

**Harry L. Coomes Recreation Center
Town of Abingdon
Parks and Recreation**

General Rules, Regulations & Membership Information

A. Membership

The Harry L. Coomes Recreation Center is a facility operated by the Town of Abingdon and is a division of Abingdon Parks and Recreation. Membership provides a reduced rate and indicates that guest fees have been paid in advance. Membership entitles members* to use the pools, gymnasium, cardiovascular center, nautilus room, running/jogging track, and locker rooms. Members/Guests are not allowed in restricted areas which include, employee designated areas / parking lots / rear entrance doors.

*Age restrictions and supervision apply to specific areas/programs)

B. Membership Categories

1. Adult Single
2. Family—One adult and children or couple and their children or a couple. Children must meet one of the following conditions to be in the family category:
 - a. Fully dependent upon the parent(s) for support, 18 years of age or younger and enrolled full time in school and residing at the parent(s) home;
 - b. a full time college student between the ages of 18 and 25, dependent upon the parent(s) for full support—(documentation of full student status is required).
3. Senior Citizen—Individuals or couples 62 and over.
4. Students—Full time college students with valid documentation
5. Youth—Ages 14-17
6. Child—Ages 4 to 13
7. Corporate- Please see a Front Desk Associate to inquire about requirements

C. Membership Fee Structure

Membership dues depend upon the membership category. A member must pay all fees when their application is accepted. The minimum membership commitment is six months.

D. Payment of Membership Fees

Payment of membership fees may be in advance or in monthly installments (for annual memberships only upon agreement of 12 months). Annual or monthly payment for the year ensures your membership rate for one year. Payment may be by cash, check or approved credit card. **If monthly payments are cancelled prior to the annual renewal, a \$50 fee will be charged.**

Membership may be revoked should a check or credit card presented for payment of fees/services be refused for payment by the bank. Membership may also be frozen or revoked if a check issued to the Town of Abingdon for taxes, tags or other services is not honored by the bank.

Membership automatically terminates the day after the renewal date except for those registered through monthly payments. Members will need to verify through verbal or written communication the request to cancel payment.

E. Membership Cards

Members must present membership cards at the front desk every time they use the facility. Lost cards will be replaced for a \$5.00 fee. New cards may be picked up at the front desk. Use of membership cards by anyone other than the membership owner will result in the membership being canceled with no refund or adjustments.

G. Upgrading/Downgrading

Downgrading—Members may downgrade by returning the membership cards of spouse and children. New membership fees will begin with the next billing/renewal date for membership fees payment. No refunds will be issued for downgrading.

Upgrading—Members who wish to upgrade their membership (add spouse or children) may do so by paying the difference between the individual and the appropriate family dues. Dues will be prorated to the membership renewal date.

H. Standards of Conduct

Members and guests are expected to maintain a conduct consistent with the use of the facilities and the purpose of the Harry L. Coomes Recreation Center. **Members are not permitted to allow non-members to use their membership cards for entry or use of the facilities.** Abusive language, use of alcoholic beverages or controlled substances, undisciplined behavior and unsportsmanlike conduct are not permitted. Violators are required to leave the property and may suffer loss of membership or guest usage without a refund.

I. Dress Requirements

Swim suits (no cutoffs) are required in the pool. Infants **MUST** wear swim diapers in the pools at all times. Proper footwear & cover-ups are required when outside the pool or locker room areas. **ABSOLUTELY NO WET CLOTHING ALLOWED IN THE GYM, LOBBY, MEETING AREAS, TRACK OR EXERCISE AREAS.** Shirts are required unless in the pool area, outdoor volleyball, tennis or other outdoor areas. Clothing with obscene gestures or words is not allowed and the person will be requested to leave the facility without warning.

J. Guest Policies

Members may bring guests to the Coomes Recreation Center during all operating hours. Current guest fees as established at the time of the visit will apply. Guests are required to abide by all rules and regulations of the Coomes Recreation Center in effect at the time of the visit. Members are responsible for the actions of guests whom they accompany.

PLEASE SEE AGE POLICY FOR GUIDELINES ON UNDERAGE GUESTS.

K. School Policy /School Groups / Home School Groups

1. School aged children are **NOT** allowed in the facility or on the grounds during school hours. This includes any occasion that is not listed as scheduled non-school day on school calendars in our region.
2. We welcome School Groups to visit our facility; however, we ask that you schedule in advance in order to best accommodate your group. This allows us to ensure that we do not have multiple groups booked for the same space. Grounds visits are no charge; however, if you plan to use our facility, group rates will apply.
3. Home School groups may visit during school hours on Mondays and Wednesday from 12 pm – 3 pm to complete recreation curriculums. Students **MUST** be accompanied at all times by a parent/guardian, and follow the age policies in place for the facility. Daily Guest Rates apply; however, if scheduled 5 days or more in advance, group rates will apply.

