

Member Handbook

club hours

CLUB HOURS

Club Hours

Department hours are subject to change throughout the year. Please look for postings around the club or on our website.

Regular Club Hours

Monday to Friday 5:00am-10:00pm
Saturday 7:00am-7:00pm
Sunday 7:00am-9:00pm
Visit website for holiday hours

Aquatics Center

Monday to Friday 5:00am-9:30pm
Saturday 7:00am-6:30pm
Sunday 7:00am-8:30pm
Closes 30 min. prior to club on all holidays

Kidz Klub

Monday to Thursday 8:00am-8:30pm
Friday 8:00am-7:30pm
Saturday 8:00 am-5:00pm
Sunday 9:45am-5:00pm
*Babies ages 6 weeks to 6 months
Monday to Friday 12:00-2:00pm only*

Nutrition & Wellness Center

Monday, Tuesday, Wednesday & Thursday
8:00am-1:00pm and 5:00pm-8:00pm
Friday 8:00am-3:00pm
Saturday 8:00am-Noon
Sunday Closed
Call 717-569-4754 to schedule an appointment.

BLU Salon & Spa

Monday 9:00am-8:00pm
Tuesday-Thursday 9:00am-9:00pm
Friday 9:00am-7:00pm
Saturday 9:00am-3:00pm
Sunday Closed
Call 717-569-6400 to schedule an appointment.

Cafe U

Monday to Thursday 7:00am-8:00pm
Friday 7:00am-7:00 pm
Saturday 8:00am-3:00pm
Sunday 8:00am-1:00pm

*Closes 30 minutes prior to club closing on all holidays.
Hours can vary seasonally, check website.*

Basketball Court

Visit website for schedule

THRIVE Functional Training Center

Sessions by appointment.
Call 717-569-5396 x235
for additional information.

Sports Performance Center

Visit our website or mobile app for Sports Performance classes. Pre-register in advance or call 717-569-5396 x116 for additional information.

Siegenthaler Chiropractor Center

Monday
8:00am-12:30pm & 3:30pm-7:00pm
Tuesday
3:30pm-7:00pm
Wednesday
8:00am-12:30pm & 3:30pm-7:00pm
Thursday
3:30pm-7:00 pm
Friday
8:00am-12:30pm & 3:30pm-6:30pm
Saturday by appointment only
Call 717-569-6099 or visit www.artchiro.com to schedule an appointment. **Complimentary consult offered to UAC members.**

What To Wear

The clothing you wear at Universal should be family-friendly, comfortable, safe and appropriate for your activity. For safety reasons, closed-toe shoes must be worn in fitness areas and during group fitness classes (with the exception of Yoga, Pilates and BODYFLOW classes).

Check-In Procedure

Upon entering the club, all members and guests, regardless of age, are required to stop at the front desk to either swipe their card and/or confirm their appointment in the building. All guests (adults and children) are required to have a waiver on file at the front desk.

Youth Policies

For the safety of all youth in the building, please adhere to the policies set forth in different areas of the club. A complete Youth Policy sheet, broken down by specific age groups, is located on [pages 4-8](#) of this packet.

Bringing Guests

Universal welcomes your guests. Please see our Guest Rates sheet on [page 3](#) of this welcome packet.

Please Be Considerate Of Others

Out of respect for other members, please refrain from using foul language, dropping weights and dumbbells, and using chalk in the fitness area. When using strength training equipment in our fitness areas, please allow others to “work in” with you. Follow the circuit etiquette guide lines in the circuit studio. Refrain from lengthy cellphone use while working out.

Class Schedules

All of our class schedules are posted on our web site and mobile app. Download our app for free in your app store. Search “Universal Athletic Club.”

Parking

Universal provides a very large parking lot for the convenience of our members. You may experience that the lot will become very full during peak times. Feel free to park along the perimeter of our lot. Out of courtesy to our neighbors, please do not park in The Village of Olde Hickory or The Shoppes at Landis Valley while using the club, as those lots are reserved for their patrons. Please drive slowly in our parking lot at all times, and be aware of one way direction heading into the club from Oregon Pike.

Towel Service

Towel rental is \$1.00 per visit for a set of towels (one hand towel and one bath towel) or \$5.00 bi-weekly for individual unlimited service. Please pick up and drop off towels at the front desk.

Family Changing Rooms

Family Changing Rooms are provided inside the Aquatics Center area. We ask that you refrain from bringing boys ages 2 and older in the ladies locker rooms, or girls ages 2 and older in the mens’ locker rooms.

