

Blanket Membership Statement:

Club Galeon is open to current Residents, Tenants, and Employees of Galeon. Club Galeon is also open to all others that are age 55 and older, or those with a qualifying disability. The definition of qualifying disability is such that a physician states that Club Galeon offers specific services for his/her patient that other facilities in the area are not able to provide.

Natatorium

Policy Statement

It is the policy of Club Galeon to provide use of the Natatorium to its current residents and tenants, employees, current RehabCare patients (as guests), and any non-residents/tenants who have a current membership.

There is no lifeguard on duty. You are entering the pool at your own risk.

Procedure

1. Membership Qualifications

Current Galeon residents and tenants, Galeon employees, current RehabCare patients (as guests), and any non-residents/tenants whose membership is current.

2. Requirements for Use of the Natatorium

- a. All participants of the Natatorium should have a Medical Clearance and Informed Consent/Release of Liability form on file with the Wellness Department.
- b. Each individual utilizing the Natatorium is encouraged to participate in an orientation and tour by a member of the wellness staff. The orientation is designed to familiarize the participant with the equipment and emergency procedures.
- c. **No one may utilize the Natatorium alone. The partner system must be used at all times. The partner is not required to be in the water, but must be in the Natatorium at the same time. If there is failure to follow this rule, aquatic privileges will be suspended. Club Galeon reserves the right to limit or restrict access to individuals in the Natatorium.**
- d. **In the case of severe weather, you will not be allowed to remain in the Natatorium. You will be asked to move to the Locker Room area for safety.**

3. Hours of Operation

The Natatorium will be open Monday-Friday from 8am-4:30pm, unless otherwise noted. If you would like to access the Natatorium outside of normal operating hours, please see the Wellness Director.

4. Code of Conduct

a. Proper Attire for Natatorium:

- Swimsuits are required. Shorts or cut-offs are not allowed.
- Aquatic shoes may be worn if authorized by the Wellness Department.
- Please use common sense when deciding on attire for the Natatorium

b. Common Courtesy When Using the Natatorium:

- **Priority access for Club Galeon is as follows: Residents/Tenants, Members, Member's Guests/Physical Therapy Clients, Employees/Employee's Guests.** If you are using the natatorium facilities and someone with higher priority comes in, then you should make the facilities available to that person within a reasonable amount of time (2-3 minutes).
- Be respectful of others using the facility.
- Showers are required before entering either pool.
- No glass containers or food are allowed.
- No bandages or open sores allowed in either pool.
- Participants must bring their own towels.
- Return equipment you have used when you are finished with it.
- If you would like to lap swim, make sure it is okay with others using the pool.
- If you have been ill within the last 7 days, please use your best judgement when deciding whether or not to use the Natatorium.

Wellness/Therapy Area

Policy Statement

It is the policy of Club Galeon to provide use of the Wellness/Therapy Area to its current residents and tenants, employees, current RehabCare patients (as guests), and any non-residents/tenants who have a current membership.

Procedure

1. Membership Qualifications

Current residents and tenants, employees, current RehabCare patients (as guests), and any non residents/ tenants who have a current membership.

2. Requirements for Use of the Wellness/Therapy Area

- a. All participants of the Wellness/Therapy Area should have a Medical Clearance and Informed Consent/Release of Liability form on file with the Wellness Department.
- b. Each individual utilizing the Wellness/Therapy Area is encouraged to participate in an orientation and tour by a member of the Wellness Staff. The orientation is designed to familiarize the participant with the equipment and emergency procedures.

Policies and Procedures



3. Hours of Operation

- a. The Wellness/Therapy Area will be open Monday-Friday from 8am-5pm, unless otherwise noted. If you would like to access the Wellness/Therapy Area outside of normal operating hours, please see the Wellness Director.

