



MEMBERSHIP GUIDELINES

JOIN THE **PAC**

PONYACTIVITYCENTER

The PAC will be available for community members to use at specified times during and outside of the school day. The following areas are available for members to use:

- Indoor walking/running track - 9 laps per mile
- Weight Room - 5600 sq feet
- Cardio Room - 2400 sq feet
- 4 High School Gymnasiums
- Stretching/Resistance Weight Area
- Locker rooms with a shower



***The schedule to the PAC will vary. Use the online schedule of each area to verify access and programming. This schedule can be found at stillwaterschools.org/PAC**

The Community Education Catalog is an option to review programming and class offerings. The Community Education Catalog can be found at stillwater.ce.eleyo.com

The PAC will serve many groups: members, school teams, spectators, students, youth associations and classes. Tournaments may also use PAC gymnasiums. These will be posted on the individual calendars listed on the PAC website.

The PAC will be closed on any date that is considered an all district holiday. These dates typically include: Independence Day, Labor Day, Thanksgiving Day and Friday after Thanksgiving, Christmas Day, New Year's Day and Memorial Day.

Membership Information

- Monthly recurring memberships, as well as short term 30 or 60 day membership options.
- The PAC does not have enrollment, initiation or cancellation fees.
- Recurring memberships are automatically withdrawn from your checking account or credit card. This can be set up any time during the month, but automatic payments are set for the 1st of the month.
- All daily visitors and new members must present a valid state-issued identification card prior to entry. The card will be scanned into our visitor management system to comply with district guidelines.
- When using the facility, always enter through the door 11W, the PAC entrance
- A key card will be issued to all members aged 14 and over. This key card should be brought each time you visit for check in purposes.
- All members must have their picture taken to verify the identity of members.

Steps for PAC membership

1. Stop in or call 651-351-8036 with any question about guidelines and daily schedule.
2. Determine which type of membership you want to purchase.
3. Create a PAC account in person or online - stillwaterschools.org/PAC.
4. Purchase your preferred membership and/or day pass in person or online.
5. Come to the PAC for ID check and have your picture taken for your membership profile.
6. Receive membership key card.

Memberships & Cancellation

The PAC does not have initiation fees or long-term, annual contracts with its members. Membership can be purchased with credit card, cash, check or by select digital payment. The PAC offers monthly withdrawal for recurring memberships, as well as 30 and 60 day options for District resident and non-resident customers. Membership is not based on facility usage, therefore monthly membership dues will be withdrawn or paid in full whether or not members use the facility. Notice to cancel must be provided by the account holder in writing, in person or by calling the PAC at 651-351-8036.

Flexible renewal options with a variety of membership durations allows members to end their membership for personal reasons without penalty or additional fees. Re-register at the PAC when you wish to resume.

Canceling a Monthly Recurring Membership

For monthly recurring payment membership, you may cancel by providing notice to the PAC office at least 5 business days before the first of the month. Upon your request to cancel, all future monthly payments will be stopped. Your current membership will remain active until the end of the month.

Canceling a Prepaid Monthly Membership

For a 60-Day membership, you must provide notice to the PAC office 30 days before the expiration date to receive a refund. All cancellations given with a 30 day notice will be charged a \$5.00 processing fee and refunded the remaining monthly amount. There are no refunds given for 30-Day memberships or those with less than 30 days remaining on the membership.

Membership Suspension or Termination

The PAC reserves the right to suspend or terminate membership, for you or any member on your membership, at any time for a failure to comply with any of our rules, regulations, procedures or policies (which may be amended as necessary), or for conduct we determine to be improper or contrary to our best interests. A membership that is terminated will stop payment at the end of the month or membership duration and no refund is given. Students suspended from school are unable to be on school grounds, therefore they are unable to use the PAC.

