



Membership Policies

Membership Pricing

<i>Grand Prairie Residents:</i> Ages 65 & up \$55 annually or \$7 monthly	Ages 50 to 64 \$205 annually or \$22 monthly
<i>Non-Residents:</i> Ages 65 & up \$205 annually or \$22 monthly	Ages 50 to 64 \$505 annually or \$52 monthly

Membership Requirements

Eligible patrons for membership include any individual who is 50 years of age or better. Members 50 years of age or better who are married to someone under the age of 50, the younger spouse may join as long as the 50+ spouse maintains a valid membership. The younger spouse's fee would be according to the 50-64 age-category. Memberships are sold on an individual basis. Proof of residency is required at time of purchase in the form of a valid Texas Drivers License, Texas State ID., or a Grand Prairie utility bill.

Members and guests must be physically able to independently participate in any activity, program, or training. Use of the facility and its amenities are at the sole risk of each member and guest with the agreement to accept full responsibility for all personal belongings and injuries. Scholarships are available for qualified applicants.

Membership Includes

Access to a multitude of amenities, many of which include cardio and strength training opportunities, indoor track, half court gym, locker room with dry sauna, Scores game room, fireplace lounge, ballrooms, outdoor patio games area, Water's Edge Pool and Spa and Wings Theater. Workout towels are provided in the fitness area to be used during workouts to absorb perspiration and keep the machines clean. Please return towels to the towel drops. Bring bath and swimming towels as they are not provided. Day use lockers are provided and lockers are cleaned out at the end of the day. Any items left will be placed in lost and found. Membership cards are needed to secure lockers and when inserted in the inside locker compartment a key will be released. Some programs are included with membership, most are an additional fee.

Facility Hours

Monday-Friday: Front Lobby 8 a.m. - 9 p.m.

Fitness Side 5:30 a.m. - 9:00 p.m. (*Pool 8:30 p.m.*)

Saturday: 9 a.m.-9 p.m. (*Pool 8:30 p.m.*)

Sunday: 1 pm.-5 p.m. (*Pool 4:30 p.m.*)

** Hours will be adjusted for holidays and times will be posted at entrances.

Member ID Cards

Photo membership cards will be issued upon joining. Members are required to have a membership card and scan in each visit. Membership cards are needed to secure lockers. Scanning stations are located at the front desk, athletic side door or at the athletic desk. Membership cards are non-transferable and will be confiscated with fees charged to redeem cards. A \$10 fee will be charged for replacement cards. Scanning in each visit is of great importance. Daily attendance is tracked and used to determine hours of operation.

Day Pass

All guests must be 50 years of age or better. Day Passes are \$5 per person and valid for one day only. A valid license or state id must be presented and a waiver completed before each guest can use the facility. A wristband will be issued and if a guest is in need of a locker, a driver's license or state ID will be kept in return for a guest card for use of the lockers. Guest passes may also be purchased for programs and to go on trips. Guests may only purchase a maximum of 3 day passes per month.

Caregivers

If a member requires assistance prior arrangements need to be made for a caregiver. The name of the caregiver and duration of the care needed is to be approved by a manager. Once approved the caregiver's license must be presented and a waiver must be signed. Each visit a caregiver's wristband must be picked up at the front desk or fitness desk and worn throughout the visit. The caregiver must assist the member, but not participate in any activities.

Volunteers

Great pride in the facility and its amenities is not enough- it takes a highly dedicated group of staff and volunteers to truly deliver a "World Class Experience". Volunteers are a big part of that goal to provide outstanding service by performing on average 10 hours of service per week. Pick up a volunteer packet from the front desk to get started in one or more areas of volunteer opportunities.

Refund Policy

Membership sales are final. In extreme circumstances, a Membership Refund Request form can be submitted for review for a possible partial refund. Medical documentation must be provided. In the event of an unforeseen illness, death, or relocation, members must contact Summit staff immediately (within 24 hours).

