



MEMBER POLICIES

ALL MEMBERS ARE REQUIRED TO FOLLOW THE RULES AND POLICIES IN ORDER TO ENSURE THE GREATEST COMFORT TO EVERYONE. IF YOU ARE IN VIOLATION OF ANY OF THESE RULES, A STAFF MEMBER MAY KINDLY INFORM YOU.

CLUB POLICIES

HOURS OF OPERATION

All hours of operation are subject to change. Please consult the website for current hours of operation.

MEMBER CHECK IN

Woodside members must check-in at the front desks of both buildings for every visit to Woodside. This is not only part of our safety and security measures, but it gives us vital usage data to help us determine class times and adequate staffing. Any member who is discovered sneaking in a guest will be subject to termination.

YOUTH ACCESS

- Children & young adults under 21 may not use the fitness facilities in the North Club or South Club, and do not have access to the lower level of the North Club; however, they are welcome in the lounge and the Earthbar area but must be accompanied by an adult if under the age of 16.

DRESS CODE

Proper attire is required for all members using the Club. We enforce our dress code for safety, courtesy and comfort to all our members.

- Torn clothing, such as cut-offs or altered t-shirts, are never permitted. Finished edges only.
- Men may not wear tops with gaping arm holes.
- No bare midriffs. Wearing a sports bra as a top is not allowed.
- Athletic shoes must be worn at all times in workout areas/group fitness studios (except the yoga studio).
- Shirts and shoes must be worn at all times with the exception of the pool areas, dry sauna and steam room.
- Only approved tennis shoes with non-marking soles may be worn on the tennis courts.
- Non-slip sandals or bare feet only allowed in the indoor pool areas, sauna and steam room; no athletic shoes.

LOST AND FOUND

The Club shall not be responsible or liable to members for articles damaged, lost or stolen at the Club, in lockers, or for loss or damage to any property, including but not limited to automobiles and the contents thereof. Any personal items left in the locker rooms will be removed by Club staff nightly. We strongly suggest that members do not leave valuables in their vehicles and that members lock their lockers. Woodside will hold onto lost materials for 10 days at which point they will be donated. Wet items (i.e. swimwear) will be discarded after 48 hours to prevent odor and mold. Woodside is not responsible for reimbursement of the cost of lost or donated items.

SECURITY

Please note that for security purposes, the Club cannot accept any packages or deliveries for our members. Members are not permitted to store personal items at the Front Desks; all items should be stored in lockers.

SMOKING

The entire Woodside property, including parking lots and pool areas is non-smoking/non-vaping.

PARKING LOTS

- Reserved handicapped parking spaces are for handicapped persons exclusively.
- Do not park scooters, mopeds, bikes, etc. on the sidewalk.
- Lock your vehicle.
- Make certain valuables are not visible – place in trunk or under car seat prior to entering lot.
- The Club is not responsible for lost or stolen items, and/or damage to any vehicles.

CELL PHONE & CAMERA POLICY

The use of cell phones is restricted to designated areas throughout the Club. These areas are the lobby of both buildings, indoor dining and lounge areas, and the exterior areas of the Clubs.

Please respect other members when using a cell phone. While the Club encourages members to take photos with their friends at Woodside, please be considerate of those around you that may not appreciate being in a photo. No cameras are to be used in the weight rooms, The Spa, locker rooms and indoor pool area.

No professional photography is allowed anywhere on Woodside property without advanced consent from Management.

MEMBER ETIQUETTE

Members should not reprimand an employee but rather should send a detailed email to communications@clubwoodside.com.

LOCKER ROOMS

GENERAL POLICIES

- Cell phone use of any kind is prohibited in the locker rooms. This is to ensure that: no photos are taken and no one is disturbed by distracting phone conversations. See cell phone policy for additional information.
- Equipment, clothing and other personal belongings must be stored/locked in lockers at any time the locker is unattended. No items may be left out on benches, floors, vanities or other areas in the locker rooms.
- Tops of lockers are restricted to any storage.
- Non-locker renters should remain in daily locker area.
- Daily lockers are available for use free of charge. Personal lockers are available for a charge.
- Any personal items left in the locker rooms will be removed by staff nightly.
- No one under the age of 21 is allowed in the locker rooms or in any lower level areas or amenities of the Club.
- All soiled towels must be placed in the towel bins after use.

FITNESS FACILITIES

GENERAL POLICIES

- Machines and equipment must be used properly.
- No outside trainers permitted.
- The use of chalk is not allowed.
- Dumbbells are not to be used on cardio equipment.
- Cell phone use (talking) is prohibited on the fitness floors.

GROUP FITNESS CLASSES

All group fitness classes require reservations through MyWoodside and a \$10 fee will be added to members' accounts who do not show up for a reserved class or who do not check in. Members must cancel at least 60 minutes prior to the start of class. No show fees do not apply to members on the waiting list. All classes will require a reservation through the app or a call to the front desk. All classes* will be bookable 48 hours in advance.

*Please note that Cardio Tennis has various scheduling rules.

