


NEW Family Fitness Times

HUNTLEY

FRIDAY	6:30 - 8:30pm	Indoor Pool
SATURDAY & SUNDAY	2:00 - 5:00pm	Gymnasium & Indoor Pool

CRYSTAL LAKE

FRIDAY	6:30 - 8:30pm	Indoor Pool
SATURDAY & SUNDAY	2:00 - 5:00pm	Gymnasium, Indoor Pool, Racquetball & Track

 **Centegra
Health Bridge
Fitness Center**
WELL BEYOND EXPECTATION

**Fall / Winter Family Fitness Times
effective through April 27, 2012.**

Please see **reverse** for rules.

Centegra Health Bridge reserves the right to change Family Fitness Time hours at any time.

Centegra includes hospitals in McHenry and Woodstock, Immediate and Primary Care centers, Health Bridge Fitness Centers and more.

   It's healthcare so good you don't have to leave McHenry County to stay well. **(815) 444-2900 | healthbridgefitness.com**

FAMILY FITNESS TIME RULES:

Any person or persons may be asked to leave the facility if they are not following or adhering to the rules, policies or instructions of the CHBFC staff.

- All Student Membership guests are required to have a guest pass.
- **ALL GUESTS MUST HAVE A VALID PHOTO ID.**
- Guest passes are required (*any age*) for anyone other than qualifying family members. A maximum of 2 guests are allowed per visit, per member. Guests under the age of 18 will be required to have a Parent/Guardian sign a Guest Waiver each time they visit Centegra Health Bridge Fitness Center.
- Members' children who are 17 and younger may participate in Family Fitness Time with their parents.
- Non-member spouses living in the same household are invited to join the member during Family Fitness Time only.
- In Huntley, children under 14 years old will not be allowed on the Fitness Floor or Running Track. Designated areas during FFT (*for children under 14*) are: **Gymnasium** and **Indoor Pool**; please refer to the schedule for more details.
- Please use the family locker rooms with children and only utilize the men's and women's locker rooms with same sex children. **Children under 14 must be accompanied by a parent or guardian at all times.**

FAMILY FITNESS TIME POOL RULES:

- All IDPH (Illinois Department of Public Health) rules must be followed.
- Hours and use of the pools may change due to weather, safety, maintenance, or CHBFC sponsored activities.
- Please shower thoroughly before entering the pool.
- All infants and children not potty trained are **REQUIRED** to wear ONLY CHBFC APPROVED swim diapers or swim wear. Children must have a reusable swim cover over disposable swim diapers. Swim diapers and reusable swim diapers may be purchased at the concierge, tennis or front desks. Please change infants in the bathroom or locker rooms, not on the pool deck,
- An adult must accompany any individual under the age of 14. Children unable to swim and/or under 4 must be kept under close supervision, in the water, by the accompanying adult and must not be left unattended. Children are only allowed in the Leisure and warm water pools at designated times (*please see pool schedules*). Children must be accompanied by an adult to be in the warm water pool.
- Rafts, inner tubes built into a swim suit, baby inner tubes, water wings, inflatables or inner tubes of any kind are prohibited. U.S. Coast Guard approved life jackets only are permitted and must have USCG approved markings. Please ask Lifeguards or Managers what children may wear in the pool to keep everyone safe.
- Appropriate swim attire is required in our family facility at all times and no clothes may be worn in the pools. When inside the facility, footwear and clothing must be worn at all times.
- Water torpedoes, kickboards, hard balls, snorkel masks or any other toy deemed dangerous is prohibited. Members must provide their own goggles.
- No strollers are allowed on the indoor pool deck.
- Blue shoe covers must be worn over outside shoes while on the indoor pool deck.
- **Huntley** patrons must be 42" or taller to ride the large indoor slide; single riders only.

Please see official pool rules for all pool rules located at the concierge desk.



WELL BEYOND EXPECTATION
10450 Algonquin Rd. | Huntley, IL 60142
200 Congress Pkwy. | Crystal Lake, IL 60014
(815) 444-2900 | healthbridgefitness.com