | 5:00 am to 9:00 pm |
| Saturday | 7:00 am to 8:00 pm |
| Sunday | 8:00 am to 8:00 pm |

Holiday:

| | |
|--------------------|--------------------|
| Thanksgiving Day | Closed |
| Christmas Eve | 8:00 am to 2:00 pm |
| Christmas | Closed |
| All other holidays | 8:00 am to 8:00 pm |



Club Usage

Inclement Weather

Thunder and Lightning:

The pool will be closed at the first sign of thunder or lightning and will remain closed until free of thunder for 15 minutes.

Tornado:

The Club's tornado plan is based on proximity to safe areas and is roughly divided by an imaginary line at the ice machine on the lower level. Members and guests in the pool areas, on the weight floors, in the gym or in the DUC should seek shelter in the locker rooms. Members and guests on the tennis courts, in the Pro Shop, Blue Court Grill or the Tennis Lounge should seek shelter in the tennis hall and stairwell.

Injury

All Members and guests use the Club facilities at their own risk. The Club is not responsible for any injuries sustained while using the facilities.

Locker Rooms

Children over the age of four are not allowed in locker rooms of the opposite sex. Lockers will not be given to children under the age of 15. Membership keytags will open all day lockers. Adult guests requiring lockers may obtain a key card from the Front Desk. Do not store valuables in lockers; the Club is not responsible for lost or stolen property. Adult members have television viewing priority. Scales should be operated by adults only. The Arkansas Department of Health requires that users shower before entering the whirlpool. Members should follow the recommended lengths of stay when using the whirlpool, sauna and steam room. Children must be accompanied by adults at all times in these three areas.

Lost and Found

Inquiries regarding lost articles should be made at the Front Desk. Valuables, when found, will be locked in a safe located in the Business Office. After a period of time all uncollected items will be donated to charity. Found items may be taken to the Front Desk.

All Members and guests are subject to these policies. The Club reserves the right to add to, change or delete these policies at any time.

Physical Activity Readiness Questionnaire (PAR-Q)

When joining the Club, new Members, age 15 and older, are encouraged to complete a Physical Activity Readiness Questionnaire. The "PAR-Q" will help you determine whether you should check with your doctor before beginning or intensifying an exercise program.

Smoking and Alcoholic Beverages

Smoking is not permitted in the Club. Alcoholic beverages will only be served and consumed within designated areas.



Weight Floors

No children under the age of 15 are allowed on the upper weight floor. (Please refer to *Your Children and the Club* for specifics about weight floor usage by children under the age of 15.) When lifting, allow others to use the equipment between sets. Do not drop free weights or weight stacks. Use collars/clips on all bars. Put away and wipe down all equipment after use. Properly dispose of towels and cups. The LRAC reserves the right to remove any person from the weight floor for safety or conduct reasons.

Track

Track directions rotate daily. Members should walk or run so that the pace clock can be read when passed. Walkers and slow joggers should use the inside lanes. Pass on the outside. Please use caution when crossing the track – runners and walkers have the right-of-way. Strollers are not permitted.

LITTLE ROCK ATHLETIC CLUB



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