POOLS

GENERAL POLICIES

- Members 21 and over may utilize all pool areas during regular business hours (except during special events).
- The Adult Pool is restricted to Woodside members age 21 and older only.
- Members under 40 years of age will be required to provide ID if drinking. Members on the pool deck may be required to show proof of ID of age and membership at random times or before being served.
- Members under the age of 21 must access the Family Pool through the Pool House entrance.
- No reserving lounge chairs & no outside food and/or drink allowed.
- Members must add youths to their membership for summer pool access. Forms are available on the Club website.
- All youths under the age of 16 must be accompanied by a parent/guardian/nanny or Woodside youth sibling 16+. No entry will be granted to any unaccompanied youths.

FOOD + DRINK

THE BAR, THE KITCHEN & EARTHBAR

- **Members are required to show their membership card or barcode for all member-charge transactions. Members without valid membership card must use an alternate form of payment.**
- Signing your tab is required. In the fault of not signing, a member charge in full will be placed with an added 20% gratuity.
- Dress in all dining areas is casual. Swimsuit cover-ups required in indoor dining areas. No soiled workout clothing. Shoes and shirts are required in all areas. Members of all ages are welcome at The Kitchen, the Earthbar and in the lounge and dining areas. Woodside members ages 21 and older only allowed in The Bar. Members under 40 years of age will be required to provide ID if drinking.

INDOOR POOL AREA

GENERAL POLICIES

- Cell phone use is prohibited in the Indoor Pool Area. Music should be contained to headphones.
- No video, camera or other electronic playing or recording is allowed.
- Alcoholic beverages are not allowed in the Indoor Pool Area.
- No street shoes are allowed and swimwear is required.
- Do not pour water on the dry sauna or steam units. This action will cause the units to malfunction and the area to close.

PERSONAL TRAINING

GENERAL POLICIES

- A member has up to 24 hours prior to their scheduled appointment to cancel at no charge. If the member cancels within 24 hours or does not show up for scheduled appointment, they will be charged the full amount of their session.
- Personal training and Pilates sessions must be charged through a member's account. No cash, credit card or check will be accepted.
- Personal Training Bays and all equipment located inside the Personal Training Bays may only be used under the direct supervision of a Personal Trainer.

PILATES

GENERAL POLICIES

- All Group Pilates Reformer classes require reservations through MyWoodside.
- If Pilates Reformer classes are full, members will be placed on standby. Members on standby will be contacted via phone up to an hour before class to be offered an open spot. Members on standby will not be charged for the Pilates Reformer class until enrolled.
- All Group Pilates Reformer classes are bookable 48 hours in advance.
- A member has up to 24 hours prior to their scheduled appointment to cancel at no charge. If the member cancels within 24 hours or does not show up for scheduled appointment, they will be charged the full amount of their session.
- Pilates sessions must be charged through a member's account. No cash, credit card or check will be accepted.
- Members may book Pilates services (1:1, duos, trios sessions) directly through their Trainer based on availability.
- Members may book sessions via phone, email or in person.
- The Pilates Studio is reserved for clients and class participants only. No members are allowed in the Pilates Studio unaccompanied.
- Members must be 21 years of age or older to attend a Pilates Reformer class or Pilates One-on-One session.

TENNIS

COURT RULES

- Members may reserve indoor/outdoor court time up to six days in advance, including the day of the reservation.
- Indoor Court Time Cancellation Policy: Members canceling less than one hour prior to the reserved court time will be charged the full price of the court reservation.
- Outdoor Court Time Cancellation Policy: Members canceling less than one hour prior to the reserved court time will be charged a \$10 no show fee.
- Members must check in at the North Club or South Club front desk for all court time and permanent court time reservations. Any member caught sneaking in a player through the Tennis Gate may be subject to suspension or termination.
- Members are required to give their name and membership number to reserve a court.
- Proper tennis attire required at all times. Shirts must be worn at all times. Non-marking soles only.
- No refunds will be issued for court time or clinics. However, you may make up any missed times during the same clinic sessions.
- Clinics and lessons must be paid in advance of each session by cash, check, credit card or member charge.
- All private lessons must be canceled 24 hours in advance to avoid being charged for the lesson.

THE SPA

GENERAL POLICIES

- The Spa is open to Woodside Members ages 21 and over.
- Please arrive at least 15 minutes prior to your first appointment so we can personalize your service.
- Gratuities are welcome.
- We allow adjustments to appointments and cancellations with at least 24 hours' notice. Appointments canceled with less than 24 hours' notice and no shows will be charged the full rate of the scheduled service plus 20% gratuity. Appointments rescheduled with less than 24 hours' notice will be charged 50% of the rate of the scheduled service and rebooking discounts will not be transferred to the new appointment time.
- Checking out of service is required. In the fault of not checking out, a member charge in full will be placed with an added 20% gratuity.

SPECIAL CIRCUMSTANCES

- Prenatal Massage: please consult with your physician before receiving massage therapy services. Pregnancy massage is not permitted within the first trimester.
- Please let The Spa staff know if you have a medical condition or are presently under a physician's care. We will customize our services to fit your needs whenever possible.

A member may be suspended or terminated for cause. Cause for suspension or termination may consist of violation(s) of the Club rules or conduct which, in the opinion of the Club, is detrimental to good order, discipline or the general welfare of the Club. In the event of termination, the unused portion of any advanced payment shall be forfeited to the Club and future membership may not be granted.