



*ClubSport*  
San Ramon

*To enhance and enrich the lives of our members*



# *Member Information Guide*

[www.ClubSportSR.com](http://www.ClubSportSR.com)



# ClubSport San Ramon

Welcome! The ClubSport San Ramon staff is available to assist members at all times. Feel free to contact the Club General Manager or any Manager on Duty with questions, suggestions, and/or comments. Please utilize the information in this packet to acquaint yourself with all the Club has to offer.

## Our Mission Statement

To enrich and enhance the lives of our members is our daily focus. We shall endeavor to meet all of your expectations every time you come to the Club. The following information is provided to help you become acclimated so you can enjoy your Club to its fullest extent.

### Club Hours of Operation

Monday-Thursday	5:00am-10:00pm
Friday	5:00am-9:00pm
Saturday	6:00am-9:00pm
Sunday	7:00am-9:00pm

### Membership Dept. Hours

Monday-Thursday	9:00am-7:00pm
Fri., Sat., & Sun.	9:00am-6:00pm

### Prime Time Hours

Monday-Thursday	8:00am-11:00am 5:00pm-7:00pm
Saturday & Sunday	Opening-Noon

### Club Café

Monday-Thursday	8:00am-7:00pm
Fri., Sat., & Sun.	8:00am-6:00pm

### ClubKid Hours

Monday-Friday	8:00am-1:00pm 3:00pm-8:00pm
Saturday & Sunday	8:00am-7:00pm

### Telephone Numbers

Main Number	(925) 735-8500
Fax	(925) 735-7916
Massage	(925) 735-8500
CA Rehab & Sport Therapy	(925) 735-6414

## THE FRONT DESK

The Front Desk at ClubSport San Ramon is designed to accommodate the needs of all members. Services provided include scheduling appointments for massage and spa services, reserving racquetball, squash and tennis courts, member identification tags and first aid supplies. Please stop at the Front Desk upon arrival. All members and guests (adults, juniors, and children) must check in at the Front Desk. For safety and security reasons, all members and guests must have a profile including a picture in our system before entering the club.

## SUGGESTION BOX

ClubSport San Ramon wants to know every member's ideas and suggestions regarding all facets of the Club. We have provided a suggestion box at the Front Desk, Locker Rooms, and Fitness Floor so members may submit their comments. We appreciate your feedback and input regarding our facility, programming, and services.

## LOCKERS

**Adult Daily use lockers** are available at no charge for members to use during each visit to the Club. All adult lockers are equipped with the combination keypad locks, which allows you to program your own personal code to secure your belongings. Front Desk staff are happy to assist in showing members how to use the locks. Permanent lockers are available to both men and women, with or without laundry service for a monthly fee. Men's Executive Lockers may also be rented on a monthly basis.

## Executive Locker Room

A private Executive Locker Room is available for an additional fee for men. Amenities include daily laundry service, larger lockers, deluxe towels, and separate facilities (space permitted).

**Junior locker rooms** are available to our younger members, ages 12 and under.

### Please note:

- Boys 4 years and older are not permitted in the women's locker room and girls 4 years and older are not permitted in the men's locker room.
- Men are not allowed in the girls' junior locker room and women are not allowed in the boys' junior locker room.

Junior lockers are to be used by all children who are unaccompanied by their parent. Keys for these locker facilities may be obtained at the Front Desk. Children 12 years and younger may not use or be in the adult locker rooms unless accompanied and directly supervised by a parent or guardian. Juniors must conduct themselves in an appropriate manner at all times. Failure to comply with these conditions will result in the revocation of this privilege.

## MASSAGE

A massage at ClubSport San Ramon is a great way to relax the mind and body. Our therapists are certified and experienced to offer many different massage techniques including Deep Tissue, Swedish Massage, Sports Massage, and Hot Stone Massage. The Club has a private massage room in each adult locker room. Appointment scheduling and additional information regarding our massage services is available at the Front Desk. Please see the massage brochure for current rates.

## THE SPA

The Spa at ClubSport includes a wide variety of facials, masks, acne management, microdermabrasion, facial peels, body treatments, and waxing services for women. Please see the spa brochure for current rates, treatment descriptions, reservation information.

## CALIFORNIA REHABILITATION & SPORTS THERAPY

CA Rehab is a full sports medicine clinic specializing in physical therapy and is located in the north wing of ClubSport San Ramon. For additional information, contact CA Rehab directly.





# Activities

Throughout the year, the Club offers many sports, recreational, and social activities to complement members' health and fitness. Announcements, schedules, and registration for these events can be found at the Information Center located by the Adult Locker Rooms. A comprehensive club events calendar and sports schedule is posted monthly on our web site at [www.ClubSportSR.com](http://www.ClubSportSR.com).

## CLUBSPORT TEXT MESSAGES

Text CLUBSPORT to 52236

*Receive texts about Club events, programing, and facility alerts.*

### SPORTS

**Basketball:** The 9,000 square foot, temperature controlled gymnasium at ClubSport San Ramon features a full size basketball court, six nets, glass backboards, scoreboard and clock. Pick-up basketball is available throughout the week at designated times. Adult leagues take place throughout the year and include competitive levels and recreational play.

