

Games and Athletics Polices

Please Sign In:

Help us keep accurate records by signing in on the registration sheets as follows: (1) for the cardio and area, please sign in on the 11th floor by the Athletics desk; (2) for the Fitness Center, please sign in on the 12th floor on the counter at the entrance; and (3) for the Aquatics' and Group Exercise Area, please sign in at the Aquatics' area desk. Accurate usage records help the Club understand and fund Athletics appropriately.

Breakfast Items and Honor Bar:

Please remember to sign the clip board for purchases of pastry, yogurt, fruit, beverages, etc. Please help yourself to the free coffee on business days between 6:30 a.m. and 9:30 a.m.

Athletics Guest Policy:

- Guests in Athletics should be accompanied by a Club member. Please register your guest in advance if booking a squash court. Guests should sign in with the Athletic staff(women on 11th floor or Aquatics desk; men on 10th floor locker room or Aquatics' desk)
- **Members receive two complimentary guest passes per calendar year.** For all other guests, and guest fee will be charged. To utilize your free passes and register your guests go to the Club website/Athletics/Complimentary Guest Passes. If your guest joins the Club we will "reload" your account with another complimentary pass
- An individual guest may only use the Club 4 times within a calendar year or for 2 consecutive weeks within a calendar year

Cell Phone Usage:

Cell phone usage is not permitted in the clubhouse except in (a) the public telephone booths on the first and seventh floors; (b) the lobby lounge outside the ladies' restroom on the first floor; (c) the Members' Office Suites; (d) the Billiards Room; (e) the sitting area in the southeast corner of the lobby; (f) private dining rooms as designated by the sponsor; (g) the back stairways; and (h) bedroom corridors on the 3rd-6th floors. **No cell phone usage in athletic areas.**

SQUASH COURTS:

- Members are not allowed to reserve two court times during prime times. We want as many members as possible to have access to the courts. Prime times are Mon-Fri: 11:30 a.m. through 1:45 p.m.; 4:00 p.m. through 7:00 p.m.
- **If a player has reserved two courts during prime time he/she will be removed from the second court to allow other members the opportunity to join that match.** In this situation if the match is still open one hour prior to the reservation time, a member can sign up for that court even though they would then have consecutive match times during prime time.

- Please confirm your matches by responding to the automated email sent by Club Locker
- Please show up for any match times you have booked. If you need to cancel last minute or will be late, please call the Athletics Desk (312.696.2265) so we can inform your opponent
- Protective Eyewear and appropriate court shoes (no running shoes) are mandatory. Please evaluate your guest's shoes—the 10th floor locker room can provide a loaner pair if needed; loaner eyewear is also available on the 11th floor.

STRENGTH TRAINING CENTER and GROUP EXERCISE AREAS:

- Please return all weights, dumb bells, straps, mats (any exercise equipment) to the appropriate racks after your workout
- Please sign in (either on 11th floor by the Athletics Counter or on the 12th floor) when you enter. **This is our only means of tracking usage--please help us keep accurate records**
- Please use gym wipes to wipe down equipment after use
- Must be 16 years old or have staff approval to use cardio or strength training equipment

AQUATICS AREA:

- Please turn the timer on the whirlpool off when you leave the whirlpool
- Please sign in at the desk when you enter the area—**this is our only means of tracking usage—we need your help to get accurate records**
- Children under 18 years old must be accompanied by an adult

10th Floor Men's Locker Room:

- Lockers here are day use only--no permanent lockers. Members' locker / gear must be able to be cleared from the locker once they are finished using the locker room.
- Your personal items should not exceed what can fit in the basket
- If you want to exercise before or after the locker room is staffed or on a holiday when we are closed, please email the locker room team and ask them to set up a locker with your gear in advance of the day/time the locker room is unattended
- Please be respectful of your fellow members by placing used towels and trash in appropriate bins
- The Club is not liable for any items left in the locker room or other areas of the Club

Women's Locker Room:

- Please place all items including shoes in your locker to help keep our locker room tidy
- Personal items are not to be left overnight in the changing bays
- Please be respectful of your fellow members by placing used towels and trash in appropriate bins
- The Club is not liable for any items left in the locker room or other areas of the Club.