

CARDIOVASCULAR & STRENGTH EQUIPMENT  
 GYMNASIUM / INDOOR TRACK  
 FITNESS & AQUATIC CLASSES / MARTIAL ARTS  
 PERSONAL TRAINING / SPECIALTY PROGRAMS

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A good mind. A good heart. A strong fire.

# Martial Art Programs



## Martial Art Program Fees

Martial Art Rates	
Intro Session (Available once per Participant)	<b>\$30</b> (\$60 non-OFF member)
3 Month	<b>\$60</b> (\$120 non-OFF member)
6 Month	<b>\$110</b> (\$210 non-OFF member)
12 Month	<b>\$180</b> (\$350 non-OFF member)



Tai Chi Rates	
Intro Session (Available once per Participant)	<b>\$25</b> (\$50 non-OFF member)
3 Month	<b>\$35</b> (\$75 non-OFF member)
6 Month	<b>\$70</b> (\$125 non-OFF member)
12 Month	<b>\$125</b> (\$225 non-OFF member)

Purchase multiple (12 month) Martial Art programs and receive a **20% discounted rate** after the first program is paid at regular price.

1st person/family member—Regular Price

2nd person/family member—**20% discount**

3rd person/family member—**20% discount**

Only Available on 1 Year Contracts and for members in the same household.

\*Rates are subject to change\*

# Martial Art Programs



## Program Descriptions

### Tae Kwon Do

Tae Kwon Do class is a great physical exercise and a way an individual can develop self confidence, self discipline and respect for others. Tae Kwon Do uses hand and feet techniques in methods of self defense. This class is for men, women and children ages 6 and up. It can be a great family activity.

### Eskrima

This class is very exciting for those people interested in studying weapons and weapon defense techniques. The class provides the student with fundamental concepts and utilization of double sticks, single stick and hand-to-hand and knife disarms are taught. An introduction into different styles of Eskrima are presented so that the student can get a better idea of the different opportunities he/she can explore. This class is for ages 12 and up.

## Instructor

### **Mr. Kevin Schoenebeck**

7th Degree Black Belt in Tae Kwon Do with 30+ Years experience.

Instructor Certified in Inayan Eskrima: Sinawalis, Serrado, Larga Mano, Kadena De Mano, Dequardas, Brazilian Jui Jitsu and Danzan Ryu Ju Jitsu.

### Ju Jitsu

This class is a physically demanding class which takes place on the mat. Its grappling techniques are the ultimate in self defense on the ground. The class instructs current throwing and falling techniques. The class also covers submission holds and locks and counters to submission holds and locks. This class is for ages 12 and up.

### Tai Chi

Is an internal Martial Art which is performed slowly with focus on breathing, balance, & stances. Tai Chi stimulates health & improves muscle tone while balance energy & metabolism.

### Mighty Ninjas

This class is for ages 4—5 only. This program gives the young student the opportunity to experience the benefits of Tae Kwon Do in an age appropriate format. The student will be taught the basic skills through a variety of methods which will guide and prepare the young student for traditional curriculum.



# Welcome



## Welcome to Oneida Family Fitness!

Oneida Family Fitness is a multi-purpose fitness facility established to meet the health and fitness needs of the Oneida Tribe organization and community.



**Our mission is to provide quality physical activity and preventative health education opportunities which encourage participants to achieve total well being.**

**Our vision is to adopt and value a culture of holistic well being. Target market population endeavors to elevate their health, physical fitness and quality of life.**

**2640 West Point Road  
Green Bay, WI 54304  
Phone: (920) 490-3730  
Fax: (920) 490-3899**

**Website: <https://oneida-nsn.gov/fitness>  
Email: [familyfitness@oneidanation.org](mailto:familyfitness@oneidanation.org)**

# Membership



## Memberships are available to:

- ◆ Oneida Tribal Members
- ◆ Oneida Tribe Employees
- ◆ Other Tribal Affiliations
- ◆ General Public

## Membership

- ◆ **Benefits:** Cardiovascular and Strength Training Equipment, Gymnasium, Indoor Track, Swimming Pool, Group Fitness & Aquatic Classes, Wellness & Fitness Assessments, Equipment Orientations, and Childcare.
- ◆ **Amenities:** Locker Room/Shower Areas, Family & Special Need Locker Rooms, Towel Rental, Shake & Snack Bar, Pro Shop.
- ◆ **Discounted Service/Program Fees:** Personal Training, Swim Lessons, Martial Art Classes, Specialty Programs, Incentive Programs, and Sport/Recreation Leagues.

## Membership Rates

Visit Oneida Family Fitness and receive a tour of our facility to learn about the many programs and services that are available for all ages and abilities. We offer a variety of memberships (individual and \*family) based on type and age.

\*Family Definition: Any two adults and children 17 years and under to include: high school students over 17 years living in the same house hold.

Contact our Membership Service Team at 490-3730 for current membership rates.

