

# Fitness & Aquatics Policies

## GENERAL POLICIES

### **Register Early!**

Registering early is the best way to ensure placement in a class. Please note that a minimum number of participants is sometimes required in order for a class to be held. If a class is canceled, you will be notified by telephone. Registration for some classes will close when the maximum enrollment has been reached. Please register early!

### **Withdrawal & Refund Policy**

No refunds can be given after class begins.

### **Cancellations or Modifications**

The Osher Marin JCC reserves the right to cancel any activity because of insufficient enrollment, in which case a full refund will be given. The JCC also reserves the right to make necessary changes to programs.

## GROUP FITNESS POLICIES

### **Group Fitness Policy**

- **Full Facility Members:** Most group classes are FREE to Full Facility Members
- **Public:** (non-members): \$30 day fee; \$25 seniors 65+
- **(\$)** **Specialty Classes:** A fee is charged for all membership categories. Pre-registration is necessary. Please check descriptions for fee and dates.
- **Group Fitness Policy:** On occasion, instructor substitutions are necessary. We reserve the right to cancel any class with less than 10 participants
- **Group Exercise Schedule** [Click Here](#)
- **Protect our new floors:** Please no black-soled shoes on the 4th floor Group Fitness Studio.
- **Please do not enter class if you are more than 10 minutes late!**
- We reserve the right to cancel any class with less than 10 participants

# AQUATICS POLICIES

## Pool Rules

- **Lifeguards have complete and final authority** on usage and rule enforcement.
- **Swimsuits are required** when using our pools, spa, steamroom and sauna. Please shower before entering.
- Exercise equipment, including **barbells, weights, and belts**, are available for **adult use only**.
- **Children may use kickboards and noodles at the discretion of the lifeguard**, and are encouraged to use our Coast Guard Approved life vests. Inflatable flotation devices no greater than 48" across are permitted in the Family Swim Area of the Outdoor Pool. Children may not use inflatables in the Indoor Pool.
- **No glass or food on pool decks**—only lawn areas.
- **All young children who are not toilet trained MUST wear swim diapers AND plastic swim pants** while using our pools. **Failure to adhere to this policy may result in pool closure.** For your convenience, you may purchase swim pants and diapers at the H&F desk.

## Group Swim Lesson Policy

- Payment due at time of registration. We accept check, cash & credit card.
- Non-members must sign in at the third floor H&F desk upon arrival to each class.
- Disposable swim diaper & reusable swim diaper cover required for children who are not toilet trained. Available for purchase at the H&F desk.
- Please use appropriate dressing rooms for all diaper and clothing changes.
- Please be respectful of roped off lesson areas when entering and exiting pool.
- For non-members, only one parent/guardian is allowed to swim with student before and after a swim lesson. Additional guests may purchase a day pass at the H&F desk.
- No refunds or credits for missed classes.
- We reserve the right to cancel any session with insufficient enrollment; A full refund will be made.
- 2-week notification required to cancel a group session & apply credit towards future swim lessons. Less than 2-week notice and no credit will be issued.

## Private Swim Lesson Policy

- For non-members, only one parent/guardian is allowed to swim with student before and after a swim lesson. Additional guests may purchase a day pass at the H&F desk.
- 48-hour notification to reschedule (no refunds) - call 415.444.8005.
- Unused lessons expire one year from purchase date

# POLICIES FOR KIDS

## AQUATICS

A SUPERVISING ADULT (18+) MUST REMAIN WITH KIDS 9 & UNDER AT THE POOLS.

### INDOOR & OUTDOOR POOLS

- 0-4 must have an adult in the water and nearby while in the pool regardless of swimming ability.
- 5-9 may use the pools on their own if they pass our swim test. **Adult must remain within view.**
- 10-12 may use the pools on their own if they pass our swim test. **Adult must remain in the facility.**
- 13+ may use the pools without an adult.
- Any child 5-12 who has not passed our swim test must have a supervising adult (18+) in the water and nearby at all times.

### HOT TUB

- 0-3 may not use the hot tub, including sitting on the edge.
- 4-9 may use the hot tub on their own. **Adult must remain in view.**
- 10-12 may use hot tub on their own. **Adult must remain in the facility.**
- 13+ may use the hot tub without an adult.

### SAUNA & STEAM ROOM

- 0-7 may not use sauna or steam room.
- 8-12 may use with an adult.
- 13+ may use without an adult.

## FITNESS CENTER

KIDS MUST BE 10+ TO BE ON THE FITNESS FLOOR OR IN THE STUDIOS.  
A SUPERVISING ADULT (18+) MUST REMAIN WITH KIDS 12 & UNDER.

### FITNESS FLOOR & EQUIPMENT

- 0-9 may not use equipment or be on the fitness floor.
- 10-12 may use with an adult.
- 13+ may use without an adult once they have completed a youth orientation.

### GROUP FITNESS CLASSES

- 0-9 may not attend classes or be in the studios.
- 10-12 permitted with an adult.
- 13+ may use without an adult.

### BASKETBALL GYM

- 0-9 may use if accompanied by an adult.
- 10-12 may use on their own during open gym times.
- 13+ may use without an adult.

### LOCKER ROOMS & FAMILY CHANGING ROOM

- Parents with children of the opposite sex over the age of 4 must use the family changing room.

### KIDCARE (on-site childcare)

- KidCare is available for kids 10 weeks to 9 years old while parents use the Center. See Desk Staff to book an appointment.