THE ARENA CLUB

MEMBER GUIDE

2026 Policies & Guidelines

Club Hours

Monday-Thursday: 5am - 9pm
Friday: 5am - 8pm
Sat - Sun: 7am - 6pm

Pool Hours

Monday-Thursday: 5:30am - 8:30pm
Friday: 5:30am - 7:30pm
Sat-Sun: 7am - 5:30pm

Pool hours change on a seasonal basis.
Please visit our website for most up-to-date hours.

Childcare Hours

Monday-Thursday: 8:30am - 1pm & 4pm - 8pm
Friday: 8:30am - 1pm & 4pm - 7:30pm
Saturday & Sunday: 8:30am - 12pm

Customer Service Hours

(Membership Questions & Changes)

Monday - Thursday: 8am - 8pm
Friday - Sunday: 8am - 4pm

Accounting Department Hours

(Billing Questions)

Monday - Friday: 8am - 3pm

Club Hours are subject to change.
Visit https://www.thearenaclub.com/about/club-schedules
for the most up-to-date information & holiday schedule.

TABLE OF CONTENTS

Welcome To The Arena Club 1-2
Setting Up Your Member Accounts & Subscribing to Text Alerts

Membership 3-4
Membership Changes, Cancel, Leave of Absence, Attire, Conduct

Guest Policy 4

Inclement Weather 5

Changing & Locker Room Use 6
Locker Usage, Sauna Rules, Lost & Found

Fitness Floor 7

Personal Training 8

Group Fitness 9-10
Schedules, Class Registration, Studio Usage

Childcare Services 11-12
Childcare, Arena Kids, Junior member Facility & Fitness Use

Sport Court 13
Childcare, Arena Kids, Junior member Facility & Fitness Use

Trampoline 13-14
Trampoline Policies & Responsibility Code

Aquatics 15-16
Aquatics Overview, Swim Test, Safety Checks, Inclement Weather

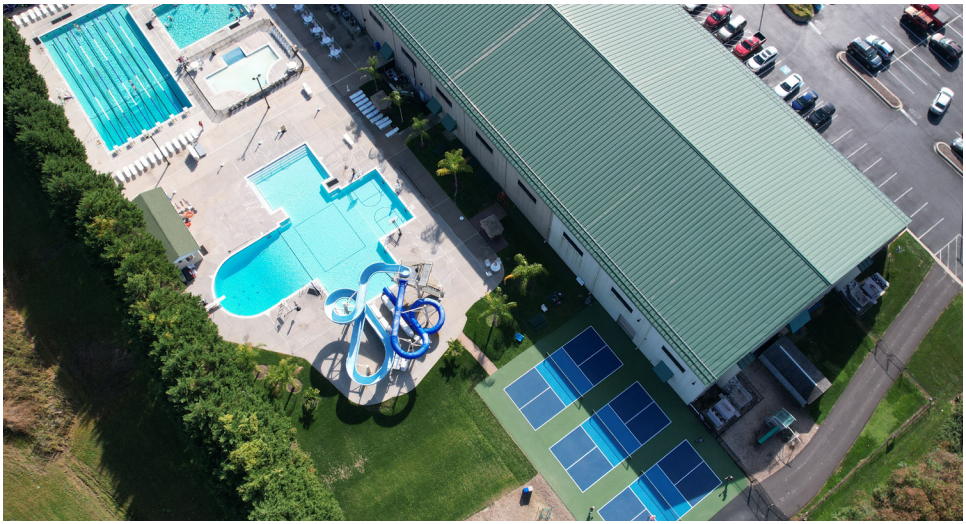
Pool Rules 17-20
General Rules, Slide, Diving Board, Lap, Therapy, Beach Pool & Spa

WELCOME TO THE ARENA CLUB - GETTING STARTED

Welcome to The Arena Club! Congratulations – you have just made an important decision and great step towards proactively taking care of your personal health. Your Arena Club membership unlocks the doors to more fitness options, programs, and services than any club in the area. We are excited to have you as part of The Arena Club family and look forward to supporting you in your fitness journey. Below are some complimentary services that will help you become fully integrated into the Arena Club experience. All of the download links for the below services can be found by visiting the Current Member section of our website.