## Methods of Payment

You may pay for your membership dues in one of three ways:

- **Direct Payment:**

Dues may be paid in full upon joining and yearly thereafter. Payment is accepted via cash, check, VISA, MasterCard, or Discover.

- **Bank (EFT) Draft (\$50 minimum purchase):**

An easy way to pay! Debit your checking or savings account once per month during the duration of your membership. \$25 monthly minimum payment.

- **Payroll Deduction (\$50 minimum purchase):**

Oneida employees may deduct payments weekly from their payroll checks. Payroll deductions are irrevocable. \$25 weekly minimum payment on all payroll deductions.



# Fun for the entire Family!



# Aquatic Programs



## Program Descriptions

- (1) = Beginner, injured, arthritic exerciser  
 (2) = Medium Exercise Class  
 (3) = Advanced Class

**ADULT SWIM**...Ages 14 years and older. Set aside for adults with leisure activities; no lap swimming allowed.

**FAMILY SWIM**...Ages 6 months and older are welcome. All children under the age of 10 must be accompanied by an adult in the water. Self lead activity time, your choice. NO DIVING ALLOWED!

**LAP SWIM**.....Ages 10 years and older for swimming laps only.

**EASE THOSE ACHES (1)**.....Is a special class for individuals who suffer from arthritis or are just starting to exercise and need to ease back into an exercise program (Ages 10 and older).

**WATER EX (1) & (2)**.....An exercise class designed for individuals of all fitness levels. We will focus on strengthening, stretching, range of motion, balance, and cardio. (Ages 10 and older).

**AQUA CHALLENGE (2) & (3)**.. Is designed for the more active individual. It consists of movements in the water that will challenge your cardiovascular system and also tone and strengthen your upper and lower body (Ages 10 and older).

**DEEP WATER (2) & (3)**...This class works the core muscles. Participants must feel comfortable in the water. A flotation belt is used to suspend your body while you exercise in the 5 foot area of the pool for a great



## Swimming Lessons

Swimming Lesson Fees		Swim Lessons Available for all Levels
Members	\$20.00	<ul style="list-style-type: none"> <li>Parent Child Aquatics (Ages 6 mo—5 yrs)                             <ul style="list-style-type: none"> <li>Preschool (Age 4 yrs)</li> </ul> </li> <li>Youth Levels I—VI (Age 5 yrs—18 yrs)</li> <li>Adult All Levels (Age 16 yrs and older)</li> <li>Competitive Swim • Synchronize Swim • Snorkeling</li> </ul>
Non-Members	\$30.00	

## Private Swimming Lessons

Members: \$15.00/half hr per individual  
 Non-Members: \$20.00/half hr per individual

Swim classes that have less than 3 registered may be canceled.

Visit the front desk for current aquatics program and swimming lesson schedule.

Programs & Rates are subject to change.

Changes will be posted inside the facility prior to the change.

# Membership



## Facility Use/Check-In Procedures

Members are required to present their membership card at the Membership Desk upon entering the facility. Presentation of your membership card is necessary to ensure the following:

1. OFF Staff provide more individual and personalized care to our members.
2. Enable us to assist members in an orderly, timely and respectable manner.
3. Expedite our membership check in process.
4. Ensure / maintain membership safety.

Members will be required to purchase a replacement membership card if there is frequent occasions of non-use upon entering the facility.



## Lost or Stolen Cards

Report stolen or lost membership cards promptly.

Members will receive one (1) free replacement card during their membership term.

**Additional replacement cards cost \$5.00.**

Please notify the membership service team if a replacement card is needed.

## Guest Fees

Your guests can be our guests. Guests must present a photo ID at the time of visit and complete a guest waiver prior to using the facility.

The following day rates apply:

*Youth (6 mo—17 years)	\$ 5.00
Adult (18—54 years)	\$10.00
Elder (55 and older)	\$ 5.00

\*All Youth Guests visiting without an Adult Member must have a parent/legal guardian or immediate family member (over the age of 18) with them through the duration of their visit.

Members are limited to two guests per visit and are responsible for their guests! Oneida Family Fitness staff reserve the right to deny membership services and guest use if rules and regulations are not adhered to.

## Membership Changes

**Need to make changes to your membership? Have you moved recently?**

Members may request changes at the Member Service desk. Costs may be associated for membership changes that have a greater value.

# Membership



## **Informed Consent for Program and Recreational Participation**

All forms of physical activity involve a risk of injury. By voluntary participation in the Oneida Family Fitness programs and activities, you assume and accept any and all risks of injury related to that activity.

## **Medical Clearance**

Members with existing medical conditions, or persons over the age of 55, can exercise in moderation. However, Oneida Family Fitness reserves the right to obtain the member's signature and physician's approval on a medical release form.

