

# MEMBERSHIP GUIDELINES



**THE RIDGE ATHLETIC CLUBS OFFER A 10-DAY, 100% MONEY BACK GUARANTEE TO ALL NEW MEMBERSHIPS GREATER THAN 3 MONTHS!**

## **UPGRADES/DOWNGRADES\***

Upgrades and downgrades to your membership can be done. All changes affecting membership level have a \$20 processing fee. Consult Members Services to make these changes as they must be in writing. Prorated dues may apply to upgrades.

Please note that for a family membership, dependents must be 23 years of age or younger and living at home.

## **FREEZE GUIDELINES\***

Memberships can be frozen for personal, travel, or medical reasons, with a max of 6 months in a 12-month duration. Freezes are **effective either on the 1st or 14th of the month**. Please note that if you freeze within your obligation date, your obligation date will be extended based on the length of the freeze. Non-member rates would apply to any services or programs purchased during this time. If you wish to unfreeze your membership early, prorated dues apply. Consult membership services to regain access.

Travel/Personal Freeze: Freezing fees are as follows:

Individual Membership: \$10 per month

Senior Individual Membership: \$5 per month

Couples Membership: \$15 per month

Senior Couples Membership: \$10 per month

Family Membership: \$20 per month

Medical Freeze: With a doctor's note, accounts can be frozen for up to 3 months at \$10.

**\*REQUESTS TO DOWNGRADE OR FREEZE AN ACCOUNT MUST BE RECEIVED IN WRITING BY MEMBERSHIP BY THE 10TH OF THE MONTH TO BE EFFECTIVE FOR THE 15<sup>th</sup> BILLING.**

## **TERMINATION**

Moving: Should you move more than 50 miles away during your obligation, you may terminate your membership for a \$39 early termination fee. Proof of relocation is required to exercise this option. (i.e. - lease agreement, change of address form, etc.)

Active Military: If called up for duty or relocated while in obligation, membership can be terminated. No early termination fee applies, but a copy of your orders must be provided.

Medical: If you have a medical condition preventing usage of the Ridge, termination is an option. No early termination fee applies; however medical authorization must be provided.

**Early Cancellation Fee: Members still within their initial obligation and not cancelling for any of the above reasons will be charged an early cancellation fee of \$275 or the remaining balance of the obligation, whichever is less.**

**All cancellations for memberships require written notification by the 1st of the month to avoid further charges. Memberships must be active for at least one month prior to cancelling; it may not be cancelled directly from a freeze.**

## LOCKERS

The Ridge provides free day use lockers as well as rentable lockers. Rentable lockers are provided for a monthly fee. Please note that belongings left in an **unpaid locker** will be removed.

## RIDGE RECOVERY AREA

Ridge Recovery, which includes access to HydroMassage beds, Human Touch Chairs and CryoTherapy beds, is provided to Ridge members for an additional fee. Please see Membership for details and to gain access. Ridge Recovery is for members 18 and older.

## ADULT ONLY HOURS

No children under 14 during the following hours, except during paid sessions like swim lessons or personal training:

### Monday-Thursday:

5:15am-9:00am  
11:30am-1:30pm  
5:00pm-7:00pm

### Friday

5:15am-9:00am  
11:30am-1:30pm

All other hours are Family Friendly.

## FAMILY REMINDERS

- Children under the age of 14 must be with a guardian (18+ years) during family friendly hours.
- Access for children ages 0 to 3 is complementary (children ages 4 and up, membership/guest fees will apply)
- Children ages 3 to 13 can use racquetball courts, gymnasium, outside turf, and the swimming pool under adult supervision during family friendly hours.
- Children age 7 or younger need a guardian in the pool.
- Children ages 8 to 13 need an adult in the pool or present on the pool deck.
- Teenagers ages 14 to 17 must complete a minor orientation at the Ridge before using the facility unsupervised.

## YOUR RIDGE ACCOUNT

Charging to your Account: The convenience to charge food, drinks, child care, etc. is at your fingertips! Please provide membership with billing information to add this feature to your Ridge account and let membership know if your children are allowed to charge as well. Charges on account are processed along with membership dues on the 15th of each month.

Access Your Ridge Account Online: Check your account balance, make class reservations and enroll in programs through your online account! Please provide Membership with an email address to create your online credentials. Should you have any issues with this feature, please contact the Membership Department directly.

## FitLife Fitness-to-Go

As a member of the Ridge, this program allows you to use other FitLife clubs free of charge on a temporary basis in the Northwest Region for up to two weeks in a calendar year. Please see the Membership Department for further information, club participation and to pick up a *Fitness-to-Go* card.

**Visit our website to access your account and for exclusive deals for Ridge members:  
[www.ridgeathletic.com](http://www.ridgeathletic.com)**

***Please note that Club management may, from time to time, updated the rules and regulations governing memberships and the operations of the Club. Notice of these changes will be made available to members through reasonable means of communication.***