CPR & AED’s

For the safety of our members and visitors, all of our employees are certified in CPR. We have 3 Automated External Defibrillators (AED’s) inside our club, located behind the front desk, by the pool office and across from Thrive.

Thank you for your cooperation in making Universal an enjoyable, safe and stress-free environment for all of our members.

Experience the best in fitness
and have tons of family fun!

Be Our Guest!

1 Day Pass - Full Club	With Member	Guest Only
Age 18 & Older	\$15.95	\$18.95
Ages 17 & Under	\$9.95	\$12.95
Family Pass (up to 5, same household)	\$34.95	\$39.95
Kidmazium Only	\$6.95	\$8.95
1 Week Pass - 7 Consecutive Days		
Individual	\$33.95	\$39.95
Family	\$74.95	\$84.95
Monthly Pass		
Individual	\$99.95	\$99.95
Family	\$210.95	\$210.95

Each membership account is allotted
5 free guest passes per calendar year.

Please contact Member Services to pre-arrange these visits.

be our guest

Kidz Klub/Kidmazium Policies

In order for us to provide the most safe and sanitary play area for your children, please observe the following guidelines:

Ages

The Kidz Klub is designed for babies as young as 6 weeks to children up to age 11. After age 11, children are more likely to be interested in other areas and programs of the club.

Pricing

The Kidz Klub is free to children who are included in a Universal membership. For each child who is not included in a membership, the price per visit is \$6.95 when accompanied by a member, or \$8.95 when not accompanied by a member.

Kidz Klub Hours

Monday to Thursday 8:00am-8:30pm
 Friday 8:00am-7:30pm
 Saturday 8:00am-5:00pm
 Sunday 9:45am-5:00pm

Young infant hours: Special hours designated for babies age 6 weeks to 6 months are Monday to Friday 12:00pm-2:00pm

Time Limit

There is a 2-hour maximum time limit per visit. Please be courteous in observing this policy. Your child may get tired or hungry after this period of time.

Sign In / Sign Out

Scan your membership card in the Kidz Klub to check your child in and then to pick up your child

Sick Policy

For the health of all our children, do not bring your child to the Kidz Klub if any of the following symptoms are present:

- A fever or vomiting within the last 24 hours
- A deep, thick cough
- Coughing or sneezing along with green/yellow discharge
- Sore throat
- Red, runny eyes that could possibly be conjunctivitis
- Diarrhea
- Chicken pox - Children with chicken pox may not return until they have had the illness for at least six days, and all lesions are completely scabbed over.
- A rash of any kind until diagnosed, treated, or declared harmless by a physician
- Simply being under the weather

If your child is sent home or stays home from school due to illness, he or she is not permitted in the Kidz Klub that day.



Kidz Klub/Kidmazium Policies (continued)

In order for us to provide the most safe and sanitary play area for your children, please observe the following guidelines:

Beverages and Food

Parents are encouraged to bring a beverage for their child. Beverages are allowed in the Kidz Klub, but not in the maze. Food is not permitted anywhere in the Kidz Klub.

Diapers for Infants and Toddlers

Please make sure your child is clean and dry upon arrival to the Kidz Klub. We ask that you provide diapers and wipes in a diaper bag in case it is necessary to change your child during his or her stay. For the hygiene of all, your child must wear a diaper or pull-up in the Kidz Klub until he or she is fully potty-trained (accident-free daytime and nighttime).

Socks Required

Children are required to wear socks in the Kidz Klub and Kidmazium. No shoes, no bare feet. Shoe Cubbies are located by the Kidz Klub entrance. Universal is not responsible for any lost or stolen items,

Labels

Please label all bottles, cups, diaper bags, jackets, etc. with your child's first and last name.

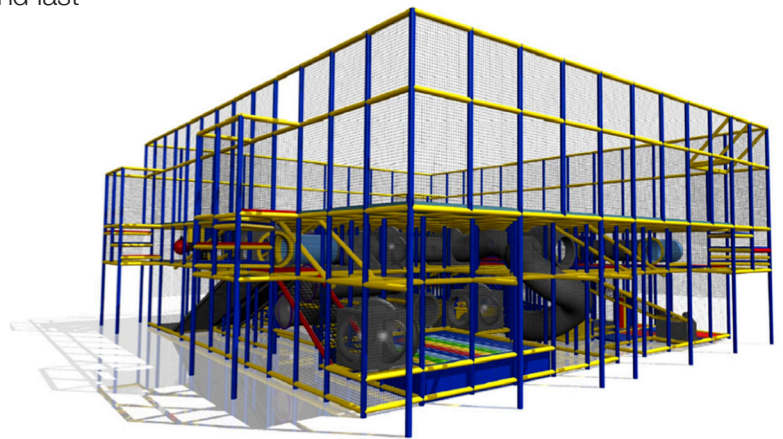
Items Not Permitted

Electronic devices (ipods, cell phones, video games, etc.) are prohibited in the Kidz Klub. Other items not permitted include food, gum, hard candy, peanuts, coins, necklaces or any other items that could be a hazard to children. Glass containers of any kind, as well as any personal toys from home are also prohibited. Universal is not responsible for any lost or stolen items.