Children (12 years and under) and Juniors (ages 13-17) can take part in basketball instruction in the gym through KidFit Classes and Basketball Training.

***Please note:** The gym is used for Group Fit and KidFit classes and for a multitude of other purposes throughout the year. Gym reservations and closures will be posted in the gym and/or on the Gym Schedule.*

**Racquetball:** ClubSport San Ramon also offers three regulation size racquetball courts. We offer a variety of Racquetball programs including junior and child instruction, doubles tournaments, Demo Nights, leagues, specific court challenge times, adult clinics, private lessons, a challenge ladder and special non-profit events. Racquetball Courts are for Racquetball, Handball, and Walleyball use only, unless accompanied by a Fitness Instructor.

**Squash:** ClubSport San Ramon also features three regulation size squash courts. We have a very active Squash playing community with a variety of programs including: in-house play, East Bay Squash League, adult and children's instruction, tournaments, introduction to Squash classes, clinics, and private lessons. Squash courts are for Squash use only.

***Please note:** Children 12 years and younger must be accompanied and supervised by a parent or legal guardian at all times when in the gym and courts (Racquetball, Squash; Tennis, with membership) unless they are enrolled in a Club supervised activity. Juniors 13 to 17 years old may use the gym and courts (Racquetball and Squash; Tennis, with membership) without parental supervision only during Junior Hours.*

***Please note:** For your convenience, ClubSport San Ramon offers loaner racquets, balls, and protective eyewear at the Front Desk. Protective eyewear is recommended while playing court sports. Black soled shoes are not permitted on any court with the exception of non-marking soled shoes. You may make court reservations up to three days in advance at the Front Desk, online or through the Club's mobile application. Each member may reserve one court for one hour per day. All members using racquetball and squash courts need to check in at the Front Desk for their court assignments.*

### RECREATIONAL/SOCIAL:

There are many opportunities to meet your fellow health and fitness enthusiasts at ClubSport of San Ramon: you can join a sports league or attend one of our special events such as game nights, workshops, or social events.

### Soccer:

Adult drop-in soccer is available on Monday nights throughout the year. No sign-ups are needed. Stop by for a competitive game of soccer with your fellow members in the ClubSport gymnasium from 7pm-9pm.

### PICKLEBALL

ClubSport San Ramon offers four regulation size pickleball courts on Tennis Court 1. Reservations are required to reserve a court. This can be done at the Front Desk or the member login site. Once reserved check-in at the Front Desk and collect a court key to access your reserved court. Pickleball paddles and balls are provided for your use. Please return the key and equipment to the Front Desk at the end of your reservation. Guests must be registered at the Front Desk before the start of your pickleball play.

### ANNUAL EVENTS

ClubSport offers events that you can look forward to attending each year. These events are advertised throughout the club and on social media. Look for current dates and times, or stop by the Membership office if your interested in learning more.

- ◆ Member Socials
- ◆ Inbody Challenge
- ◆ Commit To Get Fit Challenge
- ◆ Group Ex Launch
- ◆ Kid's Halloween Trick or Treat
- ◆ Kid's Pumpkin Patch
- ◆ Kid's Winter Wonderland
- ◆ Holiday Boutique
- ◆ Adult Holiday Social



# Membership Guidelines

The following guidelines are designed to facilitate all members' use of the Club facilities and programs. Prime Time hours are for adult members. Children and Juniors must be accompanied by a parent during these times. See Children and Junior Guidelines as defined below. **We want you to feel comfortable here and encourage you to ask our staff any questions you may have. We also encourage you to give us feedback about the Club so that we can maintain our excellence.**

## MEMBERSHIP CHECK-IN

ClubSport San Ramon is a private club. In order to protect the exclusive use of our Club, **all members including juniors and children must check in. Members must present their Member ID tag at the Front Desk each time they enter the Club. We encourage all members to enter your member number into our App for the most efficient way to check in.** All members using courts need to check in at the Front Desk for their court assignments.

## CLUB CHARGE PRIVILEGES

Club members may charge their house accounts for goods and services at the Café, Front Desk, and Activities Desk. The Club will extend charge privileges to all persons listed on the membership unless otherwise notified by the primary account holder.

## GUEST POLICIES

The Club facilities are available to guests of members for the prevailing guest fee. Club members with an individual membership may host one guest per visit. Members with a couple or family membership may host up to two guests per visit. All guests must be accompanied by a member, and guest will be required to provide photo ID and complete the standard waiver upon entering the Club. Members under the age of 18 are not allowed guest privileges, nor may they supervise other children or juniors under the age of 18.

All guests are limited to two visits per month, regardless of whether the visits are with different members. For out of town guests visiting for an extended time, please consult with a Membership Representative. All regular guidelines apply to guest usage.

