

# PELICAN

ATHLETIC CLUB

## MEMBERSHIP GUIDE 2019

1170 Meadowbrook Blvd. • Mandeville • LA • 70471  
985.626.3706 • [www.thepac.com](http://www.thepac.com)

# PELICAN

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## Club Hours: (Labor Day - Memorial Day)

Monday - Thursday	4:45 a.m. - 10:00 p.m.
Friday	4:45 a.m. - 8:00 p.m.
Saturday	7:00 a.m. - 7:00 p.m.
Sunday	9:00 a.m. - 6:00 p.m.

## SUMMER Club Hours: (Memorial Day - Labor Day)

Monday - Friday	4:45 a.m. - 10:00 p.m.
Saturday	7:00 a.m. - 7:00 p.m.
Sunday	9:00 a.m. - 7:00 p.m.

## HOLIDAY Club Hours:

New Year's Eve	7:00 a.m. - 3:00 p.m.
New Year's Day	7:00 a.m. - 12:00 p.m.
Eve Parade	4:45 a.m. - 4:00 p.m.
Orpheus Parade	4:45 a.m. - 4:00 p.m.
Lundi Gras*	4:45 a.m. - 4:00 p.m.
Mardi Gras Day	7:00 a.m. - 12:00 p.m.
Good Friday*	4:45 a.m. - 8:00 p.m.
Easter Sunday	CLOSED
Memorial Day*	7:00 a.m. - 7:00 p.m.
4 <sup>th</sup> of July*	7:00 a.m. - 7:00 p.m.
Labor Day*	7:00 a.m. - 7:00 p.m.
Thanksgiving Day	CLOSED
Day after Thanksgiving*	7:00 a.m. - 7:00 p.m.
Christmas Eve	7:00 a.m. - 12:00 p.m.
Christmas Day	CLOSED

Hours may vary if the holiday falls on a weekend.

\*Holidays when last Group Exercise class @ 12:00 p.m. & Playland and YAC close @ 1:00 p.m.

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## CLUB ACCESS & MEMBERSHIP CARDS

All members must enter and exit the building through the front entrance. Your membership card must be presented and scanned each time you enter the club.

PAC membership cards are for the sole use of the member whose name appears on the card. Unauthorized use of the card by persons other than the PAC member will result in termination of membership.

## GUEST POLICY

All guests are required to fill out an information card and sign a liability release prior to entering the club. A parent/guardian must sign liability waiver for guests under 18 years of age.

## GUEST PASSES

Guest passes are added to members accounts annually. The amount is determined by the type of membership. **Childcare is not included with guest passes.**

- Adult Guests (14 years of age or older) will be charged \$15.00 per pass, per day when accompanied by a member. (\$20 when not accompanied)
- Youth Guests (between the ages of 6-13) will be charged \$10.00 per pass, per day
- Weekly (7 consecutive days) Guest Passes are available for \$50.00 per pass

## MEMBERSHIP TYPES

Pelican Athletic Club offers a wide variety of memberships on an annual or month-to-month basis. Membership applications can be processed on day of joining, in person or by fax.

### CORPORATE MEMBERSHIP

Corporate Health is beneficial for both the employee and the company. Strive to feel better, to have more energy, and be less stressed. Increasing evidence supports the need for workplace wellness programs.

Corporate Memberships qualify for additional savings on every membership type. Stop by Membership Services to see if your employer has already partnered with PAC. If not, we can help you establish a corporate account.

### SINGLE MEMBERSHIP

An Individual Membership shall be applicable only to the named individual.

### DUAL MEMBERSHIP

A dual membership is defined as one adult (18 or older) individual and a significant other or child from the same household.. The child must be under the age of 25.

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## FAMILY MEMBERSHIP

A family membership is defined as parent(s) and their children 24 years and under.

Dependent Children (under the age of 14) who are residents of the immediate household shall have use of the facilities when under the direct supervision of a parent/guardian.

Young Adults (14 years of age and older) are able to use the club unsupervised.

## YOUTH MEMBERSHIP

Youth memberships are available for individuals 21 years of age or younger. An individual 22 years or older must convert his/her membership to an adult membership.

## SENIOR MEMBERSHIP

Memberships are available for individuals 60 years or older.

Dual Senior Memberships are available for two immediate family members, one of which is 60 years of age or older.

## MEMBERSHIP STATUS CHANGE

Members can upgrade their membership type at any time. Upgrading to a Dual and/or Family Membership are subject to payment of the difference in Registration Tier at time of upgrade. In addition, adjusted monthly dues will be charged to the member for the duration of the upgrade.