Set Up Your Online Member Portal: Through our Online Member Portal, you can see your account and billing information, make a payment, register for programs and classes, and make an infant reservation in childcare. The Member Portal can be accessed through the "Member Login" button on the top-right corner of our website at any time.

Follow Us On Social Media: Stay connected and never miss an update—follow The Arena Club on Facebook, Instagram, and our YouTube channel for the latest on events, class schedules, fitness tips, member spotlights, and exclusive behind-the-scenes content to keep you motivated, informed, and part of our active community!



Follow Us On Social Media!
Get news and updates from The Arena Club! We frequently post updates and announcements on our Social Media. Follow us to get all of the latest updates and information about the club.

Subscribe to Arena Text Alerts & Notifications: The Arena Club uses text alerts to communicate operational announcements (such as club closures, emergencies, schedule changes, etc.) and occasional promotional information. To make sure you are getting this club communication, make sure you have your mobile number updated at the Front Desk!

**Providing your mobile phone number indicates that you consent to receiving text alerts and notifications from The Arena Club including messages about club operations, products, services, events, and special offers. Signing up for text alerts is not a condition of purchase or participation in any Arena Club program or service. Message and data rates may apply. We may send up to 5 messages per month, unless there is a club emergency that requires additional communication. You may opt out at any time by texting STOP to 52236 from your mobile device. For more information, call 410-734-7300. View our Privacy Policy online at www.thearenaclub.com.*

Set Up Your Complimentary Perkville Rewards Account:
Get rewarded just for being a member! Earn points for various activities in the club and redeem your points for fun rewards such as free training sessions or gear in our pro-shop. Perkville is fun, easy, and complimentary with your membership! Earn points for activities such as referring a friend that joins, checking into the club, making club purchases, and more! You can sign up by visiting www.theareanaclub.com and clicking on the Perkville icon at the bottom of our website home page.

MEMBERSHIP

Members of The Arena Club are provided with a keytag upon joining, which can easily be attached to a key ring, gym bag, lanyard, etc. All members are required to present their valid membership keytag at the hospitality desk each visit before gaining access to the club. You can either scan in by using the barcode on the physical keytag, or by scanning in with the barcode on your phone in the mobile app. In addition, each member will be required to have their photo taken to properly identify your entrance into the facility. Checking in properly allows us to ensure that your exclusive membership rights are protected. Your cooperation in this matter is greatly appreciated.

Membership Fees/Changes: Members of The Arena Club who pay their bi-weekly dues should be advised that their financial institution will debit the appropriate fee every other Friday. Membership status changes require 30 days written notice to the club prior to the next billing date.

Cancellations: Once a member is out of their 26 bi-weekly payment obligation cancellation notice must be received 30 days prior to the next billing period.

Leave of Absence: The Arena Club understands that unforeseen events may occur and a member may need to temporarily pause their membership with a Leave of Absence. A Leave of Absence is granted at no charge for medical reasons with physician documentation or military leave with documentation. All other reasons are subject to a $7.50 bi-weekly freeze fee. A Leave of Absence may be requested with 30-day notice. Any member who is still in the initial 12-month obligation of their agreement or has paid in full will have the duration of the Leave of Absence added to the end of the agreement, extending its term for that amount of time or until obligation is met.

A Leave of Absence always has an end date and is never open-ended. It is a member's responsibility to know the date the Leave of Absence ends and billing is reinstated. A Leave of Absence may be requested through a Membership Representative.

Attire: Members are expected to wear proper attire when using the club. Shoes must be worn in the club at all times.

Healthy Campus: The Arena Club is a non-smoking facility. Smoking, vaping, and drugs are not permitted.

MEMBERSHIP (Continued)

Animals: Animals, with the exception of those designated as a service animal, are not permitted on the property. Pets shall not be left on the property or in vehicles while utilizing the Arena Club or Pickle Factory facilities.

Conduct: Members and guests are expected to exhibit courtesy and respect towards other members and our staff and help contribute to maintaining a safe and clean environment. Profanity, abusive language, and threatening behaviors are prohibited.