## CHILDREN

"Children" are defined as 12 years of age and younger. Children must be accompanied and directly supervised by a parent or legal guardian at all times (including lounge areas in locker rooms, lobby, and Family Dining area), unless they are engaged in a Club supervised activity or are signed into Childcare. Children must be within arms' reach at all times. Childcare accepts children aged 6 weeks to 12 years, allowing adult members to enjoy the Club while their children are being properly supervised.

Children must be accompanied and supervised by a parent or legal guardian while in the swimming pool area, and abide by all the posted pool rules. If a child is participating in a swim lesson and an instructor is present, the parent may leave the pool area. Please note, while instructors are teaching, they cannot be responsible for the safety of other children left unattended at the pool.

Children are not allowed in the Fitness Center. They may use the squash, racquetball courts and gymnasium facilities only if accompanied and supervised by a parent or legal guardian at all times. Children are not permitted in the Group Exercise studios unless they are participating in a supervised Club activity specifically for children.

Children under the age of 14 are not permitted to use the sauna or steam room. While the indoor and outdoor spas may be enticing to children, ClubSport San Ramon adheres to health codes which deem spas to be unsafe for children under 14 years of age.

The Family Dining area is specifically dedicated to children. This area is designed to offer kids a place to eat and converse comfortably while not disturbing the adult interactions. **Children MUST be accompanied by a parent at all times when using this area.**

## JUNIORS

"Juniors" are defined as youths ages 13 through 17.

Members 13 and 17 years old may use the Club during all hours of operation and are allowed to use the adult locker facilities upon signing the "**Junior Expanded Use Agreement.**" to activate this privilege. The "Junior Expanded Use Agreement" must be signed by both the youth and parent in the presence of a Club Manager or Membership Representative.

Members 13 and 17 years of age must abide by all adult guidelines of the Club. Expanded use privileges may be revoked if conduct is not in the best interest of the Club and its members. In addition, Club Management may determine what Club programs are available to juniors, as adults have priority in registering for leagues and activities.

## PERSONAL CONDUCT OF CHILDREN & JUNIORS

Children and Juniors are expected to behave politely at all times. Loud and rambunctious play can often disturb members who wish to relax and enjoy the Club. Failure to comply with the Club policies and guidelines may result in suspension from the Club.

## MEMBER REFERRAL PROGRAM

Family or friends interested in joining the Club? Our members refer so many friends and colleagues, we want to thank you by offering an ongoing reward program as well as a special incentives throughout the year. Please contact a Membership Representative for more information.

## CELL PHONE USAGE

For the comfort of all our members, cell phone use is strictly prohibited in the locker rooms. Talking on cell phones in the fitness area is prohibited. Please restrict all cell phone usage to the lobby area. *Photography is never allowed unless authorized by the General Manager.*



# Membership Guidelines

## LOST AND FOUND

All unclaimed personal property will be held at the Club for a minimum of fifteen days. Jewelry, watches, eyeglasses, and other objects of value will be stored for 90 days. After this time period, all items will be donated to charity. Inquire about lost items at the Front Desk or with any Manager on Duty. ClubSport is not responsible for lost or damaged personal belongings.

## PARKING

The ClubSport San Ramon parking lot is available to members and guests while at the Club. Surveillance cameras are in place in many areas for additional safety. The San Ramon police, along with ClubSport San Ramon, ask our members to please secure their valuables and remove them from sight. Please use caution when driving and parking at the Club. For everyone's safety, please drive slowly through the parking lot.

## FOOD AND BEVERAGE

Food is allowed only in the Club Café, and pool patio area. All food and drink consumed at ClubSport must be purchased at the Club Café. All beverages consumed in the Club or pool area must be kept in non-spill, non-breakable containers. In addition, complimentary coffee is provided to members from opening to 9:30am Monday through Sunday in the Club Café. Please be courteous to other members by disposing of trash in proper receptacles.

## DRESS

The Club expects members and guests to dress appropriately for the sport being played. Shirts and shoes are required throughout the Club at all times. At the discretion of Management, inappropriately attired members and guests will be asked to discontinue the activity they are engaged in until dress standards are met. These policies exist for the comfort of all our members.

As a courtesy to our members, wet bathing suits and wet athletic clothing are not allowed in the Lobby, Club Café or TV lounge areas. Shoes, shirts, and bathing suit cover-ups must be worn at all times while inside the Club.

## FOOTWEAR

Appropriate footwear is required at the Club. Due to safety and sanitary precautions, **bare feet are not allowed in the Club at any time.** Shoes designed for fitness and court play must be worn whenever working out or playing on a court. Black soled shoes (unless non-marking type) are never allowed on any of the courts. At the discretion of Management, members or guests wearing improper footwear will be asked to discontinue the activity they are engaged in until footwear standards are met. These guidelines apply to members and guests of all ages.

## GENERAL POLICIES

The Club shall have the right to make such rules, regulations, and restrictions in the use of the Club property as it may deem necessary.