## **Membership Freeze/Credit/Refund Policy**

Credits and refunds are given for the following reasons:

- Medical condition prevents you from participating. A pro rated credit may be issued if participation ceases due to medical reasons. A written medical note from your physician must be supplied with your request.
- OFF cancels a paid class, excluding weather cancellations.
- A temporary membership freeze may be issued if you are unable to use OFF facility programs and services.

*\*Member must submit requests in writing to the Membership Desk, to include justification for the request. Membership freezes require medical documentation that includes dates that the medical condition that prevents you from participating.*

## **Financial Assistance**

Oneida Family Fitness offers financial assistance for memberships to those who are not able to pay the full applicable fee.

Applicants are required to complete the scholarship application form and provide the requested documents for eligibility. Eligible recipients may receive partial assistance based upon their ability pay and Oneida Family Fitness' budget fund availability.

A strong sense of ownership and pride is developed when recipients have contributed to the cost of Oneida Family Fitness Services. Therefore, all applicants will be asked to pay a portion of the fee. Applications are available at our Membership Desk.

# Group Fitness



We encourage regular participation in our fun, motivating, and rewarding group fitness classes!

We offer a variety of cardiovascular, strength, core, yoga, classes for all ages to enjoy!

Group Fitness Classes change quarterly based on customer feedback and attendance.

## **Seasonal Program Schedules**

Winter: January—March  
Spring: April—June  
Summer: July—September  
Fall: October—December



## **Class Attendance Policy**

Program attendance is on a first come first serve basis. We recommend members arrive 5-10 minutes prior to the class scheduled start time.

For member safety and program effectiveness, a maximum number of participants are determined for each class type. Maximum attendance has been determined from a variety of criteria used for safe instruction.

Oneida Family Fitness regularly tracks and monitors program attendance for program changes / additions. Classes may be canceled/removed from schedules if there is not sufficient attendance.

**Group Fitness Program schedule is subject to change.**  
Changes will be posted at the Fitness Specialist Desk area.  
**Visit our Membership Desk area for current program schedule.**

# Code of Conduct



## Aquatic Area Code of Conduct

1. Members are required to interact with others in a caring, honest, respectful and responsible manner to encourage **Kahletsyalusla**: the heartfelt encouragement of the best in each of us.
2. Children under 10 years must be accompanied by an adult (18 yrs or older) in the water within arms length.
3. For use of chairlift, ask lifeguard for help.
4. No swimming during scheduled class unless otherwise stated by lifeguard.
5. Playing on steps and ladders is prohibited. Please keep them free of obstruction.
6. No Running on deck.
7. Horseplay such as shoving, dunking, wrestling, chicken fights, etc. is not allowed.
8. Absolutely NO DIVING anywhere in the pool.
9. The use of profanity is strictly prohibited.
10. Flotation devices including life jackets are allowed. Inflatable equipment is not allowed. (Infant inner tubes with attached seats are allowed).
11. No standing on floatation mats.
12. No standing or sitting on kick boards.
13. Pool toys are available and allowed at lifeguards discretion. Please check with lifeguards on duty.
14. Exercise equipment is to be used by adults (14 years or older) for exercise purpose only.
15. Lifeguard equipment is for use by authorized staff only.
16. Obey and respect lifeguard instructions at all times. Lifeguards reserve the right to revoke swimming privileges if patron has inefficient swimming skills, or in the case of a rule violation(s).
17. Jumping into the pool is only allowed at the lifeguards' discretion during Family Recreation Swim and Swimming lessons.
18. No swimming during scheduled class unless otherwise stated by lifeguard.



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# Membership



## Oneida Family Fitness Membership Guidelines

- Members are required to interact with others in a caring, honest, respectful and responsible manner to encourage **Kahletsyalusla**: the heartfelt encouragement of the best in each of us.
- Memberships are available for individuals ages 6 months and older. Individual and Family memberships are also available.
- Children 10 years and older may be present in the facility without adult supervision. Please reference **Area Usage Guidelines** and **Program Schedules** for details.
- Children 9 years and under must be accompanied by an adult. Adult must stay with child at all times.
- Members are required to adhere to the Oneida Family Fitness disciplinary policy.
- Memberships are non-transferable. Members may not sell or loan their membership card or privileges.
- Members must present their membership card upon entering.
- Members are subject to a replacement fee for lost or misplaced membership cards. Contact Membership Service Team for fee cost.
- Members must present their membership card to check out equipment: balls, videos, special weight-lifting equipment.
- Disrespecting OFF Staff, Administration Staff and/or other members will not be tolerated.
- NO SMOKING is allowed within 30 feet of the building.
- Clean, appropriate, conservative athletic attire is required (Shorts, closed-toe shoes, t-shirts, sweats, socks).
- Clean, personal hygiene is required.
- Members are responsible for their guests at all times.
- Place all used towels in towel bins.
- Anyone who carelessly and/or negligently breaks or damages OFF equipment will be charged accordingly.
- Loitering is not allowed on Oneida Family Fitness property.
- No skateboarding is allowed on OFF property, or in parking lot areas.
- An elevator is available for those unable to access different levels of the facility by using the stairs. If you are able, please save the elevator for those who need it.