A membership may be canceled by management in the event of violation of any club Policies, Procedure, House Rule, or any conduct which the management considers prejudicial to the welfare, good order, and character of the club.

Membership Questions: For any questions related to your membership, fees, or policies, please consult your membership agreement or contact a Membership Representative.

GUEST POLICY

The Arena Club encourages its members to bring their family, friends and associates to the Club to enjoy the facilities as their guests. All guests must enter the club with a current member in good standing. If the member is under 18 years old, their guest must be at least 18 years of age. Guests 16 and older must present a valid ID upon entering the club. The guest fee is $20.00 for anyone under the age of 60 and $15.00 for anyone 60 years of age or older.

Guest passes may be used by members to bring their guests for a one time club visit with no additional fee. Members must present a current, valid pass at time of guest check-in which has been authorized by a Member Services team member. Guest passes are not valid between Memorial Day and Labor Day. Members are responsible for the conduct of their guests. All guests are required to take a tour with a Member Representative. Members may bring in two guests per adult per day with a maximum of four guests per family membership.

All guests are required to sign a liability waiver prior to use of any club facilities and are asked to observe and follow all applicable club policies and guidelines. Guests who reside in Harford County are limited to one club use per month for a total of 3 visits per year.

We do not accept infant reservations for guests that are touring the facility or using a guest pass due to space limitations, but welcome all children that are walking and/older to visit the nursery while guests are touring/visiting.

INCLEMENT WEATHER

Weather-related decisions are made by 5:00am and shared via social media and text alerts. Early Bird participants should call 410-734-7300 if conditions are questionable. Schedules may change at management's discretion.

If Harford County Schools Are Delayed 1 Hour:

- Childcare Services & Pre-K open at 10:00am
- Before/After School opens 7:30am
- Revised Group Fitness Schedule *(see below)*
- Individual instruction or training sessions should be confirmed with trainer prior to arrival at the club.

If Harford County Schools Are Delayed 2-3 Hours:

- Childcare Services available at 10:00am
- Before/After School opens 8:30am
- Pre-K is canceled
- Revised Group Fitness Schedule *(see below)*
- Individual instruction or training sessions should be confirmed with trainer prior to arrival at the club.

If Harford County Schools Are Closed:

- Childcare Services available at 10:00am
- Before/After School & Pre-K are canceled
- Revised Group Fitness Schedule *(see below)*
- Individual instruction or training sessions should be confirmed with trainer prior to arrival at the club.

Revised Group Fitness Schedule (All School Delays & Closures):

- 5:30 am classes run at the discretion of the instructor (please call club)
- Virtual RPM Cycling Class held at 10:00am (11:00am for 3-hour delay)
- Studio Class held at 11:00am (12:00pm for 3-hour delay; format at instructor's choice)
- Aqua Class held at 11:00am (12:00pm for 3-hour delay; format at instructor's choice)
- Group Ex evening classes will continue as normal.

Weekend Inclement Weather:

If weather is questionable, please call the club or check our website and/or facebook page for updates or possible delays or cancellations of classes. Please check website/facebook for evening class announcements.

Pool Inclement Weather Policy:

Please see Inclement Weather Policy under the "Aquatics" section of this guide.

**The above information is intended to be a general guideline and is SUBJECT TO CHANGE AT MANAGEMENT DISCRETION. In the event of inclement weather, please check our website/social media for the latest updates.*

CHANGING ROOM & LOCKER USE

The club provides fully equipped locker rooms with dry sauna and day-use lockers. Member and guests are strongly encouraged to secure their belongings with a combination or key lock while using lockers. Locks may not remain on lockers overnight, those that are left will be clipped and belongings inside secured until claimed. The club cannot be responsible for lost of stolen property. Belongings should not be left in the club overnight.

There are also two private changing rooms located in the corridor directly outside the locker areas. These are provided as a convenience for those individuals who wish to have additional privacy, or families who may find it more convenient to change in the same space. Children ages 5 and older are not permitted to use opposite sex changing rooms or showers. If you need help in escorting your opposite sex child through the locker rooms to the aquatics area or vice versa, a team member will be happy to assist, so please ask.