4. Code of Conduct

a. Proper Attire for Wellness/Therapy Area:

- **Shoes, shirts and shorts/pants** are to be worn at all times.
- Athletic shoes and comfortable clothing are highly recommended.
- For Safety Reasons, open-toed shoes **may not be worn** unless authorized by the Wellness Director.
- The following are **not** allowed in this area:
 - Swimsuits (Unless dry and wearing a cover-up)
 - High heels and/or dress shoes (Damages equipment)
 - Dresses or skirts (Improper exercise attire)
 - Feet in only socks/stockings (Dangerous when using equipment)
- Please use common sense when choosing attire for the Wellness/Therapy Area.

b. Common Courtesy When Using Wellness/Therapy Area:

- **Priority access for Club Galeon is as follows: Residents/Tenants, Members, Member's Guests/Physical Therapy Clients, Employees/Employee's Guests.** If you are utilizing a piece of equipment and feels/knows someone with higher access is waiting, then you should make the equipment available to the resident in a reasonably short period of time (one to two minutes).
- Work cooperatively if more than one individual wishes to use a particular piece of strength equipment at any given time.
- Profanity will not be tolerated.
- Wipe off equipment when you are done with it.
- Water (in a covered/capped container) is allowed. However, food and other beverages are not allowed.
- Personal belongings (bags, etc.) must be kept in a locker, in the cubicles located in the strength area, or on the coat rack.
- Return weights to the rack when you have finished with them.

5. In the case of severe weather, you cannot stay in the Wellness/Therapy area, including the mezzanine (cardiovascular) or The Outlook. You will be asked to move to the Group Exercise Studio during normal business hours, and to the Community Memorial Home safe areas if it is after normal business hours.

Group Exercise Studio

Policy Statement

It is the policy of Club Galeon to provide use of the Group Exercise Studio to its current residents and tenants, employees, current RehabCare patients (as guests), and any non-residents/tenants who have a current membership.

Policies and Procedures



Procedure

1. Membership Qualifications
2. Current residents and tenants, employees, current RehabCare patients (as guests), and any non residents/ tenants who have a current membership.
3. Requirements for Use of the Group Exercise Studio
 - a. All participants of the Group Exercise Studio should have a Medical Clearance and Informed Consent/Release of Liability form on file with the Wellness Department.
 - b. Each individual utilizing the Group Exercise Studio is encouraged to participate in an orientation and tour by a member of the Wellness Staff. The orientation is designed to familiarize the participant with the equipment and emergency procedures.
4. Hours of Operation
 - a. The Group Exercise Studio will be open Monday-Friday from 8am-5pm, unless otherwise noted. If you would like to access the Group Exercise Studio outside of normal operating hours, please see the Wellness Director.
5. Code of Conduct
 - c. Proper Attire for Group Exercise Studio:
 - Shoes, shirts and shorts/pants are to be worn at all times.
 - Athletic shoes and comfortable clothing are highly recommended.
 - Open-toed shoes **may not be worn** unless authorized by the Wellness Director.
 - The following are **not** allowed in these studios, unless noted:
 - Swimsuits (Unless dry and wearing a cover-up)
 - High heels and/or dress shoes (Damages flooring)
 - Dresses or skirts (Improper exercise attire)
 - Please use common sense when choosing attire for the Group Exercise Studio.
 - d. Common Courtesy When Using Group Exercise Studio:
 - **Priority access for Club Galeon is as follows: Residents/Tenants, Members, Member's Guests/Physical Therapy Clients, Employees/Employee's Guests.** If you are utilizing a piece of equipment and feels/knows someone with higher access is waiting, then you should make the equipment available to the resident in a reasonably short period of time (one to two minutes). Work cooperatively if more than one individual wishes to use the studio at any given time.
 - Profanity will not be tolerated.
 - Please return the Group Exercise Studio to the condition it was when you arrived.
 - Water (in a covered/capped container) is allowed. However, food and other beverages are not allowed.
 - Personal belongings (bags, etc.) must be kept in a locker, or on the coat rack.
 - Return weights to the rack when you have finished with them.

Guest Policy

Policy Statement

It is the policy of Club Galeon to provide use of the Wellness Center to guests of current Residents, Tenants, Employees, Members, and RehabCare Patients.