- **Member Identification tags are issued to members only. They are not to be used by anyone other than the member to whom they are issued.** Infraction of this rule will result in immediate expulsion from the Club. The identification tag is Club property, the possession of which may be determined at the Club's sole discretion.
- Charges and fees for services and facilities are subject to change as deemed necessary by the Club.
- Any accident, injury or conflict between members should be reported immediately to the club General Manager or the Manager on Duty.
- Any instance of vandalism or mistreatment of Club property will result in immediate suspension and/or revocation of membership privileges. The Club will prosecute to the fullest extent of the law any cases of theft or vandalism.
- No pets are allowed on the Club premises.

- Any member who is loud, offensive, uses profanity, is bothersome to other members/employees, or behaves in an otherwise unbecoming manner, or who is cited for infraction of rules and regulations may be suspended or expelled from the Club. In the event of termination, the unused portion of any advanced payment shall be forfeited to the Club.
- There is no smoking or vaping permitted on the Club premises.
- No personal training or exercise instruction will be allowed except by ClubSport San Ramon personnel.
- The Club does not offer paging services, except in emergency situations.
- Club telephones are for Club business only. House telephones are located in the adult locker rooms and throughout the Club for inter-club calls.

## CLUB HOURS

Club hours are subject to change. ClubSport San Ramon is open every day of the year with the exception of Christmas Day. Reduced hours apply to national holidays and will be posted in advance. Reduced hours include the following holidays:

- New Year's Day
- Thanksgiving
- Easter
- Christmas Eve
- Memorial Day
- Christmas Day (Club closed)
- July 4th
- Labor Day
- New Year's Eve

Adjusted hours will be posted at the Front Desk and at the Club entrance. Due to ClubSport San Ramon's ongoing community involvement, the Club reserves the right to change club hours in support of community and charity events.

Keep up with ClubSport San Ramon events, programming, holiday hours, and facility alerts by following us on Instagram, Facebook, club text alerts, and our monthly E-News.





# ClubKid

ClubSport San Ramon provides childcare services to members and guests. This service is offered on a drop-in basis for 2-1/2 hours per day, up to a maximum of four hours. After 2 1/2 hours the hourly childcare rate applies. It is recommended that children are not left for more than 2-1/2 hours. Due to this service being childcare versus licensed day care, **parents and legal guardians must remain on the premises.** For safety and liability reasons, only a parent or legal guardian may check their child into and out of ClubKid. For additional information on our childcare services, please reference the ClubKid Guidelines.

## HOURS

Monday – Friday 8:00am – 1:00pm  
3:00pm – 7:00pm  
Saturday & Sunday 8:00am-7:00pm

## FEES

In order to use ClubKid you may select either a monthly fee per child or an hourly fee per child. Please see a Membership Representative for further information regarding your ClubKid options.

## CLUBKID GUESTS

An hourly charge per child is applicable to any guest children using ClubKid. All children, including guests must have their parent or legal guardian present upon check-in/out.

## CHECK-IN PROCEDURES

When arriving to ClubKid, children should be fed, dry, and properly dressed. For safety purposes, shoes must be worn at all times.

To check your child in, parents will be asked their name as well as their child's name.

Upon arrival you will be welcomed by our ClubKid staff. Please have your ClubSport San Ramon barcode ready to scan. All parents must have a current picture on their account to ensure guardianship. Please notify staff of any pertinent information such as your location in the Club, check-in time, any special instructions or medical conditions for your child. Place personal items in a cubby and notify staff of your cubby number. Bottles and sippy cups must be labeled with the child's first and last name. You will receive a name tag for your child to put on the back of their shirt. **Only parents and legal guardians may check their children into and out of ClubKid. Nannies, Grandparents, and other Childcare providers may not utilize the childcare facility.**

## CHECK-OUT PROCEDURES

For the safety and protection of all children, it is important that parents go through the proper procedures when picking up children from ClubKid. The attendant will retrieve the child from the inner portion of ClubKid. Only the parent who checks the child in may check the child out.

For the safety of the children, parents must refrain from entering into the inner ClubKid area.

## RATIOS

Staffing will be provided to meet or exceed the ratio requirements as set forth by the State Licensing Authority.

These ratios are as follows:

6 weeks to 2 years - 1 staff for 4 infants  
2 to 6 years - 1 staff for 12 children  
6 to 12 years - 1 staff for 14 children

## NEWBORNS

### (SIX WEEKS TO THREE MONTHS)

Newborn infants may utilize ClubKid at the age of six weeks. Before a newborn may be checked into ClubKid, a six-week doctor's release must be provided. Newborns will be allowed to stay a maximum of 90 minutes per day. Parents are asked to make sure the baby is fed and dry upon check-in.

**Please note: Should you be late in picking up your child, or your child needs a diaper change, you may be subject to an additional fee.**

## INFORMATION/ WAIVER CARD

Each child using ClubKid at ClubSport San Ramon (including children of adult guests) must have a current information/waiver card on file. Any special medical conditions, including allergies, must be noted. Please be as specific as possible. It is important for parents to keep these cards updated with current information.