Staff

All Universal employees, including Kidz Klub attendants, are required to be certified in adult, child and infant CPR.

We appreciate your cooperation in keeping the Kidz Klub safe for all children. Thank you!



Youth Policies

youth to 4

	Fitness Areas	Track	Front Basketball Court	Group Exercise Class	Pool	Kidz Klub**	Martial Arts
6 Weeks to 6 Months	Not permitted at any time	Permitted only when a baby is in a stroller or front pack while parent is using the track during non-prime hours**.	Not permitted at any time	Not permitted at any time	Regardless of swimming ability, may use the pool only when a parent is present and supervising in the pool (within an arm's reach of child) at all times. Must wear swim diapers.	Permitted during Young Infant hours****. Parent required to sign child in/out and must remain on Universal property. Please observe the two hour time limit.	Martial Arts classes are currently not available for this age group.
7 Months to 2 Years Old	Not permitted at any time	Permitted only when a child is in a stroller and using the track during non-prime hours**.	Not permitted at any time	Not permitted at any time	Regardless of swimming ability, may use the pool only when a parent is present and supervising in the pool (within an arm's reach of child) at all times. Must wear swim diapers.	Permitted. Parent must sign children in/out and indicate where they will be in the club. Parent must remain on Universal property. Please observe two hour time limit.	Martial Arts classes are currently not available for this age group.
3 Years Old	Not permitted at any time	Permitted only when in a stroller and using the track during non-prime hours**.	Not permitted at any time	Not permitted at any time Kids' classes are available for this age group.	Regardless of swimming ability, may use the pool only when a parent is present and supervising in the pool (within an arm's reach of child) at all times. Must wear swim diapers if not potty trained.	Permitted. Parent must sign children in/out and indicate where they will be in the club. Parent must remain on Universal property. Please observe two hour time limit.	Martial Arts classes are currently not available for this age group.
4 Years Old	Not permitted at any time	Not permitted at any time	Not permitted at any time	Not permitted at any time Kids' classes are available for this age group	Regardless of swimming ability, may use the pool only when a parent is present and supervising in the pool (within an arm's reach of child) at all times. Must wear swim diapers if not potty trained.	Permitted. Parent must sign children in/out and indicate where they will be in the club. Parent must remain on Universal property. Please observe two hour time limit.	Classes are available. Parents are not required to remain in the dojang but must remain on Universal property.

*Prime-time Hours: Monday to Friday: 5:00 am - 7:00 am, 9:00 am - 11:30am, 4:00 pm - 8:00 pm, Saturday: 9:00 am - Noon

"Parent" = responsible adult 18 yrs. or older

** Youth Athletic Club (YAC) is part of Kidz Klub, and is for kids ages 7-11 only.

Kidz Klub policy applies and a parent/guardian over age 18 must remain in the building.

*** Young Infant Hours: Monday to Friday, 12:00 - 2:00 pm



Youth Policies (continued)