L. Gymnasium Rules

Appropriate footwear (tennis shoes) must be worn. **NO** shoes that might scuff or damage the floor are allowed. Dunking/hanging on the rim is not permitted. If a player does dunk/hang on the rim the points will not count and the play will result in a turnover. If a player dunks/hangs on the rim and there is damage to the rim or backboard the player may be liable for the cost of replacement up to \$1,000. Please see Gymnasium Policy for additional guidelines and information specific to this area.

M. Pool Rules & Hot Tub Use

1. Everyone must take a complete soap shower before entering the pools.
2. No side or shallow diving, horseplay, rough housing, dunking or running allowed.
3. Guards may request anyone to take a swim test in order to swim alone or with someone. The guard's decision will determine where and how the person may swim.
4. Lifeguards may restrict use of pool floats and other devices.
5. Lap swimming is available throughout the day as scheduled.
6. Scheduled classes and program take a priority over individual use.
7. The Hot Tub may be used only by members and is limited to 15 minutes use for health reasons.
8. Only members ages 21 and over may use the hot tub; no children are permitted.
9. Children 5 and under must be accompanied in the pool by a person 14 yrs. or older.

The pool may be reserved for special organized events. Please refer to the Pool Rental Guidelines for information specific to this area.

N. Exercise, Fitness and Aquatic Classes

The Coomes Recreation Center offers a wide range of classes for members including a full range of aerobic/fitness classes on land and in the pool*. These classes are an additional fee to members/nonmembers. Consult the current schedules for class times. The Coomes Center also has a competitive swim team and a summer swim league. *Age restrictions apply to all Fitness Classes.

O. Cardiovascular Equipment and Fitness Center

A cardiovascular center with Cybex equipment, aerobic and exercise bicycles, treadmill, recumbent cross trainer, Lifestyle rowing and step machines is available for all members 14 years of age and over. **(see note.)**

NOTE: Children under 14 years of age are not allowed in this area or on the equipment. Children ages 14-15 must be accompanied by an adult at all times.

Dumbbells are provided in 2.5 lbs. to 100 lbs. Caution is advised in the use of these items. Replace all units back in the stand when finished. Use one set at a time in order that others may also exercise.

Members are requested to limit time on the cardiovascular equipment to 20 minutes per visit maximum in order that others may also use the equipment.

Orientations to the fitness equipment are available for members at no cost. Current fees will apply to non-members registering for this service. Members are encouraged to do this before working out on the equipment for the first time.

P. Valuables

Proper caution and care should be maintained with regard to personal valuables. It is recommended that members using lockers use a lock to secure it and its contents. The Center, its staff, nor the Town of Abingdon is responsible for lost, stolen or misplaced articles.

Q. Lockers

For your convenience we supply lockers for **Daily** use. The Coomes Recreation Center will remove locks and personal items if left overnight in the locker rooms. **Neither the Coomes Recreation Center nor the Town of Abingdon is responsible for lost or stolen articles.** The Coomes Recreation Center reserves the right to inspect all lockers and their contents; and may exercise the option of checking exercise bags and carryalls when leaving or arriving on site.

R. Towels

Towels are not furnished. Members and guests must provide their own towels and other toiletry articles.

S. Programs

Announcements about programs are posted on digital bulletin boards located in several locations in the Coomes Recreation Center. They are also listed on the Town of Abingdon website and Facebook pages. **Be sure to notify us immediately of any address change in the case the center needs to contact by phone, mail or email if available.**

Programs are available to members and participants on first paid, first reserved basis. Program fees or deposits, when charged, must be paid in full when registering for a program or facility use. Non-members are allowed to participant in classes and as guests. Fees may be higher for non-members and county residents.

T. Refund and Credit Policy

Persons requesting credits for programs must do so at least two working days prior to the start of the program. We do not issue credits or refunds after the start of the class or if your child decides they do not like the class. Should it be necessary to cancel a program, any fees paid will be refunded by check from the Town Managers Office, or an in-house credit will be issued redeemable within one year. Memberships are not refundable. Members can request refunds through a written process that will be evaluated by administrative staff in the case of life altering circumstances that prevent them from utilizing their current membership. No refunds will be given after a six month period.

U. Accidents

The Harry L. Coomes Recreation Center and Town of Abingdon does not provide health and accident insurance to members, guests or registered participants. You participant at the Harry L. Coomes Recreation Center and all Recreational Programs at your own risk and are responsible for you and your family in the event of accident or injury.

We recommend that you and members or your family have a full medical examination prior to participating in strenuous physical activities and exercise programs.

V. Holidays and Schedule Changes

The Harry L. Coomes Recreation Center is a part of the Town of Abingdon Parks and Recreation Department and will close for certain Town observed holidays. Presently we close for New Year’s Day, Easter Sunday, Thanksgiving Day and Friday after and Christmas Day. In addition the Center closes the Tuesday through Sunday after Labor Day for repair and maintenance of the facility and grounds.