***\*By signing your Membership Contract, Member(s) acknowledge and agree to be bound by terms and conditions within this Member Guide.***

***VIOLATION OF THESE GUIDELINES IS SUBJECT TO DISCIPLINARY ACTION WHICH MAY RESULT IN REVOCATION OF CLUB PRIVILEGES.***

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## Facility Operations



### Hours of Operation

#### **Monday—Thursday**

5:30 am—9:00 pm

#### **Friday**

5:30 am—7:00 pm

#### **Saturday (seasonal)**

8:00 am—12:00 pm

### Lost Article Policy

Please secure all valuables and personal belongings. Oneida Family Fitness is not responsible for articles lost or stolen. Lost and found is located at the Fitness Specialist Desk.

### Music Policy

Background music is provided throughout the facility. Individuals with a music preference are encouraged to bring their own personal music device with headphones.



### Weather Conditions

For member and staff safety, OFF may elect to temporarily cancel programs and services or alter / change the hours of operation in the event of hazardous road or weather conditions.

Members may view **NBC26** ([www.nbc26.com](http://www.nbc26.com)) or **WLUK FOX11** ([www.fox11online.com](http://www.fox11online.com))

for program cancellations or altered operating hours.

We recommend members to phone ahead before traveling.

### Holiday Observances

Oneida Family Fitness posts holiday scheduled hours of operation inside the facilities two weeks prior to the holiday. Subject to change.

Please phone ahead for holiday hours of operation.

### Photographs

Oneida Family Fitness reserves the right to photograph and/or videotape adults and children participating in our programs; images may be used in promotional materials.

If you wish not be photographed, please inform a staff member at that time.



## Code of Conduct



### Gymnasium Code of Conduct

1. Members are required to interact with others in a caring, honest, respectful and responsible manner to encourage **Kahletsyalu!sla**: the heartfelt encouragement of the best in each of us.
2. Individuals 10 years of age and older are welcome to use the gymnasium. Please reference the Gymnasium Schedule for scheduled programs times and special events.
3. Children under 10 years of age are welcome during special program times.
4. Use of profanity is strictly prohibited.
5. Clean, appropriate athletic attire is required. Shirts must be worn at all times.
6. Closed-toe, non-marking athletic shoes are required.
7. NO food allowed in the gymnasium. Bottled water with a spill-proof lid is permitted.
8. Hanging from the rims or nets is prohibited.
9. Full court games should be changed to cross-court games if others are waiting.
10. For your safety, bags and personal belongings must be stored in locker room areas.
11. Please notify a Fitness Staff if you are injured or witness an injury.

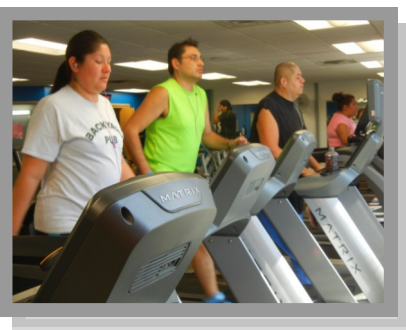


# Code of Conduct



## Cardio Room Area Code of Conduct

1. Members are required to interact with others in a caring, honest, respectful and responsible manner to encourage **Kahletsyalu!sla**: the heartfelt encouragement of the best in each of us.
2. Fitness Staff are available to assist members and guests with safe and proper use of the cardiovascular equipment for maximum benefit. Please ask a Fitness Staff for assistance.
3. Individuals 14 years of age and older are welcome to use this area.
4. Youth training and orientations are available for children ages 10-13 years old. Ask a Fitness Staff for details.
5. Clean, appropriate, athletic attire is required.
6. Closed-toe, athletic shoes are required.
7. Clean, personal hygiene is required.
8. Please be courteous to all members. Limit time to 30 minutes when others are waiting. Fitness Staff are available for assistance in monitoring equipment use.
9. Please return magazines to the magazine racks after use.
10. For sanitary purposes, use the disinfectant wipes and clean equipment after each use.
11. No food allowed in this area. Bottled water with a spill-proof lid is permitted.
12. Bags and other personal items are not permitted in this area. We ask that you secure your personal belongings in the Locker Rooms. Jackets may be hung in the closet.
13. Background music is provided throughout the facility. All individuals with a music preference are encouraged to bring their own personal head set/cd/mpod.
14. Music and television selections must be appropriate for all ages and non-offensive to others present. Members and guests are not allowed to change the television channels or volume. Fitness Staff will monitor entertainment use.



# Member Services



## Locker Distribution

Lockers are available for daily use. Members must provide their own lock. Locks must be removed daily. In order to provide all members with storage space, permanent storage is not available. Locks that are left on overnight, will be removed.