Program sales are final. Circumstances arise which limit a members ability to attend a class or trip, however, it is important to realize that registering for a program or trip, secures a spot in that activity which does not allow other members to register. Please register for programs and trips with intent. Funds may be transferred on limited base, if the member notifies the front desk 14 days prior to the start date of the course or trip. Participants who are unable to attend class will NOT be able to reschedule or make-up classes. Classes will be rescheduled if canceled by the facility. When a program that does not make or is cancelled due to lack of participation; members are strongly encouraged to apply the cost to another program. No refunds shall be given after the start date of a course.

Any refunds granted will abide by the City of Grand Prairie Refund Policy, which does not allow staff to generate refunds on site. In addition, a \$5.00 administration fee will be accessed to all refunds. The process to receive a refund typically takes approximately 3 weeks.

Code of Conduct

Respect: Respect others, display courtesy, sensitivity, consideration, and compassion for people even when in disagreement. Derogatory remarks, profanity, physical threats, or verbal abuse towards any member, guest or facility staff will not be tolerated.

Safety: Use equipment and supplies as they are intended. Illegal drugs and weapons are not allowed on the premises. Members who appear under the influence of drugs or alcohol will be asked to leave the facility with proper action taken to assure safety. Keep valuable items at home. The Summit is not responsible for any lost or stolen items.

Self Discipline: The SUMMIT is a smoke free- facility. Theft of any kind will be treated as a criminal offense with a call to the police. Soliciting for personal gain or on the behalf of any non-related entity will not be tolerated.

Communication: Listen to the needs of others and strive to promote a positive respectful environment. Advise staff of relevant information regarding any issues or injuries immediately. Work together with staff and other volunteers to meet the goals and objectives of The Summit

Violation of Rules

If any member violates rules and policies, The Summit will ask the member to stop such behavior or leave the facility. Such behavior may result in the termination of the individual's membership or suspension.

Food and Drink

Water and sport bottles with spill proof lids are allowed in all areas of the facility. No food is to be brought into the facility unless a manager's approval is given due to health conditions.

Water's Edge Pool and Spa

The Water's Edge Pool and Spa area offers the complete aquatic package. The infinity edge lap swim and resistance vortex offers toning and cardiovascular fitness for all fitness levels. The massaging jets increase circulation and provide a comfortable area for therapy. The heated spa overlooking the patio and lake is a great end to workouts.

Pool and Spa Rules

Pool Capacity: 231

1. Call 911 in case of emergency
2. No glass, food or drink allowed in the pool area
3. No alcohol or tobacco allowed in the pool or patio area
4. Always enter feet first. No diving.
5. Showering before pool/spa use help maintain water cleanliness.
6. Proper swimwear is required while in the pool and spa.
7. Aqua shoes are strongly encouraged for grip.
8. No street shoes in the pool/ spa.
9. White cover ups limit dyes and detergents in the pool/spa.
10. No cut off blue jeans or undergarments in the pool/ spa.
11. No band-aids and gum in the pool/ spa.
12. No drinking, spitting or spouting pool/ spa water.
13. No open sores or communicable diseases allowed in the pool/ spa.
14. Members are responsible for providing their swim towels and shower towels.
15. The lap lanes are for lap swim.
16. To accommodate members lap lanes are designed for multiple swimmers.
17. If lap lanes are full ask the lifeguard to add another lap lane. (maximum of 4 lanes)
18. The vortex is for resistance training against the water's current
19. Water exercise classes are offered at a cost. Only paying program participants in classes.
20. All SUMMIT equipment is to be left on the pool when finished.

Additional Water's Edge Spa Rules

Spa Capacity: 25

1. Conditions such as heart disease, diabetes, high or low blood pressure should not enter the spa without doctor's permission.
2. Spa use is best for 10-15 minutes
3. Do not use the spa if temperatures exceed 104 degrees

Fitness Floor Rules

Technogym fitness equipment is the top of the line cardiovascular, strength and wellness training tools.