No use of cameras are permitted in the locker rooms at any time.

Sauna Rules

- Please use your own towel to sit/lay on.
- Please shower prior to and immediately after use.
- Please clean up after yourself.
- Please monitor and limit self to 10 minutes max.

LOST AND FOUND

Items left or unclaimed by members are bagged and dated and put into a secure space. If items are unclaimed after two weeks they will be donated to Goodwill. If you have lost an item please come to our front desk and a hospitality team member will help you search for your item. Valuable items such as watches, jewelry, wallets, etc. will be placed in the club safe.

FITNESS FLOOR

By utilizing the fitness areas, you agree to help The Arena Club staff maintain a clean, respectful, and safe space for all members.

Clean & Return

- Wipe down equipment before and after use
- Re-rack all weights and return equipment to proper storage
- Remove all trash from equipment and floor

Equipment Use

- NO cell phone use while actively using equipment
- Do not reserve equipment with personal items
- Do not sit on benches or machines while on your phone
- Do not place heavy weights on benches
- Share equipment during busy times

Personal Items

- Keep walkways clear at all times
- Water bottles and small items must stay under or beside equipment
- Bags and large items are not permitted on the fitness floor
- Store bags in cubbies or locker room
- Do NOT leave valuables in cubbies — store all valuables in a locker

Courtesy & Conduct

- Use personal headphones
- Maintain a normal speaking volume
- No inappropriate or offensive language
- Be mindful of others training around you

Attire & Footwear

- Proper athletic attire required
- Closed-toe shoes required on the fitness floor
- Closed-toe shoes required in the free-weight area

Youth Access

- Ages 13–14: Cardio & machines only (no supervision required)
- Ages 15+: Free weights permitted (no supervision required)
- Ages 10–12: License to Train required • Parent supervision required

PERSONAL TRAINING

Personal Training is a non-refundable purchase. By purchasing Personal Training, you are taking an active part in your journey to better health and wellness. You can expect that The Arena Club will make every effort to make your Personal Training experience as successful as possible. If your arrangement with your original sessions is unsatisfactory, The Arena Club will assign another trainer to successfully complete any remaining sessions.

Last-minute cancellations are costly to the Arena Club and our staff. You may cancel a training appointment with 24 hours' notice to your trainer. In the event of a "no show," unauthorized schedule change, or failure to provide 24 hours notice for cancellation will result in being charged a full session fee and loss of session.

Additionally, lateness of more than 7 minutes for a 30-minute session and 15 minutes for a 60-minute training session qualifies as a "no show" and you will be responsible for paying the full session fee. Completion of the session is left to the discretion of the trainer.

All personal training on the premises must be conducted by an Arena Club personal trainer; personal, small group training, equipment Orientation and all other equipment is included. Members and guests may not engage with anyone (whether live or virtual) other than an Arena Club employee, regardless of whether compensation is exchanged.

GROUP FITNESS

The Arena Club offers a diverse selection of Group Fitness classes led by experienced instructors. Class formats are designed to target specific fitness components including cardiovascular fitness, resistance training to strengthen and tone, and flexibility training. Most classes offer modifications to accommodate all fitness levels unless otherwise noted on the class description on the schedule.

Group Fitness Schedule: Schedules are revised on a seasonal basis but may be updated more frequently, so be sure to check before your trip to the club. The latest group fitness schedule can be found on our website under "Club Hours & Schedules" and at our front desk.

Class Registration: Registration is required for all of our classes. Members can register online in their Member Portal or by calling our Front Desk. Participants can reserve class space 36 hours in advance (one spot per member). If you are not able to register online due to a full capacity class registration, you can be added to our waitlist. If on the waitlist, check-in with the class instructor prior to the start of class time. If a registered member is not in class at the start time, then waitlist members will be allowed to take the spot as a first come, first served basis. No registrations may be made for other family members and/or friends.

Please arrive to class on time. Members/guests arriving after the warm-up segment (generally within the first 10 minutes of class) will be discouraged from participating. Group Fitness Instructors may not permit late arrivals.