## Child Care

We are pleased to network with the Oneida Child Care Services Program to provide on-site child care for members during the hours of 8:00 a.m.—4:30 p.m. (closed 12:00—1:00 p.m.), Monday—Friday. This is a “drop-in” service, for children 6 weeks old—10 years of age; space is limited and is on a first come, first serve basis.

Visit our Membership Desk for information.



## Towel Rental Service

Towels are available for a small rental fee. Visit our Membership Desk for info.

## Equipment Rental Service

Equipment such as basketballs, volleyballs, footballs, etc...are available for check out at the service desk. Your membership card will be collected in exchange for equipment usage.

## Pro Shop

Our Pro Shop has all your Oneida Family Fitness workout gear. We have various styles of men's, women's, and children's sizes T-Shirts, sweatshirts, and hats available for your purchase.

## Gift Certificates

**Looking for a great gift?**  
Gift certificates are available for purchase. Stop by the Membership Desk.

## Shake and Snack Shop

The Oneida Family Fitness Shake and Snack Shop offers all your pre and post workout refreshments and snacks.

We offer healthy-blended protein shakes and fruit.

Protein shake punch cards are available for your purchasing convenience.

## Member Services



### Knowledgeable, Certified, & Friendly Team of Fitness Professionals

Oneida Family Fitness employs a team of knowledgeable, certified helpful professionals to help you achieve your fitness/ wellness goals. Our Fitness Team provides: fitness and wellness assessments, exercise equipment orientations, exercise programming, realistic goal setting and nutritional advisement. Instructors incorporate their knowledge of the human body in the development of exercise programs for participants.

### Appointments

Appointments can be scheduled at Oneida Family Fitness Fitness Specialist Desk, Monday—Friday, and are conducted at various times throughout the day. Appointments are conducted by trained Fitness Specialists on a one-to-one basis, or group of no more than four. Appointment length is 45—60 minutes. Please phone 490-3852 to schedule an appointment or notify us regarding a cancellation. Appointments must be made for the following:

- Fitness & Wellness Assessment
- Equipment Orientation
- Youth Orientation
- Personal Training



## Code of Conduct



### Studio Area Code of Conduct

1. Members are required to interact with others in a caring, honest, respectful and responsible manner to encourage **Kahletsyalu!sla**: the heartfelt encouragement of the best in each of us.
2. Fitness Staff are available to assist users with safe and proper use of equipment. Please ask a Fitness Staff for assistance.
3. Individuals 12 years of age and older are welcome to use this area.
4. Please arrive on time for scheduled classes and programs. If you are late or need to depart early, please be as courteous and discreet as possible to avoid disrupting other participants. For your safety and benefit, it is recommended that you attend the entire program/ class time scheduled.
5. Program participation is on a first come- first serve basis. Reserving spots/ space for those who are not present is not allowed. It is recommended that you arrive 5-10 minutes prior to the scheduled start time.
6. For your safety and benefit, a maximum number of participants are provided for each class/type. Oneida Family Fitness regularly tracks and monitors program attendance for program changes / improvements.
7. Group Fitness Class participants are expected to follow the Fitness Instructor. Please ask the Fitness Instructor for assistance and/or modifications.
8. Clean, appropriate, athletic attire is required.
9. Closed-toe, athletic shoes are required.
10. For sanitary purposes, use the disinfectant wipes to clean exercise mats and equipment after each use.
11. Please return all equipment used to its proper storage site.
12. NO food allowed in studio. Bottled water with a spill-proof lid is permitted.
13. Instructional exercise videos are available for use during non-programming times. Please ask the Fitness Staff for assistance.



# Code of Conduct



## Strength/Weight Room Area Code of Conduct

1. Members are required to interact with others in a caring, honest, respectful and responsible manner to encourage **Kahletsyalusla**: the heartfelt encouragement of the best in each of us.
2. Equipment orientations are available. Please ask a Fitness Staff for assistance.
3. Individuals 14 years of age and older are welcome to use this area.
4. Youth ages 10-13 years may also use these areas after successful completion of a youth orientation with a Fitness Specialist. Youth orientations can be scheduled at the Fitness Specialist Desk, Monday thru Friday, during regular operating hours. Upon completion of a youth orientation, adult supervision is required when using this area.
5. Clean, appropriate, athletic attire is required. Shirts must be worn at all times.
6. Closed-toe, athletic shoes are required.
7. Clean, personal hygiene is required.
8. Individuals must use equipment as instructed. Please ask Fitness Staff for assistance.
9. Allow others to work-in when performing multiple sets.
10. To prevent injury and equipment damage, do not drop or hit weights together.
11. Use of profanity is strictly prohibited.
12. Return weights and/or other equipment used to the appropriate rack in proper sequence.
13. Bags and other personal items are not permitted in this area. Please secure your belongings in the locker rooms or lobby area coat rack.
14. Chalk is provided to prevent slipping. Please use sparingly.
15. For sanitary purposes, use the disinfectant wipes and clean equipment after each use.
16. No food allowed in this area. Bottled beverages with a spill-proof lid are permitted.
17. Background music is provided throughout the facility. Individuals with a music preference are encouraged to bring their own personal head set/cd/i-pod.