	Fitness Areas	Track	Front Basketball Court	Upper Basketball Court	Group Exercise Classes	Pool	Kidz Klub**	Martial Arts
5 to 7 Years Old	Not permitted at any time	Not permitted at any time	May use as designated by the court schedule, but must be within arm's reach of a parent at all times	May use, however supervision by a responsible guardian at least 18 yrs. or older is required at all times. Please yield to special events	Not permitted at any time Kids' classes are available for this age group.	Regardless of swimming ability, may use the pool only when a parent is present and supervising in the pool area at all times.	Permitted. Parent must sign children in/out and indicate where they will be in the club. Parent must remain on Universal property. Please observe two hour time limit.	Classes are available. Parents are not required to remain in the dojang but must remain on Universal property.
8 to 9 Years Old	Not permitted at any time	May use during non-prime times** but must be within an arm's reach of a parent at all times	May use as designated by the court schedule, but must be within arm's reach of a parent at all times	May use, however supervision by a responsible guardian at least 18 yrs. or older is required at all times. Please yield to special events	Not permitted at any time Kids' classes are available for this age group.	Regardless of swimming ability, may use the pool only when a parent is present and supervising in the pool area at all times.	Permitted. Parent must sign children in/out and indicate where they will be in the club. Parent must remain on Universal property. Please observe two hour time limit.	Classes are available. Parents are not required to remain in the dojang but must remain on Universal property.
10 to 11 Years Old	With parental supervision, may use pin selectorized strength equipment & on Nautilus circuits and cardiovascular equipment during non-prime times. Must be within an arm's reach of a parent at all times. Proper etiquette guidelines must be followed.	May use during non-prime times** but must be within an arm's reach of a responsible guardian at least 18 yrs. or older at all times	May use as designated by the court schedule, but must be within arm's reach of a responsible guardian at least 18 yrs. or older at all times.	May use, however supervision by a responsible guardian at least 18 yrs. or older is required at all times. Please yield to special events	Permitted to participate in select Group Fitness Classes (BODYJAM, TONE, BODYFLOW, Yoga, Zumba, BODYCOMBAT, BODYSTEP) within arm's reach of a parent. Children must follow proper etiquette guidelines and yield to adult participants when necessary.	After completing a swim test and brief oral test, children 54" and taller are permitted to swim for two hours without a parent being present.	Permitted. Parent must sign children in/out and indicate where they will be in the club. Parent must remain on Universal property. Please observe the two hour time limit.	Classes are available. Parents are not required to remain in the dojang but must remain on Universal property.

*Prime-time Hours: Monday to Friday: 5:00 am - 7:00 am, 9:00 am - 11:30am, 4:00 pm - 8:00 pm, Saturday: 9:00 am - Noon
 **Parent = responsible adult 18 yrs. or older

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youth 5 to 11

Youth Policies (continued)

	Fitness Areas	Track	Front Basketball Court	Upper Basketball Court	Group Exercise Classes	Pool	Kidz Klub**	Martial Arts
12-15 Years Old without Junior Fitness Certification	With parental supervision, may use pin selectorized strength equipment on the main fitness floor and the Nautilus circuits and cardiovascular equipment. Must be within an arm's reach of a parent at all times. Proper etiquette guidelines must be followed.	May use during non-prime times** but must be within an arm's reach of a responsible guardian at least 18 yrs. or older at all times.	May use as designated by the court schedule, however supervision by a responsible guardian at least 18 yrs. or older is required at all times.	May use, however supervision by a responsible guardian at least 18 yrs. or older is required at all times. Please yield to special events	May take classes but must be within an arm's reach of a parent at all times.	After completing a swim test and brief oral test, are permitted to swim for two hours without a parent being present.	Not permitted unless accompanying a younger sibling. Must sign child in/out. Please observe 2 hour time limit.	Classes are available. Parents are not required to remain in the dojang but must remain on Universal property.
12-15 Years Old with Junior Fitness Certification	May use cardiovascular and pin selectorized strength training equipment on the main fitness floor and the Nautilus circuits without parental supervision, as long as proper etiquette guidelines are followed. The youth must wear his/her Junior Certification card so that it is visible to staff members.	Permitted without parental supervision, as long as proper etiquette guidelines are followed. The youth must wear his/her Junior Certification card so that it is visible to staff members.	May use as designated by the court schedule.	Permitted without parental supervision, as long as proper etiquette guidelines are followed. The youth must wear his/her Junior Certification card so that it is visible to staff members.	Permitted without parental supervision, as long as proper etiquette guidelines are followed. The youth must wear his/her Junior Certification card so that it is visible to staff members.	After completing a swim test, a brief oral test and being oriented to the pool equipment, are permitted to swim for two hours without a parent being present.	Not permitted unless accompanying a younger sibling. Must sign child in/out. Please observe 2 hour time limit.	Classes are available. Parents are not required to remain in the dojang but must remain on Universal property.
16 & Up	Permitted without parental supervision in all fitness areas, as long as proper etiquette guidelines are followed.	Permitted without parental supervision in all fitness areas, as long as proper etiquette guidelines are followed.	May use as designated by the court schedule, Permitted without parental supervision	Permitted without parental supervision as long as proper etiquette guidelines are followed.	Permitted without parental supervision in all fitness areas, as long as proper etiquette guidelines are followed.	Permitted without parental supervision in all fitness areas, as long as proper etiquette guidelines are followed.	Not permitted unless accompanying a younger sibling. Must sign child in/out. Please observe 2 hour time limit.	Classes are available. Parents are not required to remain on Universal property.

*Prime-time Hours: Monday to Friday: 5:00 am - 7:00 am, 9:00 am - 11:30am, 4:00 pm - 8:00 pm, Saturday: 9:00 am - Noon

**Parent = responsible adult 18 yrs. or older

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youth 12 & up