## SICK CHILDREN

For the health and well-being of all children and the ClubKid staff, sick children will not be admitted into ClubKid. If a child appears to be sick after being checked into ClubKid, parents will be asked to pick them up. If a child has allergies or is on antibiotics and exhibits flu symptoms but is not contagious, a doctor's note is required.

## BEHAVIORAL PROBLEMS

If a child exhibits aggressive behavior toward another child and inflicts physical harm; i.e. biting or hitting, the parent of the aggressor will be notified to remove that child from ClubKid. In the case of a second such incident a 30 day suspension of ClubKid privileges will be in effect in order to allow time for behavior modification. Disrespect to ClubKid attendants or vulgar language will not be tolerated and the parent will be asked to remove the child. The second such incident of this type will also result in a 30 day suspension of ClubKid privileges.

**KIDS NIGHT OUT:** ClubKid hosts Kids' Night Out events. Children, ages 2-12 years old, enjoy a movie, pizza, Kid Gym, activities, and crafts all based upon a monthly theme. Sign up is at the Activities Desk or on the Member Portal. Parents must accompany their children into ClubKid for each event the night of, and provide staff with emergency contact information and acceptance of our guidelines.

## PERSONAL ITEMS

We ask that personal items not be brought into ClubKid. If "security" items such as blankets, bottles, etc., are important for the child's tranquility, please label these items with the child's first and last name. ClubSport San Ramon is not responsible for lost or broken items.

### DIAPER CHANGES

Diaper changes are performed as needed. However, parents are asked to provide the diapers. Please note that staff will only change disposable diapers. Diapers are available for purchase.

### SNACKS

For the safety and well being of all children, food in ClubKid will be limited to Club provided snacks at specified times during the day. Please respect other children's dietary restrictions and food allergies. **DO NOT BRING IN** any outside food into ClubKid.

### JUNIOR ROOM

Our Junior Room, for children ages 6 to 12 years of age, offers a wide range of activities. Juniors may choose from many fun and educational activities, such as playing educational video games, participating in arts and crafts or watching movies. Juniors check in and out at the main ClubKid entrance.

For additional information on our ClubKid services please reference the ClubKid Guidelines.



ClubSport of San Ramon is a great place for kids to explore their activity interests. Our KidFit classes teach skills and sports techniques while having fun. ClubSport San Ramon offers specialty classes that are designed for children 3 years through 12 years old. Children enjoy learning and playing, and you get in a workout or time to socialize with fellow parents. Children can participate in a variety of classes designed for their specific age group. Seasonal KidFit brochures are available at the Activities Desk or on our website: [www.ClubSportSR.com](http://www.ClubSportSR.com). Children must be members in order to participate in the KidFit Program. Parents must remain on Club premises while children attend KidFit Classes. Should you be late in picking up a child from a class, they will be escorted to ClubKid for an additional fee.

**Specialty Classes** are scheduled throughout the year and require registration. These classes, three per session, are complimentary to ClubSport San Ramon child members ages 3-12. Please contact the Activities Desk or refer to a KidFit schedule for session dates. The Club offers a variety of drop-in classes during the summer months.

#### Specialty classes offered include:

- Basketball
- Gymnastics
- Racquetball
- Silly Willy (Disney & SuperHero training)
- Ballet
- Kpop Zumba
- Music Theater
- Squash
- Tennis
- Pickleball
- Flag Football
- Soccer
- Dodgeball
- Ninja Warrior

### DROP IN CLASSES

Play with Me and Kid Gym are complimentary classes that are offered on a drop-in basis. Play with Me classes are for children 18 months to 3 years old with a participating parent while Kid Gym classes are for children 3 to 5 years old. *Class offerings are subject to change reflecting the interest of our members. We value your input.*

### KID GYM

Drop-in Kid Gym classes are available to children in ClubKid, ages 3 to 5 years old, who wish to participate. Parents should indicate at check-in whether to include their child in a scheduled Kid Gym class. Children are escorted from ClubKid to a studio. If you wish to check your child out during Kid Gym please come to ClubKid and an attendant will retrieve them from Kid Gym.

**Please note:** *Children who are not checked into ClubKid before the beginning of class must be picked up in the studio by the parent at the end of the class.*

**Please note:** *ClubKid guidelines are established for the safety of all children utilizing ClubKid at the Club and are subject to change. Failure of parents to follow these guidelines could result in temporary suspension of ClubKid privileges.*

Qualified fitness specialists are always on staff to assist you whether it is helping familiarize you with the cardio and weight equipment or provide personal one-on-one training sessions to help you achieve your goals. Please stop by the Fitness Office for more information about our fitness center, as well as additional details on personal training.

## EQUIPMENT

Our Fitness Center has more than 100 pieces of cardiovascular exercise equipment to help add variety to your workout. We have Stepmills, StairMasters, Recumbent and Upright Bikes, Treadmills, Cross Trainers, and an Upper Body Ergonometer. The majority of our cardio equipment has individual TV's for personal viewing.