GROUP FITNESS (Continued)

Equipment Set-Up : To ensure a safe and welcoming experience for all participants, members are prohibited from saving spots in the studio. Participants may only set up mats, equipment, or mark bikes for themselves once they are physically present in the studio. Class registration guarantees a spot in the class.

Three Strikes Policy: If you reserve a space for a class and you are unable to keep your reservation, you must cancel online or by phoning the hospitality desk no later than 1 hour prior to class time. If you are on a class roster and are not present at the start of the class, you will receive a strike. If you accumulate 3 strikes within the calendar month, you will not be permitted to reserve class space for 30 days and must attend on a standby basis only during that period.

Age Requirements: Participants in Group Fitness Classes must be at least 12 years of age and must be accompanied by a a parent or adult. Any equipment-based classes that utilize weights, bikes, or other fitness equiptment have an age requirement of 15 year old and must accompanied by a parent or adult. All infants and children must be supervised in childcare while you are attending class.

Cell Phone Use: For your safety and for the enjoyment of classes for others, please refrain from using your cellphone during a class. This will help to ensure a quality class experience for all members.

Studio Use: Members may utilize the Group Fitness Studio 1 or 2 if classes are not in session. Lights must remain on while studio is in use. The bands, balls and weights may be used but MUST STAY IN THE STUDIO AND BE CLEANED AND RETURNED TO THEIR PROPER LOCATION. THIS IS CLOSELY MONITORED. Studio 3 may not be used by members unless with a Personal Trainer.

CHILDCARE SERVICES

Childcare Services are available for children ages 6 weeks to 11. Childcare visits are limited to two hours per day for walking-age children and one and a half hours for infants. Parents must remain on the premises while their child is in our care. Childcare hours can be found on our website under Club Hours & Schedules.

To protect the health of every child, we do not permit sick children in the nursery. In event that we determine the child is sick we will ask the parent to come and pick them up from our care. We ask for the parents to not return with their child until they are 24 hours symptom-free. The nursery team can provide a list of exclusion symptoms upon request.

Reservations: Only non-walking children require a reservation. You can make a reservation online through our member portal. Reservations can be made up to 24 hours in advance.

If you make a reservation and are unable to keep your reservation, you must cancel no later than 1 hour prior to your reservation time. Cancellations may be made online through the Member Portal. If your child is not present at the start of the reservation, you will receive a strike. If you accumulate 3 strikes within the calendar month, you will not be permitted to made a reservation for 30 days.

We do not accept infant reservations for guests that are touring the facility or using a guest pass due to child-to-staff ratio.

The Arena Club takes the security of children while in our care very seriously. In order to protect them, we will not release a child to anyone else other then the parent or designated guardian who brought them into the nursery without written authorization.

Snacks: We do have children that come into the nursery with food allergies so we ask that no food be brought in to the nursery. We do however welcome for parents to bring a drink for their child in a labeled Sippy cup. We ask that the children's cup only contain juice or water, no milk products.

Diapering: We do not change any diapers while your little one is in our care. If a child needs their diaper changed a team member will make every effort to locate the parent.

Discipline: We do from time to time need to separate a child who is being disruptive or harmful to other children in the nursery. In the event that there is a continued pattern of bad behavior, we reserve the right to suspend children from the nursery at the discretion of the Children's Manager. We ask that parents understand that we are looking out for the safety of all children in our care.

ARENA TOTS & KIDS

A child may be placed in Arena Tots & Kids, age permitting, for up to two hours and still utilize childcare for an additional hour. All children must be potty trained. Parents must remain on club premises at all times while children are in the club's care.

JUNIOR MEMBER FACILITY & FITNESS USE

Children ages 12 and under must be accompanied by a parent/guardian at all times to enter and utilize the facility. Children that are at least 12 years old or have completed the License to Train Program may utilize certain cardio equipment and participate in select group fitness classes when accompanied by a parent. Please refer to the License to Train information on our website for the exact list of classes/equipment that are permitted with a License to Train.

Youth 13-14: A person must be at least 13 years of age to enter the club without a parent/guardian. Youth age 13-14 may utilize the cardio floor, circuit area, and ab area of the fitness floor without parent supervision, but will require a parent/guardian to participate in non-equipment based group fitness classes.

