



Policies and Procedures

PAYMENT OPTIONS

- Payments are accepted in the form of checks, cash and Autopay.
- *Monthly memberships may **only** be paid by Autopay.
- Statements are sent out at the beginning of each month and are due upon receipt.
- Autopay payments are debited/charged on the 5th of the month or the first business day following the 5th when it falls on a weekend or bank holiday.
- Registration fee of \$45 is a one-time fee if membership is kept current.
- Memberships will automatically continue until terminated.
- After 60 days of non-payment, memberships become inactive.
- Inactive members must reapply and pay a \$45 reapplication fee to regain an active status.

CANCELLATION POLICY

- If you choose to not renew your FLC membership, you must indicate this to the FLC office at least 2 weeks prior the 1st of the following month. This cancellation must be documented in writing. Cancellation forms are provided for your convenience at the FLC Welcome Desk and on our website.
- Any outstanding balance at the time of cancellation must be resolved before a member will be reinstated.
- After 60 days of non-payment, membership becomes inactive.
- The FLC reserves the right to cancel membership or deny reapplication to any member.
- The FLC reserves the right to perform a background check on any member.

MEMBER CHECK-IN

- Members are required to check in at the FLC Welcome Desk each time they use the facility.
- Each member age 13 and up will be issued a key card and will be responsible for presenting it for check in.
- Members will have their picture taken for identification purposes.

Dress Code: Modest, appropriate attire must be worn at all times. Please use discretion and sensitivity about the exercise attire worn in the FLC.

- No low cut tops, short shorts or midriff showing.
- No low cut sides on men's tank tops
- Men must keep shirts on at all times.
- T-shirts with questionable slogans or signs are prohibited in the FLC (including the alcohol industry).

The FLC reserves the right to determine the acceptability of all exercise attire.

MEMBERSHIP ENTITLEMENTS

- Membership fee includes full access to FLC amenities, according to age restrictions.
- Membership includes all group fitness classes.
- Membership does not include any leagues, sports or special events.
- Scheduled recreation leagues have priority over courts and fields.
- The FLC is subject to closure for selected CFBC events.

AMENITIES:

- **Group Fitness Classes**
For current class schedule: Text "Fitness" to 77069
- **Cardio**
Ellipticals, Treadmills and Recumbent and Upright bikes
- **TRX Training Equipment**
- **Weight Room**
Cybex machines, Smith machine, Cable cross, Free weights
- **Indoor Track**
1/8-mile jogging/walking track
- **Gymnasiums**
Two full court gyms for Basketball & Volleyball & Pickleball
Text Courts to 77069 for gym calendars.
- **Lobby Games**
Ping Pong, Pool Tables and Shuffleboard.
- **Racquetball Courts**
Court reservations are recommended. Reservation may be made three days in advance of playing.
- **Locker Rooms**
Showers and Lockers. Members may check out a lock at the FLC Welcome Desk.
- **Equipment Checkout**
Ping Pong balls and paddles, Pool cues and balls, Lap counters, Radios and Shuffleboard pucks.

GENERAL RULES

- A dress code is in effect (See DRESS CODE).
- No food or drinks, with the exception of water, will be allowed in the basketball courts, racquetball courts and exercise areas.
- Please use the provided gym wipes or disinfectant spray to wipe down equipment after use.
- Return all weights to their proper place after use. Never leave weights lying on the floor.
- The use of tobacco will not be allowed at the FLC at any time or in any area.
- Equipment must be used for the specific purpose for which it was designed.
- Individuals who check out equipment are financially responsible for any damage or destruction caused by improper use, or any lost or stolen equipment.
- Return all checked out equipment to the FLC Desk after use.
- There will be no soliciting at the FLC.
- All reservations for court times must be made through the FLC Welcome Desk.
- **No Personal Trainers are allowed except those employed by the FLC. This includes sport training such as basketball or volleyball coaches.**
- If any piece of equipment is working improperly, please report it immediately to the FLC Staff.
- Use of foul language will not be tolerated.

AGE REQUIREMENTS

In this guide, the phrase “Must have adult with them” will be defined as having a parent or guardian who is supervising the activity.

Weight Room	
Ages 13 & 14	Must have adult with them in weight room.
Ages 12 & under	Not permitted

Cardio & Cybex Equipment	
Ages 12 & under	Not permitted

Ping Pong and Pool Table	
Ages 12 & under	Must have adult with them

Racquetball Courts	
Ages 12 & under	Must have adult with them

Jogging Track	
Ages 12 & under	Must have adult with them

Basketball Courts	
Ages 12 & under	Must have adult with them

- * **13 & under may not enter the FLC without adult supervision.**
- * **15 & under must be on a Family Membership.**
- * **Infants and toddlers must be with a parent at all times in a sling or stroller.**

INFRACTIONS:

- The FLC staff is responsible for the enforcement and interpretation of all policies and rules.
- Infractions of policies, rules, or regulations may be handled in one of the following ways:
 - Warning and explanation of the rules
 - Suspension of privileges
 - Notification of parents (high school and below)
- Major infractions will be handled on an individual basis by the FLC office staff.

GUEST POLICIES

- Guests must be 18 years old or older and with a FLC Member.
- All guests must check in with an active FLC member and may not stay after the FLC member leaves.
- Limit 2 guests per membership.
- All guests must...
 - Have a Valid Driver's License
 - Complete and sign a guest registration card and liability form
 - Abide by all FLC policies and procedures
 - Pay a **guest fee of \$10.**

* FLC Membership is open to the community, and anyone may join *

ASSUMPTION OF RISK

- All injuries must be reported to staff immediately. An accident report will be filled out and a determination will be made as to further care or assistance.
- Users assume a risk of physical injury or even death while participating in activities at the FLC.
- Lockers are available for daily use.
- **Any loss or damage of personal property by a user or guest shall not be the responsibility of the FLC or its staff.**
- It is recommended that personal items be secured in day lockers.
- Staff members are not permitted to hold valuables with the exception of keys.

WEBSITE: www.championforest.org/sports.

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