1. Safety of all members and guests will be top priority at all times
2. Water in spill proof containers only. No coffee, soda or sugar drinks
3. Please no food, coffee cups or glass containers.
4. Shirt, shorts & closed toe shoes required. No swimwear or flip flops
5. Limit cardio equipment use to 30 minutes during peak times
6. Limit strength equipment use during peak times
7. Please wipe perspiration off equipment after use
8. Please keep SUMMIT free weights in the fitness area only
9. Replace dumbbells to the appropriate racks when finished.
10. Lock your valuables in a locker. Fitness staff cannot hold valuables
11. Personal training is only allowed by trained Summit staff. No member should be conducting personal training with compensation on the premise. Appropriate action will be taken to avoid such behavior.

Indoor Walking/ Jogging Track Rules

The indoor track is 10 laps to 1 mile located off of the second floor fitness area that will provide a visual inspiration to any training program.

1. Walk on the inside dark grey part of track.
2. Run on the outside light grey part of track.
3. Walk or Run in the posted direction.
4. Pass in the middle. No stopping on the track.
5. Rest on the carpeted areas or front bench.
6. Please no leaning on or over track handrails.

Inclement Weather Procedures

In the case of inclement weather, The SUMMIT may be closed in the morning hours and will open when weather conditions improve. Please call 972.237.4141 for updated hours of operation or stay tuned to the email Summit blasts that will be sent out to members.

In the event of a thunderstorm watch or warning staff will be prepared by keeping an eye on of weather conditions. Members and guests will be directed to a safe shelter area nearby, most likely the interior of the building clear from windows and away from doors. The locker rooms and bathrooms are the safest locations for immediate severe weather situations. In the event of a tornado watch or warning all staff members and guests will take shelter in the locker rooms or bathrooms.

Pool Closures: National Lightning Safety for Swimming Pools

Lightning's behavior is random and unpredictable. It is recommended that a very conservative attitude toward preparedness and quick response in dealing with the hazards of lightning be taken. Swimming Pools are connected to a much larger surface area via underground water pipes, gas lines, electric and telephone wiring, etc. Lightning strikes on the ground anywhere in this metallic network and may induce shocks elsewhere. Appropriate measures will be taken to assure safety or protection from storms.

Fire or Evacuation Plan

The SUMMIT has 1) Front lobby; 2) Athletic doors; 3) Back patio doors; 3) Pool side patio doors; 4) Pool Pump room doors; 5) Ballroom doors; 6) Dining hall doors; 7) Kitchen service doors; and 8) Theater door for exits.

The SUMMIT staff will assist in the evacuation of the facility through the safest exit. The staff will inspect all areas ensuring every member and guest has been evacuated. Please be aware of all the exits.

Upon the discovery of smoke or fire, call 911 to report the situation. Management will notify additional staff, members and guests with public address announcements and verbal and physical directions for evacuation. Evacuation procedures off the premises should be followed for large non-confinable fires. For smaller fires evacuate the immediate area and use the fire extinguisher if the fire is contained or small enough to extinguish. Close all doors to the immediate area if possible.

Evacuations will proceed according to the situation and conditions. Evacuation drills will be performed seasonally. The use of safe zones will be considered during evacuation. The safe zone can and will change from day to day depending on the wind direction. The general evacuation directions are as follows:

North: Fitness side parking **South:** Dining/ Lawn area **East:** Front lobby parking **West:** Patio lakeside area

General Emergency plan

Assess or survey the scene to find out what is important or life threatening. Call 911 if appropriate. Call for a manager or additional staff as needed. Find a first aid kit and AED (4) are located at each of the front, fitness, athletic and/ or kitchen areas. All members and guests will be directed to safety. The injured member or guest will be treated as needed until EMS arrives. The appropriate reports will be filled out and follow up completed.