Youth age 15+: Youth must be age 15 years or older to utilize the free weight area of the fitness floor and participate in equipment-based group fitness classes.

SPORT COURT

The Sport Court is open to members use for basketball or other recreational activities during times that are not otherwise marked for classes or events on the Court Schedule. The Court Schedule is updated seasonally and can be found on our website under Club Hours & Schedules. The Sport Court is occasionally reserved for private rentals - we encourage you to contact the front desk to confirm weekend availability if you are planning to visit specifically for the Sport Court. Tennis shoes are required on the court surface. Basketballs are available for use and may be signed out at the front desk.

TRAMPOLINE

Members can enjoy a fun way to stay active through open jump times, a game of dodgeball, or through special programs and events! The trampoline is also incorporated in many of our kids programs such as Arena Tots & Kids, Before & After Care, Pre-K programs, and camps! Open jump time is also offered at various times on our schedule.

In order to participate in Trampoline fun, all participants must complete a Waiver and must wear Arena Club Launch Pad socks, which can be purchased in our Pro-Shop.

Any child under the age of 13 using the trampoline MUST be accompanied by a parent/guardian at all times.

TRAMPOLINE RESPONSIBILITY CODE

Master the fundamentals of single trampoline jumping before moving on to more advanced maneuvers such as trampoline-to-trampoline jumping, wall trampoline jumping, and aerial type skills, which increase the risk of injury.

- Arena Club jump socks must be worn. No bare feet.
- Any child age 15 and under using the trampoline MUST be accompanied by a parent/guardian at all times.
- Jump in control.
- Bend your knees to stop your bounce.
- Bounce in the center of the trampoline pad.
- Jump and land on two feet.
- Do not attempt anything out of your personal limitations.
- DO NOT Jump if you have health limitations or injuries, are under the influence of alcohol or drugs, or are pregnant.
- DO NOT land on head or neck.
- DO NOT affect another jumper's bounce in any way.
- DO NOT attempt a double flip or back flip (single, front flips only).
- DO NOT sit or lie down on the court.
- NO rough play or running.
- NO flips over the padding
- NO gum, candy, food, or drinks allowed on court or loading area.
- NO climbing or hanging on the walls, pads, or nets.
- NO tricks off walls.
- NO running on courts, pads, or walkways.
- NO foul language.
- NO swimsuits or bare feet permitted on trampoline.
- Foam balls ONLY. No other balls allowed on trampoline.
- ALWAYS obey the Court Monitor's instructions.
- ONLY one jumper per pad during open jump time
- Be aware of those around you. It is YOUR RESPONSIBILITY to avoid others.

AQUATICS

The Arena Club features a beautiful aquatics complex that is under full sunshine with palm trees and tiki huts in the summer and covered and heated in the winter. Our pool deck features a 25-meter lap pool, beach-entry children's pool, a therapy pool, a spa, and our family recreation pool with two water slides, a diving board, and aqua basketball court.

In addition to the policies outlined in this guide, please also see the rules located near each pool concerning specific usage for that pool. It is your responsibility to read and understand the rules posted at each pool before use. The lifeguards or managers may enforce any non-written rule as deemed necessary. Patrons are expected to follow and respect any instructions given by lifeguards, managers, or authorized person. Please refrain from debating pool rules/club policies with lifeguards, as they are expected to enforce the rules in place. Complaints, inquiries or comments regarding regulations or staff performance should be directed to the Aquatics Director via the email listed on The Arena Club website. FAILURE TO FOLLOW THE RULES CAN RESULT IN THE REMOVAL FROM THE FACILITY, CANCELLATION OF YOUR MEMBERSHIP, AND/OR SERIOUS INJURY.

Rules are subject to change at any time and are updated every season. Please refer to the rules posted at the pools for the most updated guidance.

Children 12 and under must be accompanied by a parent/guardian at all times while on the pool deck. The parent/guardian must be present in the aquatics complex area.