Downgrades are applicable to memberships once they have fulfilled their annual contract.

## TERMINATION OF MEMBERSHIP

An annual contract is eligible for termination once the year commitment has been filled. Exceptions include proof of relocation, at least 30 miles outside of area and/or documentation of a medical condition.

In order to properly terminate a membership, the main member is required to submit their request in writing, return all membership cards, and bring their account balance to zero.

30 day notice in writing for Cancellations.

## MEMBERSHIP REACTIVATION

Members who cancel their membership and wish to rejoin the club may do so by paying the appropriate joining fee currently in effect or back-dues.

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## MEMBERSHIP DUES

Membership dues and club charges are automatically collected on a monthly basis, by bank draft or credit card.

A Registration Fee (one-time payment) will be collected at time registration; rates are determined by Membership Tier. Repayment of the Registration Fee will be required of previous members, who have terminated their memberships, and chose to rejoin.

## FEE ADJUSTMENTS

All joining fees, monthly membership dues, and club charges are subject to change and will be determined by PAC Management. Members will be appropriately notified of any such changes.

## MEMBERSHIP FREEZE POLICY

Members can freeze their accounts, for a maximum of three months, for a minimal fee of \$10.00 per month. In order to freeze the membership, the main member on the membership must provide written confirmation by filling out the form in the Membership Office. The “freeze fee” is collected in its entirety once the freeze form is signed and then applied to the subsequent months.

The “freeze fee” is waived in its entirety if the main member or a dependent member has a medical condition or temporary job transfer, with written documentation provided.

## DAMAGE TO CLUB PROPERTY

Any member who willfully or neglectfully causes damage to club property will be held responsible for all repair/replacement costs. Members must also pay the repair/replacement costs for any damage caused by dependent children.

## CLUB LIABILITY

PAC Members and Guests use the club facilities at their own risk. Pelican Athletic Club is not responsible for any athletic injuries or other injuries sustained while using the facilities.

## CONSIDERATION OF FELLOW MEMBERS

Proper etiquette, language, and courtesy are to be observed at all times while on the grounds of Pelican Athletic Club. PAC management reserves the right to ask member(s) and/or guests to leave the club premises if proper conduct is not being observed.

Please refrain from talking on cell phones in workout areas, group exercise studios and the spa.

## PHOTOGRAPHY/VIDEOGRAPHY

Photography and videography are prohibited on the club's premises unless pre-approved by the General Manager and are strictly prohibited in the locker rooms.

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## EXERCISE ATTIRE

Only appropriate court and athletic shoes will be allowed in the GroupEx studios, tennis courts, and on the basketball court floor. Proper footwear must be worn at all times while inside the club and on the tennis courts. Open-toe or open-back footwear, including but not limited to sandals, flip-flops, and clogs, are not permitted in any of the weight training or cardiovascular workout areas.

Proper attire must be worn at all times for the activities or sports being played. Appropriate swim suits must be worn at all times while in the swimming pools, on the pool deck, and in the locker room hot tubs.

## TENNIS

PAC membership includes use of the club's outdoor tennis courts (10 hard courts, 4 rubico clay courts). Courts are available free of charge, and reservations are recommended but not required. Reservations for courts can be made at the Concierge Desk. Members can reserve one tennis court per day.

Tennis tournaments and leagues are available for members. Tennis lessons are available, for an additional fee, from the PAC Tennis Pro Staff. There is also a ball machine available for rental. Please see the Concierge Desk for ball machine rental reservations and pricing information.

## SWIMMING POOLS

Pelican Athletic Club is home to two (2) Jr. Olympic size swimming pools and a baby pool. PAC also offers a wide variety of swim team opportunities and swim lessons, for an additional fee. Please see the Concierge Desk for swim team and swim lesson registration and pricing information.

## OUTDOOR WALKING/RUNNING TRAIL

PAC offers members use of outdoor walking/running trail which encircles the perimeter of the club and the parking lot area. The trail is six-tenths (approximately) of a mile in length. Be advised that this is an outdoor trail surface and at times may present uneven footing. Please use caution when walking and running on the outdoor trail.

## LOCKER ROOMS

Open and available lockers may be used by PAC Members and Guests on a daily basis, free of charge. Members are required to remove and take home their padlock after each use.

Lockers are available for rent on a monthly basis, for a minimal fee: \$15.00 (half); \$20.00 (full). Members are required to complete the Locker Rental Agreement form, at the front desk, and provide their own padlock for their locker.