Procedure

1. Adult Guest Qualifications

In order for someone to use the Galeon Wellness Center as an adult guest (Minimum 18 years of age), they must be a guest of a current Resident, Tenant, Member, or Employee and must be accompanied by said Resident, Tenant, Member, or Employee. Adult guests are not allowed to access the facility without said Resident, Tenant, Member, or Employee that they are a guest of. The only exception to this policy are current RehabCare Clients. Rehabcare Clients may access the facility during normal operating hours, outside of their scheduled rehabilitation appointments, once they have purchased a guest pass.

2. Child Guest Qualifications

In order for someone to use the Galeon Wellness Center as a child guest (under age 18), they must be a family member of a current Resident, Tenant, Member, or Employee and must be accompanied by said Resident, Tenant, Member, or Employee. Child guests are not allowed to access the facility without said Resident, Tenant, Member, or Employee that they are a guest of.

3. Requirements for Use of the Galeon Wellness Center Guest Policy

- A guest is defined as someone who is currently not a Resident, Tenant, Employee, or Member of Club Galeon. Please see above qualifications of guests.
- All guests of the Galeon Wellness Center must sign an Informed Consent/Release of Liability form prior to using the facility the first time. Guests may be asked to sign a new Informed Consent/Release of Liability each year.
- All guests must pay for their visit prior to using the facility. Guest Pass pricing can be found in the “Current Pricing” Section of the policies and procedures.
- Guests do not have to adhere to the 55+ age policy.
- Children under the age of 16 years are not allowed to use any exercise equipment and must be supervised at all times by an adult member (over the age of 18) when in the pool or spa.
- Guests must follow all of the policies and procedures outlined in this document. Failure to follow these policies and procedures will result in termination of guest privileges.
- If guests will be coming outside of normal operating hours, we rely on said resident, tenant, member, or employee to use the purple-handled punch located behind the front desk.
- In certain situations, Club Galeon may allow groups not associated with members, etc, use of the facility. One example of this is ECFE.

4. Under no circumstances are there to be any “parties”, be it birthday or otherwise for any non-residents, non-tenants, non-members, or non-employees.

Current Pricing

Outreach Member, 55 and over	\$49 Initiation \$30 per month
Outreach Member and Spouse, 55 and over	\$49 Initiation \$52 per month
Outreach Member's Guest(s)	\$5 per visit each -Or discount to \$3 per visit each w/prior purchase of 10- punch card.
Galeon Residents and Tenants	Free*
Galeon Resident and Tenant's Guest(s)	\$5 per visit each -Or discount to \$3 per visit each w/prior purchase of 10- punch card.
Galeon Board Director and Spouse	Free*
Galeon Board Director's Children**	\$1 per visit each
Galeon Board Director's Guest(s)	\$5 per visit each -Or discount to \$3 per visit each w/prior purchase of punch card.
Galeon Employee and Spouse	Free*
Galeon Employee's Children**	\$1 per visit each
Galeon Employee's Guest(s)	\$5 per visit each -Or discount to \$3 per visit each w/prior purchase of 10-punch card.
Massage (by appointment only) Tuesday & Wednesday	1-29 minutes: \$1 per minute 30 minutes: \$27 (member***) \$30 (non-member) 31-60 minutes: \$45 (member***) 31-60 minutes: \$50 (non-member)

*Residents, Tenants, Employees, Board Members and others who have insurance coverage that provides a wellness benefit will be assisted in submitting for that amount each month.

**Children under the age of 16 years are not allowed to use any exercise equipment and must be supervised at all times by an adult member when in the natatorium.

*** Member in this case refers to any employee, resident, tenant, and/or active(paying) outreach member.

Note: The resident, tenant, employee, or member must always be present with their children and/or guests. Children are generally not allowed to use the Wellness Center during normal business hours (8-5, M-F).

The CLUB GALEON Guarantee:

If you are not satisfied with you progress at Club Galeon of Osakis after 90 days of membership and active participation, we will give you your money back.*

*Certain Restrictions Apply

Club Galeon Policies & Procedures, Pricing, and Services are subject to change without notice.