AQUATICS (Continued)

Swim Test: Children 12 and under must pass the swim test to enjoy the slides, the diving board area, the lap pool, and the therapy pool (*only when the recreation pool is closed*) without a parent/guardian. The swim test consists of swimming one length of the pool *(swim must be continuous and always show forward progress)*, treading water for one minute, floating on back, and exiting the pool without a ladder. Children unable to master the swim test must be within arm's reach of a parent at all times. Children that do not past the swim test will not be permitted in ANY areas of ANY of the pools where water reaches past their shoulders while standing flat footed. Your child's safety is our number one priority! Children that do not pass the swim test will not be permitted on the slides, diving board, diving well or lap pool without a parent.

Safety Checks: Lifeguards conduct safety checks where the pools are cleared for 10 minutes every other hour. This is also an opportunity for patrons to take restroom breaks, rehydrate, and reapply sunscreen. Lifeguards may opt to conduct safety checks more frequently at their discretion (this may be the case on particularly hot days). If the heat index is over 100, safety checks will occur every hour. During these checks, all children under 16 must exit the pools. The recreation and baby pools will be fully cleared, including adults.

Sunscreen: Spray sunscreen is only permitted for use outdoors. It may not be used indoors, including in locker rooms, private changing areas, or any other indoor spaces.

Chairs: Pool chairs may not be reserved while attending classes or using other areas of the facility. If you're not actively using your chair, please store your belongings in the locker room to allow others the opportunity to use it.

Inclement Weather: In the event of thunder and lighting, patrons will be asked to clear the aquatics complex. The aquatics complex and outdoor pickleball courts will remain closed for 30 mins after the last sign of thunder or lighting is witnessed and the pool is deemed safe for patron usage by the lifeguards. If thunder or lightning occurs within an hour of closing time, the pools may close early. The pool may also be closed from patron usage if the drains at the bottom of the pool are no longer visible to the lifeguards.

Tiki Bar: The Arena Club offers a seasonal outdoor bar, open on weekends only from Memorial Day through Labor Day. Guests must be 21 or older to purchase or consume alcohol. For the safety and enjoyment of all members, alcohol is not permitted in any of the pools or beyond the designated pool deck area. Outside alcohol is strictly prohibited; coolers may be checked upon entry. The pool bar does not accept cash—purchases must be made using a house account or credit/debit card.

POOL RULES

General Pool Rules

- No person may use the pool unless it is officially open.
- All swimmers must shower before entering pools.
- Suitable swimming attire must be worn at all times - compression shorts may not be used as bathing suits.
- Dressing/undressing is to be done in locker rooms only.
- Patrons must follow any instructions given by any authorized person.
- The manager or lifeguard may enforce any non-written rule as deemed necessary.
- NO smoking, vaping, drugs or alcohol permitted.
- NO glass/porcelain allowed.
- NO littering - please clean up after yourself.
- NO pets/animals allowed other than a service animal.
- NO soaps or similar materials allowed in pools.
- NO diving from the sides of the pool.
- NO running, pushing, or flips.
- NO mermaid tails.
- NO hypoxic training.
- Foul, abusive, or inappropriate language is not permitted.
- Patrons must not damage pool property.
- Anyone with an infectious or contagious disease may not enter the water.
- Supervision of children is the responsibility of members/guardians, not the lifeguards or staff.
- Children 12 and under must have an adult on deck with them at all times.
- All swimmers 12 and under must pass a swim test or be within arms reach of a parent in the water.
- All children 12 and under must pass the swim test to access the slides, diving well, and lap pool.
- No conversations with lifeguards on duty, except in the performance of their duties.
- All non-potty trained MUST wear a swim diaper AND a tiny tush.
- No flotation devices are permitted including arm swimmies. Only coast guard approved Type 2 devices.

POOL RULES (Continued)

Slide Rules

- Riders will only be permitted when a lifeguard is present.
- All riders 12 and under must pass a swim test.
- All jewelry must be removed before using the slide.
- Pockets must be empty to use the slide.
- No goggles that cover the nose.
- Riders must enter slide in a sitting position and wait for instructions from the lifeguard stationed at the top of slide.
- All riders must ride feet first while lying on their backs. Absolutely NO riding on stomach or head first.
- Only 1 rider at a time. Absolutely NO trains or chains of riders are permitted
- No tubes, mats or life jackets are permitted on the slide.
- Riders must wait on stairs/deck in a single file line, 1 per stair, holding onto the handrails at all times.
- Riders must be in good health. Pregnant woman or individuals with heart or back conditions should not use slide.
- Follow instructions of the flume attendant.
- No running, standing, kneeling, rotating, tumbling or stopping in the | flume. Arms and hands must remain inside the flume.
- No diving from the flume.
- Leave the flume area promptly after exiting the slide.
- Warning: Water Depth is 4 feet at the bottom of the slide.