The Center normally closes earlier, on the following days which proceed holidays: New Year’s Eve, the Wednesday prior to Thanksgiving, and Christmas Eve. Please check for exact times on those days before making a visit.

The Harry L. Coomes Recreation Center reserves the right to alter schedules with prior publication and/or notice.

W. Harry L. Coomes Rental Fee

Persons or groups may rent designated areas of the facility. A rental fee and maintenance fee is required. When pools are rented our lifeguards must be used and a fee paid for their services. This fee is included in the rental fee. Large groups in the pool or facility may require additional staff which incurs additional fees. Current rental and fee rates are available from the Front Desk Associates. Rentals are available only during times that will not conflict with scheduled programs and events. The pool is available for parties and other special events. All rentals are covered under the standard membership and conduct rules/regulations.

X. Grounds, Parking and Building

The Coomes Center grounds are open dawn through dusk for our community. Anyone visiting the center will need to use the parking lot located in the front of the building. In the case of large events, an overflow parking area may be accessed in the field adjacent to the front parking lot. No parking at any time will be allowed on grass areas or in the authorized employee parking lot located behind the center.

The following rules also apply when on the grounds of the Coomes Recreation Center:

- No tobacco products to include smoking/vaping or alcohol are allowed on grounds.
- No weapons are allowed on the grounds of the center at any time.
- No insulting or indecent language is allowed at any time while on grounds or in facility.
- Destruction of property, littering and/or disregard for safety rules and regulations is prohibited.
- Any incidents that cause a threat to the facility and/or patrons will result in immediate assistance from law enforcement.
- Playground use is for children 12 years and under.
- No Pets allowed on the grounds at any time. The Town of Abingdon offers a Dog Park that can be accessed from Walden Road. Front parking lot should not be utilized to access the park.
- Patrons are not allowed on the back stage at any time unless authorized by staff for programming purposes.
- Loitering and/or spending excessive time in areas engaging in loud/boisterous behavior is prohibited.

Statement of Purpose

The Harry L. Coomes Recreation Center is designed as a service facility for the entire community. It will strive to provide a wholesome atmosphere where persons of all ages can meet, enjoy the benefits of physical fitness, leisure time activities and general group/individual exercise, social and special event programs.

The Harry L. Coomes Recreation Center is open to membership and guest use by all persons, who live or visit the Town of Abingdon, without regard to race, creed, religion or national origin.

**Associated Age Restrictions for Facility/Grounds
Usage and Programs
For the Coomes Recreation Center**

Children 13 and under must be under direct supervision by a parent or responsible guardian at all times, unless they are registered in a Coomes Recreation Center sponsored activity.

Youth members 14-15 may be in the facility or on the grounds unsupervised at parent/guardians judgment, until 7:00 p.m.

After 7:00 pm, children under the age of 14 must be accompanied by a parent or responsible guardian or involved in a supervised event.

General Coomes Recreation Center Age Policy

Children 13 and under will not be permitted in the facility or on the grounds without the direct supervision of a parent or a responsible guardian over the age of 18. Children ages 14-15 that are not members and/or registered in a Coomes Recreation Center sponsored event will not be permitted in the facility or on the grounds. Children ages 14-15 that are members and/or registered in a Coomes Recreation Center sponsored event will be permitted in the facility and the grounds. Children 16 and over will be permitted to use the facility and the grounds without direct supervision from a parent or responsible guardian. Children ages 16-17 will be required to show a valid form of identification and parent signature to purchase a membership at the Coomes Recreation Center.

Indoor/Outdoor Swimming Pools:

- All children 5 years of age and younger must be accompanied, in the water, by a parent or responsible guardian.
- Children ages 6 to 13 years of age must be directly supervised by a parent or responsible guardian at all times. Guardian does not need to be in the water.
- Hot tub use is for adults age 21 and older

Fitness Classes:

- All fitness classes are opened for ages 14 and over. (14 and 15 years old must be accompanied by a parent or responsible guardian.)

Facility and grounds:

- Parents and guardians are responsible for their child(ren) at all times. The staff of the Coomes Recreation Center reserves the right to reprimand any child(ren) not following the rules of the facility and inform Parent/Guardian if there is a problem.
- School aged children/youth attending public or private schools are not allowed in the facility or on the grounds during school hours. Violations will be reported to the appropriate school system and students will be asked to leave by the staff.
- Home schooled children/youth may use the Coomes Recreation Center during school hours for instructional purposes when directly supervised by a responsible guardian, parent or teacher.

Indoor Walking Track:

- No children/youth under the age of 16 are permitted on the indoor walking track without a parent or responsible guardian.

Cardio Room, Cybex room, Free Weight Room and Spin Bike Room:

- Children under the age of 14 are not allowed in any of these rooms.
- Youth ages 14 to 16 must be directly supervised by a parent or responsible guardian (**age 18+**) at all times.

Sporting Events:

- You must be 18 years or older to participate in any adult program (sporting events etc.)

Effective Policy Date: August 1st, 2019