# Member Services



## Wellness & Fitness Assessment (Ages 10 +) **FREE!**

The Wellness Profile is a great tool to use in assessing your total well being. It will assist you in goal setting and improving your quality of life! A trained Fitness Specialist will walk you through this questionnaire which focuses on the following areas of wellness: exercise, nutrition, safety, tobacco, and stress management. The results will provide you with an overall assessment of your total well being as it relates to your lifestyle.

Fitness Assessments are recommended to evaluate your current fitness level and progress. A fitness assessment is an excellent tool to ensure your desired goals are achieved. The fitness assessment protocol administered includes the following components of physical fitness: blood pressure, body weight, body composition, flexibility, muscular strength, and cardiovascular fitness. From this assessment, your progress can be monitored and realistic goals can be established and achieved!

## Equipment Orientation (Age 14 +) **FREE!**

An equipment orientation is administered by a trained Fitness Specialist. The orientation includes: proper setting and use of the equipment, a description of the muscles being used, how and when to increase the resistance, and safety precautions. Orientations provide individuals with an opportunity to learn how to safely use the equipment within the Family Fitness's three different weight rooms: Free Weights, Free Motion, and Selectorized Equipment areas. The Fitness Specialists can provide assistance with operating the cardiovascular equipment to include: stair climbers, elliptical trainers, treadmills, and cycles upon request without an appointment.

## Youth Orientation (Age 10-13) **FREE!**

Is your son or daughter between the ages 10—13 years old and is interested in improving their health and well-being? Are they interested in learning how to strength train/lift weights? Would you like for them to learn how to safely and effectively use the Strength Training or Cardiovascular equipment?

Fitness Specialists are available to provide Youth Orientations. Set up an appointment at the Fitness Specialist Desk, Monday thru Friday, during operating hours. After your child successfully completes the orientation program, they are permitted use of the indoor track, cardiovascular and strength equipment when accompanied by a parent or guardian. This is a great opportunity for you and your son and/or daughter to workout/exercise together.

## Member Services



### Personal Training Services

Break out of your fitness plateau and let us customize your personal fitness program. Personal Training sessions are offered in various packages for youth, adults and even with a buddy!

Benefits of working with a Personal Trainer:

- Improve your fitness level
- Increase knowledge by learning proper techniques
- Make your workouts more effective and efficient
- Tailor your workouts to your needs
- See your desired results sooner
- Maintain or increase your motivation level

All personal training must be performed by certified Oneida Family Fitness staff. Personal training conducted by members/non-employees is not permitted.

Personal training sessions expire one year from date of purchase.

See a Fitness Specialist or the front desk area for pricing and package discounts.



## Code of Conduct



### Locker Room Area Code of Conduct

1. Members are required to interact with others in a caring, honest, respectful and responsible manner to encourage **Kahletsyalu!sla**: the heartfelt encouragement of the best in each of us.
2. Cell phone and camera use is strictly prohibited in locker rooms.
3. Children age 6 and older must use same sex locker room.
4. Children under age 8 must be accompanied by an adult in the locker room.
5. Individuals must provide own lock.
6. Lock must be removed daily. Locks left on overnight will be removed.
7. For your safety, please dry off before leaving shower area.
8. Infant changing stations are provided.
9. For sanitary purposes, when undressed, place a towel on bench or chair before sitting.
10. Please be courteous to others waiting to use the special needs locker room. No loitering.
11. Individuals must shower before entering pool.
12. NO food is allowed in the locker room. Bottled water with a spill-proof lid is permitted.
13. Please secure your personal belongings in lockers.
14. Please return any lost or found items to the reception desk.
15. Oneida Family Fitness is not responsible for lost or stolen items.

# Disciplinary Policy



Oneida Family Fitness is committed to providing a safe and welcoming environment for all members and guests. Members and Guests are asked to act appropriately at all times when in our facilities or when participating in programs held on or off site.

If the member/guest is involved in any of the following activities, Oneida Family Fitness shall be entitled to take disciplinary action against him or her in accordance of this policy. If the member/guest is a minor, the incident will be documented in accordance of this policy, and ALL incidents will be communicated with the parent/legal guardian.

## I. MINOR INFRACTIONS

- a). **Disrespecting Staff:** Offensive actions or abusive language directed at Family Fitness staff will not be tolerated.
- b). **Swearing:** Family Fitness will not tolerate any offensive or distasteful language in the facility.
- c). **Dress Code:** Appropriate fitness attire such as t-shirts, shorts, sweatpants, etc...is required. Athletic shoes with a closed toe must be worn at all times. No sandals, flip-flops, or slippers are allowed. Any member not following these requirements will be asked to change clothing.
- d). **Personal Training:** All personal training must be performed by certified Oneida Family Fitness staff. Personal training conducted members/non-employees will not be permitted.
- e). **Personal Hygiene:** As a courtesy to all members and staff, Oneida Family Fitness members must practice proper personal hygiene to eliminate odors and germs that will offend/harm other members and staff.
- f). **Non-compliance with Facility Guidelines, Rules & Regulations, and Code of Conduct:** Members must adhere to all facility guidelines to provide a safe and enjoyable environment for all participants.