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Each locker room is equipped with a hot tub and steam room. A bathing suit is required while using the hot tub; additionally, a bathing suit and/or steam room towel is required while in the steam room. Members and Guests are required to adhere to all posted rules and regulations.

Children five years of age and over are not permitted in the locker room of the opposite sex. A Family Changing Room is provided for children that need adult supervision.

## TOWEL SERVICE

Complimentary towels are provided for PAC Members and Guests to use in the Locker Rooms and within the club. We ask that you do not bring these towels to the pool and pool deck.

## LOST AND FOUND

Pelican Athletic Club is not responsible for lost or stolen items. Inquiries regarding lost items, as well as items found by Members and Guests should be made and turned into the Front Desk.

For your protection, valuables found and/or turned into PAC Management will be locked in a safe on the club premises until they are properly identified.

No confirmations of lost articles will be given over the phone; all items must be identified in person. Please do not store any valuable items in a PAC locker.

## SMOKING

Smoking is not permitted in the club or on club grounds at any time.

## BASKETBALL POLICY

PAC basketballs are available for a 2 hour duration. If basketballs are not returned or returned damaged a \$25 fee will be assessed to the members account.

PAC yoga mats are available for rent for a 2 hour duration in the amount of \$1.00. If yoga mats are not returned or returned damaged a fee of \$100.00 will be assessed to the members account.

Members and Guests are welcomed to bring their own basketballs and/or yoga mats.

All members are subject to the general rules and policies established by PAC Management. These rules and policies are subject to change at any time at the discretion of PAC Management.

If you have any further questions,  
please feel free to contact Membership Services  
985.626.3706- or - [info@thepac.com](mailto:info@thepac.com)

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## Access Your Account Online

Visit [www.thepac.com](http://www.thepac.com) and click on ACCOUNT LOGIN button, located on the far right corner of the page.

If you are logging in for the first time, click “Access my Account” type in your first and last name as well as the email associated with your account.

Select “search” \*(If your account cannot be found please contact our business office.)\* Check your email and select the link provided.

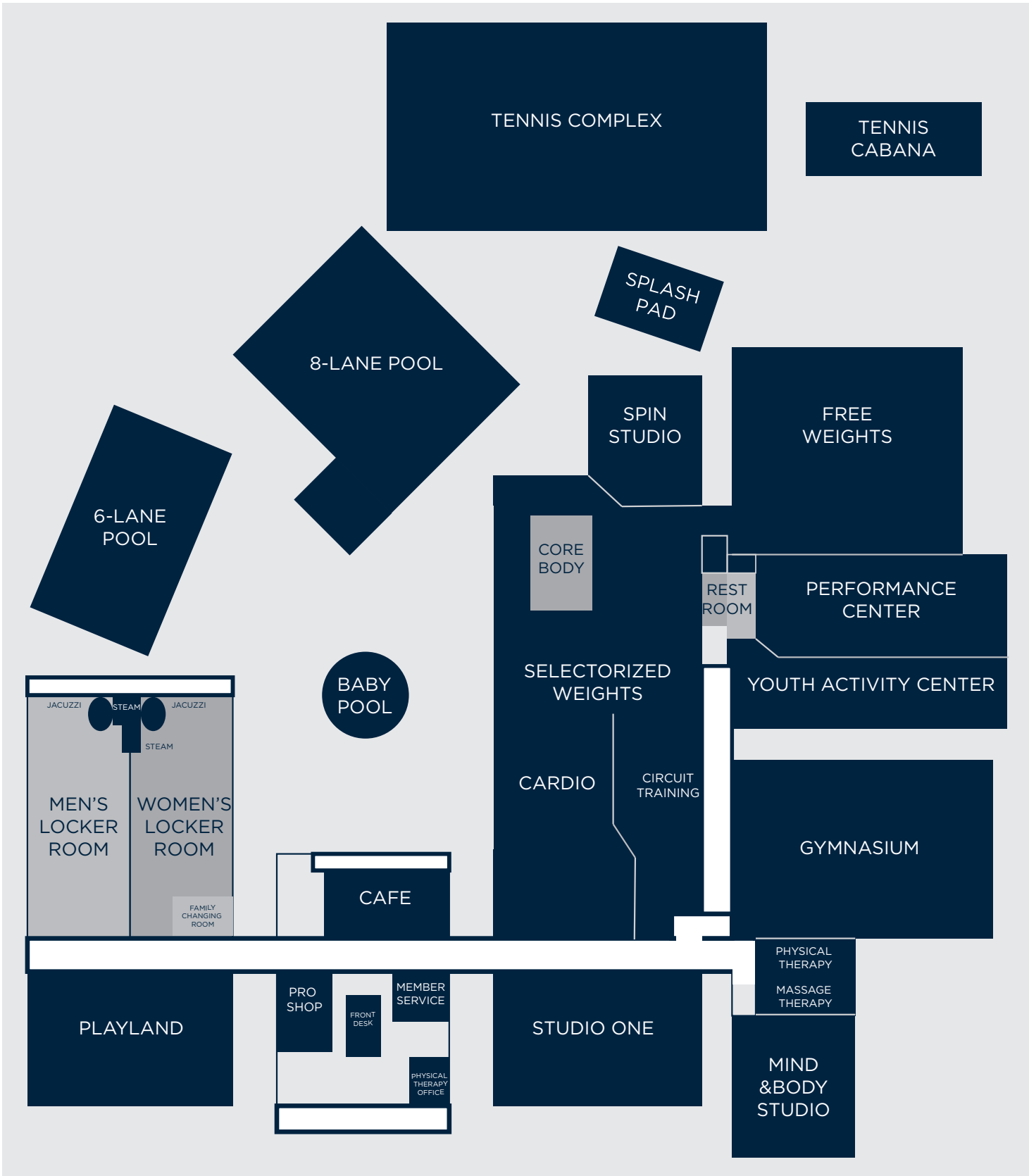
Confirm existing account information then create and confirm a password. Check the box to agree to terms and select “save account.”

