



701 Sun Meadows Dr, Harker Heights, TX 76548 | (254) 698-2542

Club Rules and Regulations

Welcome to Heights Athletic Club! Our goal is to foster a welcoming, safe, and enjoyable environment for all members, guests, and staff. To ensure this, we ask all individuals to adhere to the following rules, regulations, and guidelines. Failure to adhere to these may be considered a breach of the membership agreement.

General Guidelines

1. **Respect for All:** Treat fellow members, guests, and staff with respect, courtesy, and professionalism always. Discriminatory, abusive, or harassing behavior will not be tolerated.
2. **Club Property:** Use club facilities, equipment, and amenities responsibly. Report any damage or maintenance issues to staff promptly.
3. **Children:** Always supervise children under the age of 15. Children are not permitted in certain areas, such as the gym and locker rooms, unless explicitly allowed. Children 15 years and older may workout in the gym unsupervised. Participants in group fitness classes must be 18 years old or older to participate.
4. **Personal Conduct:** Refrain from using inappropriate language, loud or disruptive behavior, and any actions that may detract from the enjoyment of the club by others.
5. **Guests:** Guests must register at the front desk, with a staff member, or via the membership app and pay applicable fees before participation. If guests are accompanying members and they have not checked in, a Guest Fee may be added to the Member's account.
 1. All play and participation at the Club are at the individual's own risk. Members who sponsor guests are responsible for ensuring their guests understand that the Club is not liable for injuries, accidents, or damages arising from their participation. The Club may not collect liability waivers from guests, and by inviting a guest, the sponsoring member agrees to

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communicate this policy and to ensure the guest follows all Club rules and conduct standards.

Gym & Fitness Areas

1. **Proper Attire:** Wear appropriate athletic clothing and footwear. Shirts and closed-toe shoes are always required.
 2. **Equipment Usage:** Wipe down equipment after use and return weights or other equipment to their proper place. Limit equipment use to 30 minutes during peak times.
 3. **Personal Items:** Store personal belongings in designated lockers or cubbies in the lobby or locker rooms. Please do not leave items on the gym floor.
 4. **Etiquette:** Use headphones for personal audio and be mindful of noise levels.
 5. **Gym Closing:** The gym closes at 10:30pm and no members or guests may remain in the gym past 10:30pm. Please ensure your workout will end before 10:30pm. Members or guests in the gym after 10:30pm may be charged an Unauthorized Access fee of \$150.
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Locker Rooms

1. **Privacy and Respect:** Respect the privacy of others. Photography and videography are strictly prohibited.
 2. **Cleanliness:** Keep locker areas clean. Dispose of towels and trash in designated bins.
 3. **Locker Use:** Lockers are for daily use unless otherwise specified. Belongings left overnight may be removed by staff. Lockers are available for overnight rental for a fee.
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Pickleball & Tennis Courts

1. **Reservations:** Courts must be reserved. Check-in at the front desk, with a staff member, or via membership app prior to playing.

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2. **Court Etiquette:** Be punctual for your reserved time, use appropriate tennis or court shoes, and follow posted rules for play.
 3. **Behavior:** Maintain good sportsmanship and refrain from disruptive behavior, including excessive noise or disputes.
 4. **Court Closing:** Courts close at 10:00pm. No members or guests may continue playing past 10:00pm unless explicitly allowed. Members or guests playing on the courts after 10:00pm without permission may be charged an Unauthorized Access fee of \$150.
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Yoga & Group Fitness Classes

1. **Punctuality:** Arrive on time. Late arrivals may disrupt the class and may not be permitted to join after the session has started.
 2. **Space Sharing:** Be mindful of others' space. Place mats and equipment in designated areas.
 3. **Class Cancellation:** Notify the front desk, staff, or update your reservation via the membership app if you cannot attend a class you've signed up for, allowing others the opportunity to participate. Cancellations too close to the start of class may result in forfeiture of registration fees or a late-cancellation fee.
 4. **Low Attendance Cancellation:** The club reserves the right to cancel classes with insufficient participation levels, determined at the sole discretion of the club. Participants will be notified of cancellations with reasonable notice.
 5. **Participation:** Follow instructor guidelines and inform them of any medical conditions or limitations before class.
 6. **No Show:** If you register for a class and do not attend, you may be charged a no-show fee, regardless of whether a registration fee was charged for the class.
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Pool Area

1. **Pool Safety:** No running, diving, or roughhousing. Swim at your own risk; lifeguards are not on duty.
2. **Supervision:** Children under 18 must be accompanied by an adult.

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3. **Hygiene:** Shower before entering the pool and avoid entering the water if you are ill or have open wounds.
4. **Pool Furniture:** Pool furniture is first come, first served. However, you may not reserve chairs or loungers for extended periods if you are not using them, including for guests or other members.
5. **No Glass:** Glass is prohibited in the pool area. Personal water may be permitted, but all other outside food and drink is prohibited.
6. **Parties:** The Club will gladly consider hosting your party! 10 or more guests with you are considered a party, and different rates apply. Please contact management to inquire.
7. **Additionally, the following rules apply:**
 - a) This private facility is for Heights Athletic Club members and authorized guests only. Unauthorized use is prohibited. Pool privileges may be revoked for any rule violation, unsafe behavior, or failure to follow staff instructions.
 - b) NO LIFEGUARD - Swim at your own risk. Management is not responsible for accidents, injuries, or lost/stolen items. Leave valuables at home.
 - c) SHOWER FIRST - A soap shower is required before entering the pool.
 - d) HEALTH RESTRICTIONS - No entry for anyone with diarrhea, contagious illness, open wounds, or under the influence of drugs/alcohol.
 - e) PROPER ATTIRE- Swimwear required. Children not toilet-trained and incontinent individuals must wear swim diapers or snug plastic pants.
 - f) ELECTRONICS - Use headphones with audio/video equipment. No photography or video recording without staff approval.
 - g) FOOD & DRINK - Only water in clear plastic containers is allowed. No other food, drink, gum, or candy unless approved. **OUTSIDE ALCOHOL PROHIBITED.** Large coolers are not allowed in the pool area. Small personal coolers are acceptable for individual use.
 - h) BEHAVIOR - No running, diving, horseplay, spitting, yelling, foul language, or disruptive behavior. Loud speakers that may disturb other members are not permitted. Please use headphones or keep volume at a minimal level.

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- i) FLOATATION DEVICES - Only U.S. Coast Guard-approved vests, arm floats, and noodles in good condition are allowed. Others require staff approval.
 - j) CHILDREN - Kids 15 and under must be supervised by an adult. Non-swimmers must remain within arm's reach.
 - k) PROHIBITED ITEMS - No tobacco, glass, outside alcohol, or weapons in the pool area.
 - l) ANIMALS - Only service animals allowed.
 - m) CLOSURES- Pool access may be restricted due to weather, maintenance, or events.
 - n) **All members must exit the pool area by the posted closing time**, which is typically **8:00 PM**, unless otherwise noted.
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Video Recording and Photography

- 1. **Consent:** By entering the club premises, members and guests consent to being photographed or recorded on video surveillance or for promotional purposes, including but not limited to social media, advertisements, and website use.
 - 2. **Opt-Out:** Members or guests who do not wish to appear in promotional materials must notify club management in writing and inform photographers or videographers during events.
 - 3. **Usage:** Club retains the rights to use photos and videos taken on the premises in perpetuity. No personal identifying information will be shared without additional written consent.
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Alcohol, Smoking, & Prohibited Substances

- 1. **Alcohol:** Consume alcohol responsibly. **No outside alcohol is permitted on club premises.**
- 2. **Smoking:** Smoking, including vaping, is strictly prohibited on club grounds.
- 3. **Substances:** The use of illegal substances is strictly prohibited on club grounds.

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Violations & Enforcement

1. **Reporting Issues:** Report any violations of these Rules and Regulations to club management immediately.
2. **Consequences:** Violations may result in verbal or written warnings, temporary access revocation, suspension, or termination of membership or guest privileges, depending on the severity of the infraction.
3. **Appeals:** Members may appeal disciplinary actions in writing to club management within 7 days of notification.