PAC Monthly Memberships and Daily Rates:

	Track Only**	Youth	Senior Citizen	Adult	2 Adults	Family
Criteria	All ages*	Age 12-21*	Age 62+	Age 22-61	Living in same household	2 adults and dependents living in same household
District Resident	\$12/person	\$12	\$17	\$24	\$35	\$46
Non-District Resident	\$18/person	\$18	\$23	\$35	\$46	\$57
Daily Rate	--	\$5	\$5	\$7	--	--

**Track only memberships do not include use of resistance equipment located on the track, free weight or cardio rooms.

PAC Use Age Guidelines	
*Children ages 11 & under	Must be accompanied by a parent or guardian at all times in the PAC.
*Children ages 12-13	May use the PAC, so long as parent/guardian is somewhere in PAC Building.
*Children ages 14 & older	May use the PAC alone and do not need a parent or guardian present in the building.

What you will need:

- Valid state issued identification
- Payment method - cash, check, debit, credit card or payment app

Daily Passes

Daily passes are available for individuals to purchase online or in person on the day of the visit. Day pass guests must check in and receive a wristband prior to entering the PAC. Individuals 18 and over must present a valid state-issued identification card if attending during the school day. The card will be scanned into our visitor management system to comply with district guidelines.

Daily pass rates are listed in the box above.

- Children ages 5-13 must be accompanied by an adult when using the PAC
- Children in a stroller are not charged for a daily pass.
- Children under 5 are not charged a daily pass.

What We Offer at the Pony Activity Center (PAC):



Cardio and Weight Rooms

Resistance equipment, cardio room and weight room at the PAC include exercise machines, stretching areas, strength and weight equipment. This area is available for PAC members and daily pass visitors. *Resistance equipment located on the track, free weight and cardio rooms are not available to those that have a track membership only.*

- Adults may use weights, strength and/or cardio machines without an orientation.
- Children ages 14 and above may use the cardio room or weight room after they have had proper training through:
 - Stillwater Area Public Schools Physical Education Courses
 - A PAC Cardio and Weight/Strength Orientation
 - Pony Power and Performance Training or similar offering within the school district

The PAC is a shared space: Physical education classes use the cardio and weight room during the school day. Check schedules at stillwaterschools.org/PAC.

Orientations Available

Orientations are available to PAC members and will provide an overview and basic understanding of each resistance or cardio machine. Orientations are free to PAC members. Check with a PAC staff member for more details or to schedule a time.

Personal Training

Personal Training is available to PAC members and non-members. Individual or small group sessions can be scheduled through Community Education and are designed to help you get started with a weight training program or build on your skills and techniques. Packages can be purchased in single, 5 or 10 session bundles and are not included in a PAC membership. Customers will be contacted directly by a trainer to set up appointments.

No Private Personal training is allowed by members or guests. All Personal Trainers must be employees of Stillwater Community Education.





Indoor Track

Our synthetic indoor track may be used for walking or running, with direction changes each day. Nine laps equals one mile from the inside lane of the track. The track cannot be used at any time to view or photograph sports events taking place in the gym.

Individual Track Only memberships are available at the PAC. This membership does not include use of any of the resistance or free weight equipment that is located on the track.

PAC Gymnasium Courts #5-8

Play basketball, soccer, volleyball, pickleball and more in the gym—it's all included with your full access membership. Various Adult Open Gym offerings are also included in your membership and are designated for adults 18 and over. The PAC does not provide equipment such as basketballs, volleyball or pickleballs for personal use.

Courts may be reserved by contacting the PAC Coordinator at 651-351-8037 for the following instances:

- Personal use - \$15 an hour
- Private pickleball, volleyball, badminton, basketball - \$15/hour scheduled through the PAC.
- Birthday parties - \$115 for 90 minutes plus 30 minutes reserved space for food & gifts



Non-district Team practices and events must contact our Facilities Coordinator at 651-351-8454 for rental rates and requirements. Private personal sports specific training is not allowed in the gyms at the PAC.

The PAC is a shared space: Physical education classes, high school games, Community Education classes, open gyms and rentals share PAC spaces. The gym schedules are posted online for PAC members and visitors to view in advance. You can find the schedules located on the PAC website: stillwaterschools.org/PAC

Fitness Classes

Group fitness classes are offered by Community Education and require a separate registration and fee. Classes may include cardio, dance, strength and yoga throughout the year. Check the Community Education catalog online or call 651-351-8300 for more information. Participants do not have to be a PAC member to register for Community Education fitness classes, however, PAC members who register for classes may use them as part of their health care reimbursement requirement.



Locker Rooms & Restrooms

There are locker rooms located on the second floor with one restroom, locker stalls, changing area and one shower. Towels are not provided. Lockers are available for daily use by members and visitors. Please bring your own lock and remove it at the end of each visit. Locks left overnight on lockers will be cut and removed.

Individual lock boxes are available to members and guests to lock up smaller items such as phones, keys and wallets. Keys are checked out from the building attendant. Lost keys are replaced for \$15, at the expense of the customer. PAC Staff will not be responsible for safekeeping valuables.

There is one family restroom located on the first floor. This bathroom should be used when children accompany a parent or guardian of the opposite sex. Additional restrooms are on the first floor of the PAC. Note: These will be locked on the PAC side during admission-based athletic events taking place on the Pony Stadium.

By offering separate changing areas, individual and family locker rooms, we believe everyone can find a reasonable solution which will allow all members to have access to our facilities.



Weather and Facility Closing

The PAC will follow school and facility closure guidelines in accordance with the district policy for inclement weather. Facility closures will be announced on the PAC website, via email to all members when possible and on local media channels. All efforts to communicate closures in advance will take place, however unforeseen circumstances may require a portion or the entire facility to be closed or restricted for construction, repair, health and/or safety reasons. If the PAC opens, before a decision has been made to close school due to inclement weather, the PAC will determine within the next hour the decision to stay open or close and communicate to PAC members. The PAC reserves the right to close all or certain parts of the facility for major events and custodial/staff shortages.

Health Care Reimbursement & Insurance Programs

The PAC offers opportunities to get a discounted or free membership through partnerships with various insurance providers. Check with your insurance plan to see if they provide this benefit on your plan.

The National Independent Health Club Association (NIHCA) will process membership reimbursements to registered individuals that meet the required number of workouts per month. Members can be reimbursed for one visit per day. The PAC will turn in a monthly report to NIHCA. Your reimbursement will be sent to you directly from NIHCA and will be applied at the end of the next month. For example, if you meet your required monthly workout quota in June, you would receive the reimbursement at the end of July. Register for health reimbursement online at nihcarewards.org.

Silver Sneakers, Silver & Fit and One Pass are all part of a Medicare Supplement program. Members that meet the criteria are eligible for a free PAC membership. While there is no cost to the member, the PAC will receive an allowance per member visit (directly from their Medicare provider) for members on these plans.



PAC Common Courtesies

Avoid cell phone and camera use while working out.

Food and drink (other than water) is not allowed in gyms or PAC spaces..

Be courteous to others waiting to use equipment—
if you see people waiting, allow others to participate.

Observe safety guidelines and precautions when using fitness equipment,
such as using spotters and collars, when appropriate.

Clean equipment with provided disinfectant wipes before and after use.

Return all equipment to its proper place after use.

Proper use of aerobic, strength and weight machines will be enforced.

Slower walkers, runners, strollers and walking assistance devices should
use the inside lanes of the track.

Wait to enter the space or set up equipment needed
until the previous class/group is finished.

Personal music is limited to headphones or earbuds.
Open speakers are prohibited.

PAC General Policies

- **Proper Conduct.** We strive to uphold a safe, fun, family-oriented environment. As such, we expect proper, respectful conduct on the premises at all times. We do not permit disrespectful conduct toward our members, guests, employees, vendors or property including, but not limited to vulgar, profane, indecent, offensive, violent, hostile, aggressive, threatening, harassing, stalking, fraudulent or other inappropriate conduct or communications.
- **Weapons.** You may not bring or use weapons of any kind on the premises for any reason. This includes toy guns that resemble weapons. *District Policy 501*
- **Lost and Found.** The PAC is not responsible for any lost or stolen items. Contact the front desk to retrieve lost items. Items that are not recovered will be donated to a local charity periodically through the year.
- **Proper Attire.** You must wear proper attire at all times, including shirts and shoes, unless noted in a specific area. Wear clean, closed toe, non-marking shoes. Spikes and cleats are not allowed on the indoor track.
- **Membership Cards and Check-In.** All members should check in for each visit and use their assigned key card for entry. Day pass users must check in with PAC staff.
- **Security.** Secure coats, bags and valuables in a locker or lock box—the PAC is not responsible for lost or stolen property.
- **Injuries.** If you are injured while on the premises, please seek immediate assistance from a PAC Attendant. The employee will provide or arrange for appropriate medical assistance and must complete an incident report.
- **No Personal Training by Members or Guests.** You may not solicit or conduct any personal training on the premises, with or without compensation. The PAC retains sole discretion to determine whether a member or guest is engaged in personal training.
- **Leagues.** You may not organize your own informal or formal sports leagues, tournaments or programs. The PAC retains sole discretion to determine whether a member or guest is engaged in organizing or participating in non-PAC league play.
- **Cell Phones and Other Mobile Devices.** Cellular phones and other mobile devices may not be used in photograph or video mode in any locker room or bath room for the security and comfort of members, students, staff and guests. Please use common courtesy when using mobile devices in all areas of the center. Violation of this policy can result in consequences up to termination of membership.
- **Photography and Video.** Professional photography and recording of video on the premises is not allowed without the advance approval of the Activities Office or PAC Office. Personal photography is allowed in public areas of the PAC only. You must have consent to photograph any other member, guest or team. No photography is allowed from the track area to events taking place in the gyms. The Community Education Department allows certain staff members to take images of members and guests for communication purposes. If you do not wish to have images taken by our employees, please let the staff member know, so that you can opt out.

- **Drugs and Alcohol.** You may not use, possess or sell any illegal drug or alcohol on the premises, including but not limited to anabolic steroids or other illegal growth-enhancing substance. You may not use our equipment, services or programs while under the influence. You should stop using or not use any equipment, service or program if your prescription medication adversely impacts or influences your ability to safely use it. *District policy SR1.7*
- **Smoking.** You may not smoke, chew or use any other tobacco or electronic cigarette products on the high school premises. This includes any outdoor areas (e.g., sidewalks or parking lot). *District Policy SR1.7*
- **Animals.** You may not bring any animal on the premises unless it is a service animal performing its duties in the care of a person who requires its assistance or is an on-duty law enforcement animal ("exempt animals"). All exempt animals must meet appropriate requirements and must be removed immediately if it causes a disturbance, interrupts the work of others or poses a health or safety risk to those who are exposed to it. The animal's owner must promptly remove animal waste and is liable for any damage caused by the animal.
- **Illness.** You may not enter the premises if you have a contagious illness that may be transferred through ordinary use of our equipment, services or programs. You must cover exposed lesions or rashes.
- **Damage to PAC.** You may not damage the PAC in any way, including but not limited to any damage, or theft of, exercise equipment, supplies or other PAC or school property. If there is damage to the facility or equipment, the individual or family is responsible for paying for it.
- **Facility Use.** Stillwater Area Public Schools has a *Facility Use Policy 902* that any non-district group activity or event must be scheduled and obtain a permit to utilize district space(s). This includes all activities and events (examples: meetings, celebrations, team practices and tutoring sessions). Failure to comply with this policy could result in asking guests or members to leave the premises, suspension of PAC access or termination of membership. Contact the Facility Coordinator at 651-351-8454 for further details.

Inherent Risk Statement

There is an inherent risk of accident and injury in any activity. It is the responsibility of the participant to be aware that there are assumed risks in using the PAC and any associated class/ programs. Stillwater Area Public Schools assumes no responsibility of injuries received during activities. Any changes in participant's current physical activity level should be done under the approval and direction of their physician and/or health care provider(s).

Parent/Guardian Permission Statement

I certify that I am a Parent/ Guardian and give my child permission to use the Pony Activity Center under the PAC Membership Guidelines. I understand I must be present with my child if they are under age 14.

Privacy Policy

The PAC will follow Stillwater Area Public Schools District Privacy Policy.



Stillwater
AREA PUBLIC SCHOOLS