The free weight area includes Olympic weights, Kettle Bells, dumbbells, plate loaded equipment, individual and modular stations. Additionally we have CYBEX and Free Motion Circuit and strength training equipment.

## CLUBFIT ORIENTATION

Our ClubFit session is here to help you get started, build a workout routine, and excel to the next level!

### ClubFit Session Includes:

During this session a fitness instructor will examine your fitness habits and assist in determining your goals.

The instructor will meet with you to:

- Discuss your health history
- Inbody body composition assessment
- Provide an equipment orientation and review
- Assess your fitness status: strength and flexibility
- Evaluate and discuss your results
- Set your fitness goals

## FITNESS CENTER ETIQUETTE

For the safety and enjoyment of all our members, the following guidelines apply when using the Fitness Center. We ask that all members familiarize themselves with these guidelines so that everyone may receive the maximum benefit of their time spent at the Club.

- Talking on cell phones is not permitted in the fitness center.
- Photos and video are not permitted in the fitness center.

- **Please note that instruction and/or personal training is to be preformed by ClubSport San Ramon staff only.**
- Proper workout clothing and athletic shoes must be worn at all times.
- Street clothes and open toed shoes are not allowed.
- Please do not bring any food into the Fitness Center. Beverages are allowed in non-spill, non-breakable containers only. All containers must have lids.
- Please be respectful of others and wipe off perspiration from all equipment after use. Towels and wipes are provided in the Fitness Center for this purpose.
- Please be courteous and let other members work in if you are using a piece of equipment. This would include the use of a line of equipment (Cybex or Free Motion) for circuit training.
- No equipment may leave the weight room. Please put away all bars, plates, and dumbbells in their proper places.
- Please do not drop or slam weights. This includes machines and free weights.
- Please adhere to the "30 minute" time limit on the cardiovascular equipment during prime time hours or when others are waiting.
- Prime Time hours are:  
Monday - Friday  
8am-11am & 5pm-7pm  
Saturday, Sunday, Holidays  
opening to noon
- Children under 13 are NOT ALLOWED in the Fitness Center at any time, whether with parents or not.

## PERSONAL TRAINING

Personal training can help you reach your full fitness potential and help keep you motivated. Personal training programs include all the essential components of physical fitness: cardiovascular endurance, resistance training and flexibility. Beginners can learn proper form and technique and avoid bad habits or ineffective techniques. All of ClubSport San Ramon's personal trainers are certified by a nationally accredited organization.

Contact the Fitness Department to learn more about personal training and Pilates packages, certified trainers, and scheduling.

## PILATES EQUIPMENT

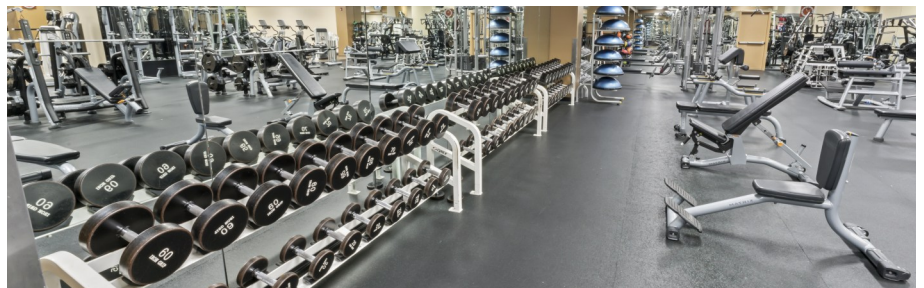
In addition to cardiovascular and weight training equipment, we also provide two Pilates Reformers with Towers and two Pilates Chairs on the Fitness Floor. Pilates helps integrate strength, flexibility, mobility, improve posture and sport performance, and decrease the risk of injury.

Pilates Reformer training is offered as one-on-one training sessions or partner training sessions by a certified Pilates Instructor.

Private sessions are the perfect way to address specific needs and allow you to advance at your own pace.

## CYCLE CENTER

ClubSport of San Ramon's cycle center offers instructor led rides as well as virtual rides through a variety of locations all over the world. Our studio offers the best stationary bikes available in a dedicated center to give our members the best experience available.





The GroupFit Department at ClubSport San Ramon prides itself on quality and variety. Our GroupFit classes are designed to include all fitness levels and modes of cardiovascular, muscular, and flexibility training. Whether you take a class in our heated pool or one of our GroupFit studios, you will feel the energetic and supportive atmosphere created in every class. We offer cutting edge classes led by professional, certified instructors. All of our classes combine great music and passionate instructors to create a fun and healthy experience for all fitness levels. Choose from over 150 classes including Cycling, Pure Strength, HeavyBag, Barre, Pilates, Yoga, 8 Les Mills formats, Aqua, HIIT, TaiChi, and Stick Mobility.