## PENALTIES FOR MINOR INFRACTIONS

Any member/guest committing a Minor Infraction shall be subject to:

- First Offense:** A Verbal Warning will be given to the member and reported on a validation form with an explanation of the undesired behavior.
- Second Offense:** A Written Warning will be given to the member explaining his or her actions; a warning will also be reported on a validation form with an explanation of the undesired behavior.
- Third and Subsequent Offenses:** Upon a third or subsequent offense, the member shall be suspended from Family Fitness for a period of thirty days. No member shall be entitled to any refund of Family Fitness membership fees by reason of suspension of their membership.

## II. MAJOR INFRACTIONS

- a). **Fighting:** Fighting will not be tolerated and all members involved in any fight shall be jointly and severally liable for all damages and injuries.
- b). **Weapons:** Oneida Family Fitness will not allow any type of weapon into the club. The Oneida Police Department will be contacted if a member has a weapon in his or her possession. A weapon is defined as any object that can be used to hurt another individual (guns, knives, clubs, etc.) If a weapon is used, the member using the weapon will be liable for any and all resulting damage or injury.
- c). **Destruction of Property or Personal Belongings:** Any member involved in damaging or destroying Oneida Family Fitness property or the personal belongings of a member, will be responsible for all repairs and/or replacement of said property equipment, or personal belongings.
- d). **Drugs/Alcohol:** Drugs/alcohol is not permitted in the facility. The Oneida Police Department will be called to investigate any member found to possession illegal drugs.
- e). **Theft:** Any member involved in theft of Oneida Family Fitness property or a member's belongings will be held responsible. Oneida Police Department may be contacted and will handle accordingly.

## PENALTIES FOR MAJOR INFRACTIONS

Any member/guest committing a Major Infraction shall be subject to either:

- (1) a 30-day club suspension of their Oneida Family Fitness membership; or
- (2) revocation of their membership.

The decision to suspend or revoke a membership is the discretion of the Family Fitness staff.

No Member shall be entitled to any refund of Family Fitness membership fees by reason of suspension or revocation of their membership.



# Member Services

## Commit to Fit Recognition Club **FREE!**

Oneida Family Fitness is committed to providing physical activity and preventative health education opportunities which encourage members to achieve total well being. Our COMMIT TO FIT member recognition program is designed to provide incentive, recognition and reward to members for their commitment to live a healthier fit lifestyle through regular action/engagement in physical activity at OFF and their ability to meet the recommended amount of physical activity recommended by the American College of Sports Medicine and American Heart Association for achieving good health.

**Eligibility:** All Oneida Family Fitness members who receive the recognized amount / level of physical activity recommended for improved health.

**Cost:** **FREE!**

**Benefits of participating:** Improved wellness and fitness level (cardio respiratory, muscular strength, endurance, physical function, flexibility, balance, coordination, and skill).

**Recognition:** Participating member's names will be displayed on a dedicated bulletin board on the main level at Oneida Family Fitness. Posted on a monthly and annual basis.

**Praise:** Kahletsyalusla (*The heartfelt encouragement of the best in each of us*). We are proud of our members' commitment and achievement to a healthy, active lifestyle! We ask that you join us in **Congratulating, Supporting, and Encouraging** fellow members on this high level of achievement!

**Rewards:** All members who achieve one of these activity levels earn a chance to win monthly and yearly prizes!

## COMMIT TO FIT CLUB recognizes three levels of physical activity:

**GOLD**—Members who exercise 5 or more days per week

**SILVER**—Members who exercise 4 days per week

**BRONZE**—Members who exercise 3 days per week

Oneida Family Fitness encourages all members to be active daily and recommends our members adopt the following **National Physical Activity Guidelines** into your life!

**Commit to Fit Club-**  
**Recognizing your commitment to an active lifestyle!**





## Facility Usage Guidelines

### Age 6—9 Years

- **Adult/Youth Gym** Must be *\*accompanied by an adult*.
- **Family Swim**, Must be *\*accompanied by an adult* in the water.
- **Group & Private Swim Lessons**, Reference Aquatic Schedule. Cost associated.
- **Martial Arts**, Must have *\*\*adult supervision*. Cost associated.

### Age 10 -11 Years

- **Cardio/Strength Rooms**, Use permitted with successful completion of the Youth Strength Training Orientation program with a Fitness Specialist and with *\*\*\*direct parent or guardian supervision*.
- **Aquatic Area**, Independent use.
- **Gymnasium**, Independent use.
- **Group & Private Swim Lessons**, Reference Aquatic Schedule. Cost associated.
- **Martial Arts**, Independent use. Cost associated.

