

MOCH WELLNESS CENTER

**603 Nw 10th Ave
Ava, Mo
417-683-5739
www.mo-ozarks.org**

MEMBER HANDBOOK

MOCH WELLNESS CENTER HOURS:

MONDAY-FRIDAY 5:30 am–8:00 pm
SATURDAY 8:00 am-3:00 pm

SUNDAY CLOSED

CHILD WATCH HOURS:

MONDAY-FRIDAY 7:00am-11:00am
4:00pm-7:00pm

Welcome and Thank you for becoming part of the Missouri Ozarks Community Health (MOCH) Wellness Center family. This handbook serves as your guide to get to know MOCH and all it has to offer.

As a member, you are entitled to a variety of programs and services designed to help you strengthen your spirit, sharpen your minds and build your body. Personal training, Child Watch, weight management, youth sports and teen clubs are just part of what you will find offered at MOCH. No matter what your age or fitness level, MOCH has something for everyone

MOCH staff are dedicated to SAFETY FIRST. Please follow all rules for your safety as well as for the safety of others.

We encourage you to take full advantage of your membership and get to know the staff and members at MOCH. Please stop by or call if you have questions. We look forward to serving you.

Building A Stronger, Happier & Healthier YOU!

We care about your health and safety so please respect yourself, other members and staff by following the policies below:

Members age 12 and under are required to be under the direct supervision of an adult at all times. Certain areas of MOCH are restricted by specific guidelines regarding age as indicated by the following policies. **For safety reasons kids age 12 and under are NOT allowed in the Weight/Fitness Rooms.**

- MOCH is a family place, so please refrain from the use of inappropriate or profane language.
- Wipe down equipment after each use. Disinfectant and towel are provided for your convenience.
- ◆ Be considerate. Limit use of cardiovascular equipment to a maximum of 30 minutes when others are waiting.
- ◆ Please return weights, mats and other equipment to their designated place.
- ◆ When lifting heavy weight a spotter is highly recommended.
- ◆ Report any malfunctioning or broken equipment to a staff member immediately.
- ◆ Do not lean bars or weights on mirrors or walls take care and do not drop weights.
- ◆ No food allowed; only water bottles permitted.
- ◆ No coats or bags in the Fitness Center, Trainer office or Weight Room. Please lock up all personal belongings in the locker room.
- ◆ **LOCKERS:** are available for day use or rent. We recommend **not** bringing in valuable items. Always secure your belongings, you may bring in your own lock. MOCH is not responsible for lost/stolen items. Items left in unrented lockers will be removed.
- ◆ **SHOWERS:** Soap/Shampoo is provided for your convenience. Towels are not provided bring your own.
- ◆ **GYM Policies:** No dunking or hanging from basketball rims/nets. Only authorized food, beverages in the gym. Wear clean athletic shoes with non-marking soles only on court. Open Gym times will vary due to rentals, classes etc. Calendar located at Front Desk area.

Accidents

Contact a staff person immediately if there is an accident, injury or unusual incident. We are here to assist you. First aid kits are available throughout the facility, please ask a staff person when in need of a first aid supplies. Be advised that you are fully responsible for yourself and your children. It is imperative you cooperate with MOCH staff to complete an accident/incident form in the event of an accident, injury or incident. A risk of injury exists when engaging in physical activity. Members and program participants are advised to use protective equipment where necessary and to be alert to the signals of over exertion.

FOOD AND BEVERAGES:

No food or drink is permitted except staff approved drinks in the workout areas. There are designated areas for food/drink in the Snack bar area.

CHILD SUPERVISION:

Members age 12 and under in the MOCH building or grounds are required to be under the direct supervision of a parent or guardian, or registered and participating in a supervised MOCH program activity. The specific rules and procedure for all MOCH facilities and property are designed to ensure participation proceeds smoothly for all members. Please respect posted rules in each area. Childwatch is Available, see front desk for Childwatch Guidelines.

HANDICAP ACCESS:

MOCH is handicap accessible. Please contact a staff member if you need additional accommodations for participation. Elevator onsite for your convenience.

MEMBERSHIP CARDS:

Each Member will receive a Card with a barcode to scan when they check in to use the facility. You do not have to scan out when you leave. Cards should be carried in with you each time. We may verify identity with photo on account. Replacement cards are \$5.00.

MOCH Wellness Center Prices

Senior Age: 60 & Older

Student: to age 24 if Enrolled in College and age 18 and enrolled in High School.
(Proof of school enrollment may apply)

Family: Parents (Parent) with Children living in the household claimed on Income Taxes.

We provide Personal Trainers at no extra charge!

Pay for the whole year and SAVE! On monthly memberships a signed one year agreement is required. Early termination fee \$30.00.

| ANNUAL MEMBERSHIPS | |
|--------------------|--------|
| Member Type | Fee |
| Adult (Individual) | 275.00 |
| Family | 420.00 |
| Student | 150.00 |
| Senior | 150.00 |
| Senior Couple | 290.00 |
| Corporate Adult | 250.00 |
| Corporate Family | 380.00 |
| Walking Track Only | 200.00 |

| MONTHLY MEMBERSHIPS | | | |
|---------------------|------------|-------------------|--------|
| Member Type | Pay 1st | | |
| | Month Down | Fee for 11 Months | Total |
| Adult (Individual) | 27.50 | 27.50 | 330.00 |
| Family | 42.00 | 42.00 | 504.00 |
| Senior | 19.50 | 19.50 | 234.00 |
| Senior Couple | 29.00 | 29.00 | 348.00 |
| Corporate Adult | 25.00 | 25.00 | 300.00 |
| Corporate Family | 38.00 | 38.00 | 456.00 |
| Walking | 20.00 | 20.00 | 200.00 |

BIRTHDAY PARTIES . REUNIONS . BABY SHOWERS

| NON-MEMBER DAILY RATES | |
|------------------------------|---|
| Rate Category | Fee |
| 10 Visit Value Card | 45.00 |
| 15 Visit Value Card | 60.00 |
| Youth (Ages 2-18) | 3.00 |
| Adult (Ages 19-59) | 5.00 |
| Senior (Ages 60 and Older) | 4.00 |
| Family | 15.00 |
| Child Care (2 Hours Maximum) | 3.00 per Hour per Child at least 18 months old |

| RENTAL RATES | | |
|--------------|----------|--------|
| Room | Per Hour | Daily |
| Gymnasium | 25.00 | 150.00 |
| Meeting Room | 25.00 | 150.00 |
| Teen Center | 25.00 | N/A |

Ask US about Corporate Discounts!

Childwatch is Free to Members
\$3.00 per child per hour for Non-Members
2 Hour time limit

Parents must sign Children in and out of Childwatch. See guidelines in Childwatch Packet.