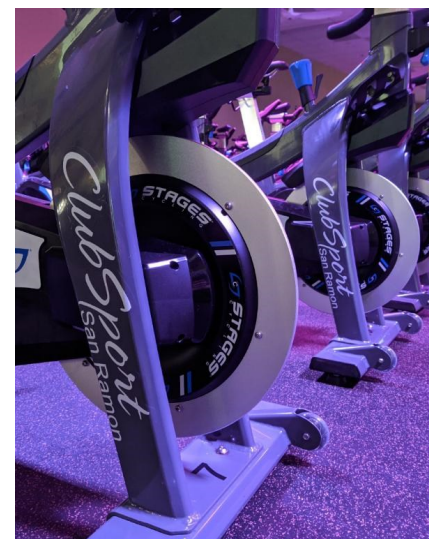
### SCHEDULES & RESERVATIONS

Stop by the Front Desk, log on to our website at [www.ClubSportSR.com](http://www.ClubSportSR.com) or download the ClubSport San Ramon App to view the current GroupFit schedule. Most of the GroupFit classes are offered on a drop-in basis. However, some of our classes require reservations at the Front Desk. All classes that require registration are noted on the GroupFit schedule. Simply sign up in person, or call the Front Desk, no more than 60 minutes prior to a scheduled class time. Schedules are subject to change.

### GROUP EXERCISE ETIQUETTE

The following information is provided to ensure your safety and maximize your enjoyment of the GroupFit program.

- Shoes are required to participate in all classes except where indicated by your instructor, i.e. yoga, NIA, pilates, or stretch classes. However, shoes must be worn outside of the studio. Aerobic or cross training shoes are recommended. Regular shoes or shimano clips are allowed in cycling classes. Feel free to ask your instructor for recommendations.
- Water may be taken into the studios provided it is in an enclosed, unbreakable container.
- Please do not bring open containers or cups into the studios.
- In order to gain the full benefit of classes and to minimize class disruptions, please arrive on time and remain for the duration of the class.
- Please refrain from entering the studio before the current class has finished and the instructor has indicated that it is time for the next class to come in.
- Secure all personal belongings in the locker rooms.
- Due to the popularity of many GroupFit classes, you cannot reserve places for others.
- Please inform the instructor of any health considerations (pregnancy, recent surgeries, chronic illness) so that modifications can be suggested. Always follow your doctor's instructions.
- Please place towels, water bottles, and clothing against the wall.
- Turn off cell phones and other electronics while attending class. The studios are a cell phone free zone.
- Please refrain from eating or chewing gum in the studios and during any physical routine.
- Juniors between the ages of 13 and 15 must have a parent with them in any GroupFit class. Not all classes are suitable for this age group. Please ask your instructor for guidance.
- Members may not use the stereo equipment and are asked not to listen to personal electronic devices such as ipods while taking a class.
- Be considerate of others' space. Please do not crowd a member who has arrived to class before you, and please keep conversation to a minimum.
- Please wipe down equipment after class and store it neatly in its dedicated space.
- Due to the personal nature and frequent use of yoga mats, we strongly recommend you purchase your own yoga mat. Mats are available for purchase at the Front Desk.
- Instructors welcome immediate feedback. Feel free to discuss matters with your instructor after class. Comments may also be directed to the Group Exercise Manager.
- Studios and equipment are reserved for staff supervised activities only, with exception of the Cycle Studio. Please speak to a ClubSport trainer, or Manager on Duty if you are interested in setting up a virtual ride in the cycle center.



The Aquatics Program runs year-round. Enjoy the opportunity for fun and fitness in the pool. We offer activities for all age groups: swim lessons, stroke clinics, water aerobics, and Master Swim. Contact the Activities Desk or the Aquatics Department for more information on programs and services, or visit our website to view the current pool schedule.

## FACILITY

Our outdoor 6 lane, 25-yard swimming pool is heated to 81 degrees in the summer and 82 degrees in the winter. It is 4 1/2 feet deep in the middle and tapers to 3 1/2 feet on both ends.

Our junior pool is graduated from 3 feet to 4 1/2 feet from end to end and is heated to 84 degrees year round.

## EQUIPMENT

The Club provides kickboards and pull buoys; members provide goggles, caps, suits, and fins. Goggles can be purchased at the Front Desk.

## SWIM LESSONS

ClubSport of San Ramon offers private swim lessons on a year-round basis. All private adult and children's lessons are taught in 30-minute sessions. Lessons are available for ages 3 to adult and for all abilities. See the Activities Desk for instructor information, package rates, and swim lesson availability.

## RECREATIONAL SWIM

When no classes or lessons are scheduled, the Junior Pool is available for recreational swim, year round, for children. Check with the Activities Desk for scheduled times. A lifeguard will not be on duty at all times. Persons using the pool and spa do so at their own risk.

## AQUA AEROBICS CLASSES

Aqua Aerobics classes are held on a regular basis in the main pool. Please refer to a current Group Exercise schedule for days and times.

## POOL AREA GUIDELINES

The following information is provided to ensure you and your children's safety and to maximize your enjoyment of the pool facility.