### Age 12-13 Years

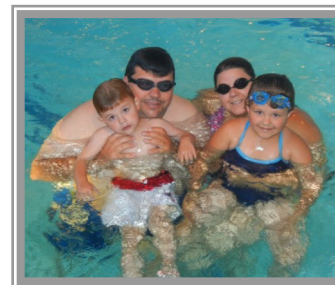
- **Indoor Track/Cardio & Strength Rooms**, Use permitted with successful completion of the Youth Strength Training Orientation program with Fitness Specialist and with *\*\*\*direct parent or guardian supervision*.
- **Aquatic Area**, Independent use.
- **Gymnasium**, Independent use.
- **Group Exercise Classes**, Independent Use (Studio A, Studio B, and Studio C)
- **Group & Private Swim Lessons**, Reference Aquatic Schedule. Cost associated.
- **Martial Arts**, Independent use. Cost associated.

### Age 14 Years and Older

- Independent use during all operating hours.

- \* **Accompanied by an Adult:** Adult must stay with child at all times.
- \*\* **Adult Supervision:** Adult must be available on premises.
- \*\*\* **Direct Parent/Guardian Supervision:** Adult must stay with child and monitor/guide child's use of equipment.

Reference the Group Fitness, Aquatic, Gymnasium, and Martial Art Schedules for appropriate activities, program times, and associated costs.



# Facility Usage Guidelines



The following Facility Use Guidelines have been established to provide a safe and enjoyable environment for all participants. Members and Guests are expected to abide by all O.F.F. Facility Use Guidelines, Rules & Regulations, and all Code of Conducts posted in respective areas.

## Supervision of Children

**Children 9 years and younger** are welcome in the fitness center with adult supervision. Consult the Gymnasium, Aquatics, and Group Fitness schedule for appropriate activities and schedule.

**Children 10 years and older** may use the fitness center independently. Consult the Gymnasium, Aquatics, and Group Fitness schedule for appropriate activities and schedule.

**Indoor Track, Cardio & Strength Rooms**, may be used by those 14 years and older. Youth ages 10-13 years may also use these areas after successful completion of a youth orientation with a Fitness Specialist. Youth orientations can be scheduled at the Fitness Specialist Desk, Monday thru Friday, during regular operating hours. Upon completion of a youth orientation, adult supervision is required when using the indoor track, cardio and strength areas. Ages 9 and under not permitted.

**\*Participants' failure to comply with the Facility Use Guidelines, Rules & Regulations, and Code of Conducts may be subject**

## Age 6 Months—2 Years

- **Adult/Youth Gym**, Must be *\*accompanied by an adult*.
- **Family Swim**, Must be *\*accompanied by an adult* in the water.
- **Parent/Tot & Private Swim Lessons**, Reference Aquatic Schedule. Cost associated.

## Age 3 Years

- **Adult/Youth Gym**, Must be *accompanied by an adult\**.
- **Family Swim**, Must be *accompanied by an adult\** in the water.
- **Group & Private Swim Lessons**, Reference Aquatic Schedule. Cost associated.

## Age 4—5 Years

- **Adult/Youth Gym**, Must be *\*accompanied by an adult*.
- **Family Swim**, Must be *\*accompanied by an adult* in the water.
- **Group & Private Swim Lessons**, Reference Aquatic Schedule. Cost associated.
- **Mighty Ninjas** Must be *\*accompanied by an adult*. Cost associated.





## Health & Wellness Programs

### **Commit to Fit**

**Members: \$50.00**

Commit to Fit will familiarize you with an exercise routine by incorporating cardiovascular and strength training principles. Improve your physical fitness level through this 12-week program that includes:

- Pre/Post Fitness Assessments
- Goal Setting
- Personalized Cardio & Strength Plan
- Strategies for Success

### **Weigh of Life**

**Members/Employees: FREE    Non-Members: \$75.00**

Weight Management program designed to give you the tools you need to achieve a healthy, balanced weigh of life. Instructor delivers educational sessions designed to teach you how to make healthier choices and empower you to achieve and maintain a healthy weight. Program includes:

- Pre/Post Fitness Assessments
- Physical activity & nutrition tracking
- Weekly support group interactive discussions
- Realistic goal setting
- Personal Training sessions
- Behavior modification



### **Stress Management**

**Members/Employees: FREE**

A 6 week Stress Management Workshop designed to educate you on what creates stress, physiological effects on the body from stress, and the steps you can take to minimize the negative effects stress may have on you. Workshop includes:

- Free weekly personal training sessions during the program
- An understanding of stress and how it impacts your health
- Identifying the source of stress
- Learn healthier ways to manage stress
- Learn how to incorporate "stress relieving activities" into daily life