Once you have successfully logged in, you will see a tool bar located on the left-hand side to, update personal and billing information, reserve tennis courts, register for classes, view statements and packages. Each member on the account will be able to create online accounts.

If you do not remember your password, click forgot my password and enter the email address associated with the account on file.

**If you do not know the email address on file with PAC contact: PAC Business Office: 985.626.3706. M-F, 8-5 or stop by the Membership Office.**





PELICAN ATHLETIC CLUB  
FACILITY LAYOUT

# PELICAN

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### GUIDELINES FOR YOUTH ACCESS TO GYM

#### GENERAL ACCESS

Young adults 14 years of age or older are able to use the club unsupervised.

Children ages 13 or younger shall have use of the facilities under the direct supervision of parent/guardian.

Children age 13 or younger can accompany a sibling 18 or older. The 18-year old sibling must maintain direct supervision of the 13 or younger sibling

#### PLAYLAND

Children 6-weeks through 5 years of age are allowed in Playland. Children on family memberships are allowed two hours of complimentary Playland per day, not to exceed a total of 12 hours per week (all Playland programs included, e.g., Pre-school, Extended Care, Mother's Day Out).

#### YOUTH ACTIVITY CENTER (YAC)

Children 6 years of age through 13 are allowed in YAC.

#### LOCKER ROOMS

Only children ages 4 or younger are allowed in the locker room of the opposite sex. We recommend that children older than 4 years of age use the Family Changing Room in the main hallway across from Playland.

Children under the age of 10 must be accompanied by an adult in the locker rooms.

Children must be 16 years or older to use the hot tub and steam room.

#### SWIMMING POOLS

8-LANE POOL - When there is no lifeguard on duty, children under the age of 14 must be accompanied by a parent/guardian; When there is a lifeguard on duty, children ages 10-13 may use the pool without being accompanied by a parent/guardian (parent/guardian must be on PAC premises). Children under the age of 10 must be accompanied by a parent/guardian at all times.

6-LANE POOL - Children must be 14 or older to use the 6-lane pool. The 6-lane pool is for lap swimming and water walking only.

SPLASH PAD: The Splash Pad is for children ages 1-10 only. Children ages 1-5 a parent/guardian must maintain "touch supervision", i.e., the guardian must maintain arms-length distance between themselves and the child(ren). Children ages 6-10, parent/guardian must maintain visual contact from the Splash Pad pool deck at all times, even with a lifeguard on duty.

#### FITNESS AREA

Children must be 14 years of age or older to use treadmills. Children ages 10-13 may use cardio equipment (excluding treadmills) with parent/guardian supervision at all times. Adults have priority on all cardio equipment and children may be asked to vacate equipment if the cardio area is filled to capacity and an adult wishes to use the equipment.

PAC offers a fee-based Junior Certified program, which enables children ages 10-13 to use specified strength and core training equipment in the fitness areas. Children who are Junior Certified are allowed to use the specified strength training equipment without direct parental/guardian supervision, but the parent/guardian MUST be on the PAC premises.

Children must be 16 years or older to use the Free Weight Room.

#### GROUP EXERCISE CLASSES

Children must be 14 years of age or older to participate in Group Exercise classes.

Children Group Ex classes are offered during the summer.