- Only proper swim attire is allowed in the pool. No cutoffs, shorts, leotards, athletic clothing, or t-shirts are permitted.
- No swim wear is allowed in the lobby areas. Cover ups must be worn at all times while inside the Club.
- Spa use is not recommended for pregnant women. Persons with health conditions should consult a physician prior to using the pool or spa.
- For hygienic reasons, showering is mandatory before entering the pool or spa, as well as after applying suntan oil or lotion.
- A lifeguard will not be on duty at all times. Therefore, all persons using the pools and spa do so at their own risk.
- Lifeguard and Management instructions must be obeyed at all times.
- No floatation devices such as, but not limited to: rafts, tubes, water wings, noodles, or balls are allowed in either pool at any time.
- Children are not allowed in the adult lap pool during designated 'open lap swim' lanes, unless they are actively swimming laps and under parental supervision.
- No standing or sitting on the lane lines at any time.
- Children must be accompanied by a parent or legal guardian in the pool. This adult must remain within six feet of the child and maintain constant supervision while in the swimming pool area.
- Children age 13 and under must be supervised by a parent or legal guardian at all times in the pool area.
- Juniors, ages 14 to 17, must be supervised by a parent or legal guardian during prime time hours.
- Disposable diapers are not allowed in either pool. Swim diapers are required.
- Children under the age of 14 are not allowed in or around the spa.
- Glass containers are not allowed in the pool or shower areas at any time. Beverages are allowed in non-spill, non-breakable containers. No coolers please.
- Children are not allowed to use masks that cover the eyes, nose and mouth (eyes only or eyes and nose are allowed).
- Lap lanes are for continuous lap swimming only. Swimmers may need to split lanes or circle swim as necessary.
- Boys and Girls Juniors Locker rooms are available. A private locking Family Changing room and outdoor shower are also available. Children ages 4 and older are not permitted in the opposite gender adult locker rooms. See Junior Guidelines for more information.
- No running, pushing, wrestling, or general horseplay is allowed. This includes no riding on shoulders or tossing an individual above shoulder level.
- Pool area rules and etiquette will be amended or added as necessary.

**Swimming lessons and personal training in the pool is allowed by ClubSport San Ramon staff only.**

## LAP SWIMMING ETIQUETTE

Lap swimming etiquette ensures a safe and congenial environment for all swimmers!

### Lap Swimming Guidelines:

- Lap swimmers are expected to share their lane when asked.
- When there are two swimmers in a lane, it is proper procedure to “split” the lane.
- Splitting the lane requires that one swimmer stay on the left side of the lane, while the other swimmer stays on the right side of the lane, allowing both swimmers to swim “up and back” without interference.
- Always notify the current swimmer in the lane that you are about to enter and split the lane with them.

- Circle swimming is mandatory when all lap lanes are “split” and a third swimmer enters (or more if the volume of swimmers wishing to swim exceeds three per lane).

### Circle Swimming Guidelines:

- When you are about to enter a lane with two or more swimmers, please try to get their attention from the deck.
- If you are unable to get their attention from the deck, enter the pool, feet first and stand in the corner next to the wall or lane line.
- Communicate to the swimmers in the lane that you wish to share that lap lane.
- Circle swimming requires swimming counter clockwise within the lane.

- A slower swimmer must stay to the right of the lane to allow a faster swimmer to quickly pass the slower swimmer by using the center of the lane.
- While circle swimming and being overtaken by a faster swimmer, please be courteous and allow the swimmer to pass, even if it momentarily means altering your style to allow the faster swimmer to pass you.

# Tennis ClubSport San Ramon

ClubSport San Ramon offers Adult and Junior Tennis Programs. Our trained and experienced staff of tennis professionals will help you learn what it takes to reach the top, become mentally tough, physically fit and ready for any challenge that comes your way. You will be able to find your inner strength and learn the techniques that are at the core of a steady and consistent game of tennis.

## RESERVATIONS

- Tennis Members may reserve courts up to 3 days in advance and Fitness Members can only reserve a court on the same day of play. To reserve a court, contact the Front Desk or log on to the Member Portal or mobile app.
- Tennis courts may be reserved for an hour and a half maximum. Reservations begin on the hour and half hour for both single and doubles play.
- Members may reserve 1 court per day.
- All players must check in at the Front Desk before playing. Non-members must register at the Front Desk and sign a Liability Waiver.
- Members are granted a 10 minute grace period to claim their court assignment before the court will be reassigned and a no show fee will be charged for failure to cancel their reservation.

- Reservations must be cancelled two hours in advance.
- A Fitness Member that would like to play on a regular basis may upgrade their membership to a Tennis Membership at anytime. Please contact a Membership Representative.

## EQUIPMENT

The ball machine is available for use during non-peak hours on a first come basis. The ball machine is to be used preferably in court 3 or 5.

Complimentary demonstration racquets are available for both adults and children participating in classes and clinics. For stringing services and tennis items for purchase, please contact Tompkins Tennis.

For information on Adult Private Lessons and Clinics, and our Junior Program, please contact the Activities Desk about Tompkins Tennis.



\* Please note that all policies outlined are subject to change at Management’s discretion.



# ClubSport San Ramon

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