Diving Board Rules

- Only one person on the diving board/ladder at a time.
- Each person must wait at the bottom of the diving board ladder until the previous diver has exited the pool.
- Only one bounce per dive is permitted.
- Cartwheels and handstands off the board are prohibited.
- All patrons must go off the board forward and straight out. NO flips or back dives.
- Immediately after surfacing, divers must forward swim directly to the ladder and exit the pool.
- Playing or swimming in the diving area is not permitted while board is open for diving.
- Mask, goggles (any type), toys, or flotation devices may not be used while diving.
- The lifeguard may restrict certain dives based on safety concerns.

POOL RULES (Continued)

Lap Pool

Lap lanes are utilized for lap swimming, swim teams, swim lessons, and at times aqua classes. During times when there may be a program in the lap pool, at least one lane is open for lap swimming at all times. Lap lanes are meant to be shared. If another swimmer is in a lane and you wish to enter, simply sit at the bottom of the lane to indicate that you would like to enter, and then wait for an appropriate opportunity to enter the lane.

- Children age 12 and under must pass a swim test in order to be in the pool by themselves.
- Children who have not passed a swim test may be in the water, but ONLY if they are within arm's reach of an adult in the water.
- The first lane is reserved for non-lap swimmers, but ONLY when the swim team is not in the water.
- Children may use the non-lap swimming lane, but are not permitted to use noodles, kickboards, aqua weights, etc. for leisure.
- Diving is only permitted in depths of 7 feet or deeper.
- Only members of the swim team or swim lessons may use the diving blocks.
- No hypoxic training.
- All non-potty trained MUST wear a swim diaper AND a tiny tush.
- No hanging on lane lines.
- No scuba gear

Therapy Pool Rules

- When the rec pool is closed, children are permitted in the therapy pool.
- No lap swimming is permitted.
- Children age 12 and under must pass a swim test in order to be in the pool by themselves.
- Children who have not passed a swim test may be in the water, but ONLY if they are within arm's reach of an adult in the water.
- Children may jump in the deep end of the pool, but ONLY from the deep end, not from the sides of the pool.
- Patrons may NOT exit the pool using the handicap bar on the sides of the pool.
- Children are allowed to use 1 noodle, but NO aqua weights.
- No scuba gear, fins, snorkel, kickboard, etc.
- All non-potty trained MUST wear a swim diaper and a tiny tush.

POOL RULES (Continued)

Beach Pool Rules

- Beach pool is only for children ages 7 and below.
- There is no direct lifeguard on duty. Parents MUST supervise their children at all times.
- Parents must stay within the gated area of the beach pool while supervising children.
- Floaties are NOT permitted. Only coastguard approved life jackets or puddle jumpers are permitted.
- No noodles, kickboards, fins, aqua weights or any other aquatic equipment is permitted.
- Please keep the portion of the fenced gate nearest the therapy pool clear so the lifeguard at the therapy pool can see the pool.
- No deck changing of any kind is permitted.
- All non-potty trained must wear a diaper and a tiny tush.

Spa Rules

- Must be 16 years of age or older to enter the spa.
- Children under 16 may NOT place feet in the water.
- Recommended use should not exceed 15 min.
- Spa should not be used by women who are pregnant or think they might be pregnant.
- Proper swim wear is required at all times. No compression shorts may be used in place of a bathing suit.
- All patrons must shower before entering the spa.
- No jumping or diving into the spa.

Please note: Prolonged use of heated pools may hasten the normal wear and tear of swimwear. Rinsing off/washing bathing suits with cold water immediately after swimming will help resist deterioration. The Arena Club is not responsible for the condition of guest swimwear.

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