Mittleman Jewish Community Center



Member Handbook

February 2025

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INTRODUCTION

Our Member Handbook has been created to make it easy for you to find answers to questions about your Mittleman Jewish Community Center (MJCC) membership. Please take a few moments to familiarize yourself with this Member Handbook. We aim to make every visit to the Mittleman Jewish Community Center enjoyable.

SECURITY

Your safety and security is paramount to us. As part of our ongoing efforts to enhance campus security, we require ALL members to present their membership cards to the security officer upon entering, even if the member is well-known to the officer on duty. In addition, all members must scan their membership cards at the Welcome Desk each time they come to the campus for ANY reason. If you do not have your membership card, you must present your government-issued photo I.D. to the security officer and check in with staff at the Welcome Desk, who will confirm your membership status and log your visit. If you lose your membership card, Welcome Desk staff will be happy to print a new one for you once per calendar year; additional replacement cards will be reprinted for a nominal fee. Anyone entering the building without an MJCC membership card will have their bags checked by the security officer. All guests must show government-issued photo I.D. to the security team, have their bags checked, and let the Welcome Desk know what they are doing on campus.

MJCC MISSION + VISION STATEMENTS

Mission: The Mittleman Jewish Community Center is an inclusive and welcoming hub for a diverse community, fostering lifelong wellness, and providing dynamic social and educational experiences, grounded in Jewish values and culture.

Vision: The Mittleman Jewish Community Center envisions a thriving, diverse Jewish community and embraces a central role in welcoming all to gather, connect, learn, and celebrate life. While primarily a membership agency, the MJCC strives to serve the overall community as well. MJCC programs and services are planned to provide opportunities for people of all ages, as individuals, as members of families, and of groups, to grow, develop, and achieve their potential; and also to enhance better understanding between the local Jewish community and the community at large.

PILLARS OF SERVICE

The staff at the MJCC is proud to embrace important pillar behaviors to ensure your experience is the best it can be. Every MJCC staff member is expected to abide by the seven pillars of exemplary behavior as part of the MJCC team.

The Pillars are as follows:

1. *B'ruchim Ha'Baim* - Welcome to Everyone!
2. *Ezrah* - Help or Assist
3. *B'Yachad* - Teamwork
4. *Nikayon* - Cleanliness: Keep the Facility Clean, Stocked, and Ready
5. *Kehillah* - Build Community
6. *L'Hitraot* - See You Again Soon!
7. *Ruach* - Serve with Spirit and Have Fun!

CODE OF CONDUCT

The MJCC is committed to providing a safe, welcoming, and inclusive environment for all members, guests, and staff. All people using the MJCC are expected to behave in a mature and responsible manner, and to respect the rights and dignity of all other members, participants, guests, and staff.

RESPECT FOR EACH OTHER

- Any expression of discrimination based on religion, race, color, disability, sexual orientation, age, gender identity, or gender expression will not be tolerated.
- Any demonstration of sexual harassment, including sexually suggestive language or touching, leering, staring, or watching, and invading personal space or stalking (including on social media), will not be tolerated.
- Fighting or physical threats, taunting or bullying, and the use of loud, disruptive, vulgar, hateful, or abusive language are prohibited.
- Video or audio recording in restrooms and/or locker rooms is strictly prohibited.

RESPONSIBLE USE OF THE CENTER

The MJCC is a shared space for people of all ages and abilities, including children. Help us keep everyone safe by adhering to the following policies:

- All individuals entering the building must show their MJCC membership card or government-issued photo I.D. to the security officer and check in at the Welcome Desk. Members must scan their membership card at the Welcome Desk. If you do not have your membership card, you must present your government-issued photo I.D. to the security officer and check in with staff at the Welcome Desk, who will confirm your membership status and log your visit. Anyone entering the building without an MJCC membership card will have their bags checked by the security staff.
- Guests and visitors must check in at the Welcome Desk, let the attendant know where they are going, and purchase a Guest Day Pass when applicable.

- Children ages 12 and under must be directly supervised at all times by a parent/guardian when not attending a supervised program. Some exceptions may apply. If you are unsure, please check with the Welcome Desk.
- Oregon school law prohibits smoking and vaping, including cannabis, on our campus property.
- The consumption of alcohol (unless approved for a special event) is not permitted in our facility. The consumption of recreational cannabis in our facility is not permitted.
- If secured in childproof containers, medication(s) may only be brought into the building.
- Please observe the posted schedules, including closing times, for the use of all facilities.
- Appropriate clothing for activities is required. Tops (shirts, blouses, sweatshirts, tanks, etc.), bottoms (pants, shorts, skirts, dresses, etc.), and footwear must be worn at all times (except in Aquatics). Closed-toe shoes must be worn at all times in the Fitness Center.
- MJCC staff are not qualified or permitted to provide personal care or support (e.g., helping people in locker rooms, showers, etc.). Personal aides are permitted; please contact our Wellness Programs + Engagement Manager for more information.
- Wi-Fi is offered as a free service. The Terms and Conditions for appropriate use must be followed.

Consideration for Our Facility

- The facility's users must follow all emergency procedures, including fire drills and evacuations. Tampering with fire alarms is strictly prohibited.
- Do not leave personal items unattended, and please report any unattended bags or packages to the staff. The MJCC is not responsible for personal property theft, loss, or damage.
- All members and guests must adhere to the specific policies for using or renting the facility.
- Please help us keep the MJCC clean and tidy.
- Service animals are welcome as defined by the Dept. of Justice. No other animals are allowed in the building.
- Bicycles, skateboards, inline skates, and scooters are prohibited in the building unless they assist with mobility.
- Prior approval is required for photography and videography.
- Prior approval is required to post or distribute written material in the building.
- Solicitation is not permitted.

The MJCC reserves the right to exclude anyone it deems necessary from membership, activities, or the premises. This includes but is not limited to, individuals who fail to abide by this Code of Conduct.

MJCC staff is always ready to help. Please report any inappropriate or suspicious behavior to the staff.

ADA ACCOMMODATIONS FOR MEMBERS + GUESTS

If you require ADA accommodation, please contact our Assistant Executive Director a minimum of three (3) business days before an event/class starts at 503.244.0111 or email mjcc@oregonjcc.org (attention Assistant Executive Director). MJCC staff will do their best to accommodate each person. The MJCC does not provide personal care services. You may bring a person to assist you at no additional charge. Please contact the Wellness Programs + Engagement Manager if you would like to bring an aide.

ANIMALS

Only service animals, as defined by the Department of Justice, are permitted on the Schnitzer Family Campus. Pets, “comfort,” or “companion” animals are prohibited. Pets may not be tied up outside our building or left in cars for prolonged periods of time or if the outdoor temperature is more than 70˚F.

AQUATICS

The MJCC offers a comprehensive aquatics program, including a 25-yard Main Pool and a Warm Water Pool.

Programs we offer include:

- Swim lessons for all ages
- USA Swimming/US Masters Swimming competitive opportunities for children and adults
- Arthritis Foundation water exercise
- Aquatic exercise classes led by certified instructors
- Specialized aquatic classes for many interests and ages
- Private swim lessons

Our programs are designed for specific age groups as designated on our website. Adult classes may be attended by those aged 13 and older. Exceptions may be made at the discretion of the Aquatics Manager (i.e., for private swim lessons or therapy). Lap or open swimming may not always be available on all days. We will make every effort to post any schedule changes in advance. Check www.oregonjcc.org for the most up-to-date information. Sign up for the Aquatics Email Alerts to receive announcements, last-minute schedule changes, and general information on your membership account.

Main Pool

Our Main Pool is 25 yards long, with six (6) lanes, starting blocks, backstroke flags, and a pace clock. It is 3'6" deep at the shallow end and 11'6" deep at the deep end and is heated to 82-84˚F. This pool is used for lap swimming, open recreational swims, and programs. It also has a self-operated lift with a weight capacity of 300 pounds.

Warm Water Pool

Our Warm-Water Pool is 20'x40' and heated to 92-94˚F. It has an overhead, remote-controlled accessibility lift, entry stairs, and an exercise bar. It is 3' deep at the shallow end and 5'6" deep at the deep end. This pool is used for adult exercise, open recreational swimming, youth swim lessons, and other programs. Some programs, such as Ai-Chi, require a quiet pool area. Please respect those taking the class by speaking softly during class time.

Equipment

We generally have kickboards, pull buoys, hand paddles, balls, noodles, toys, aquatic exercise belts, hand buoys, and specialized equipment for use in either pool. You may also bring your equipment, excluding inflatable toys. If you need instruction on how to use the equipment, feel free to ask a lifeguard. Some equipment is set aside for particular programs like swim lessons or therapy and is unavailable for open use.

Changing Areas

We have general-use locker rooms, two (2) individual changing rooms with private showers, separate locker rooms, changing booths, and an entrance for the Warm Water Pool. If you require assistance with personal tasks such as changing, you may bring an aide at no cost. Please contact the Wellness Programs + Engagement Manager if you would like to bring an aide.

Safety

Safety comes first and lifeguards have discretion to vary these rules when necessary for safety.

- Watch your children at all times when in the aquatic facilities, especially when not participating in an MJCC program.
- Youth Ages 0-12: Must be directly supervised by a parent/guardian at all times in the facility unless enrolled in a MJCC class or program.
- Youth Ages 13-17: May use the facility without a parent/guardian if they are a member. Guests aged 13-15 may use the facility with a signed waiver by a parent/guardian and must be supervised by a responsible caregiver over the age of 16 unless enrolled in an MJCC class or program. Guests 16-17 may use the facility with a signed waiver by a parent/guardian.
- Youth Age 6 and Under: Must have a 16-year-old or older responsible caregiver in the water within arm's reach.
- Youth Ages 7-12: Must have a responsible 16-year-old or older caregiver remain on the pool deck or in the pool while they are in the pool.
- Youth ages 13+: May be in the pool without a parent/guardian directly on the pool deck.
- No diving in the Main Pool's shallow end. Diving is permitted only at the deep end of the Main Pool. No diving anywhere in the Warm Water Pool.
- No breath-holding or prolonged underwater swimming.
- No running or rough play. Do not throw children in the pool or push others underwater.
- