



## Harcum Fitness and Aquatic Center Membership Application

First Name \_\_\_\_\_ Last Name \_\_\_\_\_

Mobile Phone \_\_\_\_\_ Home Phone \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_

Zip \_\_\_\_\_ Date of Birth \_\_\_\_\_

Email \_\_\_\_\_ How did you hear about us? \_\_\_\_\_

### EMERGENCY CONTACT INFORMATION

Name \_\_\_\_\_ Phone \_\_\_\_\_ Relationship \_\_\_\_\_

- Prior to using the Harcum Center, all membership information must be completed; Membership Application, Waiver, Physical Activity Readiness Questionnaire (PARQ) and payments must be made.
- No refunds will be given on annual membership payments.
- A \$25 Registration Fee is charged upon the initial join and each re-join. Two monthly missed payments will constitute a membership cancellation.
- If a member is temporarily unable to participate in activities at the Harcum Center due to medical/health reasons, the member may place their membership in a medical hold and resume their membership when cleared by a doctor to return. The member will not be charged during the hold. Members who return from a medical hold will not have to pay another joiner fee and will resume regular monthly payments. The member is responsible for informing the facility of such a situation.
- Membership privileges are not transferable.
- Membership is a privilege and Wesley Ridge/Harcum Center reserves the right to cancel or terminate anyone's membership and refund fees (on a pro-rated basis) if Wesley Ridge/Harcum Center deems such action are in its best interests.
- Options for membership include annual membership, monthly autopay, Silver Sneaker pass swipes, Renew Active, OnePass, or Silver and Fit eligibility.
- When accompanied by a member, a temporary guest pass can be purchased and used by a friend or family of a Harcum Center Member.
- Proper exercise clothing with no offensive graphics or language, a shirt and closed-toe shoes must be worn in classes and gym. Proper swim attire is required in the pool.
- Wesley Ridge/Harcum Fitness and Aquatic Center are not responsible for personal items. Use a locker with your own lock and remove lock and items before you leave.
- Use of gym, participation in classes and swimming is done at your own risk; no lifeguard is on duty.
- Community members must be 40 years of age or older.
- Associates of Life Enriching Communities, their family members, and family members of Residents of Wesley Ridge may be 16 years of age or older to join. Members under 18 must have a consenting adult sign.
- Access may be restricted by class schedule. Special classes and individual services may have an additional charge.
- Periodic restrictions of access may occur for the purpose of maintenance or cleaning or unsafe weather conditions.
- **Membership rates and structures may be adjusted with a 30 day notice.**
- **Memberships are auto-renewing.**

**I/we understand the Harcum Fitness and Aquatic Center membership policies and agree to abide by them:**

MEMBER SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

**(REQUIRED IN MEMBER 15-17 YEARS OF AGE)**

CONSENTING ADULT NAME \_\_\_\_\_

CONSENTING ADULT SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_



## **BILL PAYMENT AUTHORIZATION** **AGREEMENT**

*Please initial and check the membership that applies to you.*

### **Community**

\_\_\_\_\_ Standard = \$25.00/Month      \_\_\_\_\_ Premium = \$35.00/Month  
\_\_\_\_\_ Standard = \$275.00 Annually      \_\_\_\_\_ Premium = \$385.00 Annually

### **Silver Sneakers**

\_\_\_\_\_ Standard = Scan Card  
\_\_\_\_\_ Premium = Scan Card + \$10.00/Month  
\_\_\_\_\_ Premium = Scan Card + \$110.00 Annually

### **Renew Active / OnePass    ID#: \_\_\_\_\_**

\_\_\_\_\_ Standard = Scan Card  
\_\_\_\_\_ Premium = Scan Card + \$10.00/Month  
\_\_\_\_\_ Premium = Scan Card + \$110.00 Annually

### **Silver and Fit**

\_\_\_\_\_ Standard = Scan Card  
\_\_\_\_\_ Premium = Scan Card + \$10.00/Month  
\_\_\_\_\_ Premium = Scan Card + \$110.00 Annually

### **Wesley Ridge Resident Family Membership**

\_\_\_\_\_ Standard = \$20.00/Month      \_\_\_\_\_ Standard = \$220.00 Annual  
\_\_\_\_\_ Premium = \$30.00/Month      \_\_\_\_\_ Premium = \$330.00 Annual

### **Wesley Ridge Employee Family Member**

\_\_\_\_\_ Premium = \$10.00/Month      \_\_\_\_\_ Premium = \$110.00 Annual

### **Wesley Ridge Employee**

Badge # \_\_\_\_\_

Membership dues are non-refundable. Membership rates and structure are subject to change and notice of increase in membership rates will be given 30 days in advance after which autopay will change. Memberships are auto renewing.



**CHECK PAYMENT METHOD AND HAVE MEMBER INITIAL**

MEMBERSHIP METHOD OF PAYMENT		
INITIAL	PAYMENT TYPE	PAYMENT PERIOD
	Credit Card	<b>MONTHLY</b> autopay
	Credit Card	Lump Sum ANNUAL (guarantees rate for the year)
	Cash	Lump Sum ANNUAL (guarantees rate for the year)
	Check	Lump Sum ANNUAL (guarantees rate for the year)

\_\_\_\_\_  
**MEMBER NAME (Please print)**

\_\_\_\_\_  
**MEMBER SIGNATURE**

\_\_\_\_\_  
**DATE**

**(REQUIRED IN MEMBER 15-17 YEARS OF AGE)**

**CONSENTING ADULT NAME (print)** \_\_\_\_\_

**CONSENTING ADULT SIGNATURE** \_\_\_\_\_ **DATE** \_\_\_\_\_



## **(Harcum Center Copy)**

### **Harcum Fitness and Aquatic Center Membership Guidelines**

1. All membership paperwork must be completed at the Harcum Fitness and Aquatic Center (Harcum Center) Reception Desk before use of the facilities. Facility hours are Monday – Friday, 7:00 AM – 7:00 P.M. Saturday 9:00 AM – 1:00 PM, Sunday 10:00 AM to 2:00 PM.
2. An Activity Readiness Questionnaire (PARQ) must be completed by the applicant before a member can use the facility.
3. Members 16-17 years old require the permission of a consenting adult.  
Member guests over the age of 16 may use the members' accessible areas when accompanied by a member.
4. All persons must check in at the Harcum Center Reception Desk upon entering the building.
5. Gym and Pool are available during hours of operation unless a class is being conducted or repairs are being made. No lifeguard will be on duty. Check the schedule at the Harcum Center front Desk.
6. Lockers are available during hours of operation and must be emptied when you leave each day. One clean towel will be supplied per person.
7. Equipment orientations, fitness assessments, and personal training are available. Special classes and individual services will be at an additional cost.

**Harcum Center Vision:** Striving to become the leading facilitator of mind and body health in our community.

**Harcum Center Mission:** Improving our mind, body, and community; each day, every day.

### **Equal Opportunity Statement**

The Harcum Fitness and Aquatic Center strives to provide facility and programs that will benefit everyone –regardless of race, color, religious creed, sex, national origin, age, citizenship, or disability.

It is the policy of The Harcum Fitness and Aquatic Center to provide equal opportunity to employees and candidates for employment. Accordingly, there shall be no discrimination against any employee or candidate for employment due to race, color, religious creed, sex, national origin, age, citizenship, or disability. This policy is applicable to the policies governing recruitment, hiring and placement, promotion, training, compensation, employment environment, and separation or termination.

Compliance with this policy is the personal responsibility of all personnel, especially those whose duties are related to the hiring of new employees and the status or tenure of current employees. Further, as an Equal opportunity Employer, the company will cooperate

**I have received a copy**

**Signature**

**Consenting Adult Signature**

**(if under 18 yrs)**



## Waiver and Consent for \_\_\_\_\_

I desire to participate voluntarily in the programs at Harcum Fitness and Aquatic Center in an attempt to positively affect my lifestyle. In doing so, I understand and agree with the following statements:

I understand that physical activity may include efforts that stress the cardiovascular, neurological, muscular, skeletal, and other physiological systems of the body. The reaction of these systems to physical activity cannot be predicted with complete accuracy. The programs promote gradual progressions of activity frequency, volume, and intensity within appropriate guidelines for aerobic, endurance, resistance, flexibility, and skill specific activities. I recognize there is a risk for strained muscles, sprained joints, heart attack, and other medical incidents during and after physical activity.

I understand that the use of the pool is at them member's/guest's own risk. No lifeguards will be on duty.

I may choose to participate in activity and wellness assessments and understand that the results of these assessments are not to be construed as diagnostic or medical advice. This information may be used to establish directions and guidelines for my activity and wellness programming.

I understand that I am responsible for monitoring my own condition before, during and after physical activity and fitness assessments. I will inform activity leaders and staff of any unusual symptoms and may elect to cease activity. I acknowledge that The Wesley Communities, Harcum Fitness and Aquatic Center and Wesley Ridge, recommends that I consult my physician prior to beginning an exercise program or if I have reason to believe that exercise may cause some harm or danger to me.

I consent to and permit emergency treatment in the event of illness or injury while participating in the activities and programs at the Harcum Fitness & Aquatic Center.

I understand that I am responsible for damages or loss to all personal belongings and that I will be held responsible for damages or losses caused by my negligence or negligence of my guests.

In signing this Membership Waiver and Consent form, I affirm that I have read this form in its entirety and that I understand the nature of the risks and precautions associated with physical activity. I also affirm that my questions about physical activity and risks associated with Harcum Fitness & Aquatic Center membership and programs have been answered to my satisfaction.

I understand that The Wesley Communities, Wesley Ridge and Harcum Fitness & Aquatic Center assumes no responsibility for injury or illness that I or my family members sustain as a result of, or resulting from, my participation in any athletic activity, programs, use of any equipment, pool or otherwise. In consideration for being allowed to participate in the membership and programs, I agree to assume the risk of such activities and further release, discharge and hold harmless The Wesley Communities, Wesley Ridge and Harcum Fitness & Aquatic Center, its employees, agents, and volunteers from any and all claims, suits, losses, or related causes of action damages, including, but not limited to, such claims that may result from me or my family members' or guests' injury or death, accidental or otherwise, during or arising in any way from, my Harcum Fitness & Aquatic Center involvement.

I, have read and understand the above provisions and agree to be bound by them, as indicated by my signature below.

**NAME (printed)** \_\_\_\_\_ **SIGNATURE** \_\_\_\_\_ **Date** \_\_\_\_\_

**(REQUIRED FOR MEMBERS 15-17 YRS OLD)**

**CONSENTING ADULT NAME** \_\_\_\_\_ **SIGNATURE** \_\_\_\_\_ **Date** \_\_\_\_\_



# Physical Activity Readiness Questionnaire (PAR-Q)

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Being more active is very safe for most people. However, some people should check with their doctor before they start becoming much more physically active. If you are planning to become much more physically active than you are now, start by answering the seven questions in the box below. Common sense is your best guide when you answer these questions. Please read the questions carefully and answer each one honestly: **Circle YES or NO.**

YES NO	1. Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?
YES NO	2. Do you feel pain in your chest when you do physical activity?
YES NO	3. In the past month, have you had chest pain when you were not doing physical activity?
YES NO	4. Do you lose your balance because of dizziness, or do you ever lose consciousness?
YES NO	5. Do you have a bone or joint problem (for example, back, knee or hip) that could be made worse by a change in your physical activity?
YES NO	6. Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition?
YES NO	7. Do you know of any other reason why you should not do physical activity?

**If you answered YES to one or more questions:**

Talk with your doctor by phone or in person BEFORE you start becoming much more physically active or BEFORE you have a fitness appraisal. Tell your doctor about the PAR-Q and to which questions you answered YES. You may be able to do any activity you want – as long as you start slowly and build up gradually. Or, you may need to restrict your activities to those that are safe for you. Talk with your doctor about the kinds of activities you wish to participate in and follow his/her advice. Find out which community programs are safe and helpful for you.

**If you answered NO honestly to all PAR-Q questions, you can be reasonably sure that you can:**

Start becoming more physically active – begin slowly and build up gradually. This is the safest and easiest way to go.

 \_\_\_\_\_  
 Signature



## (Member Copy)

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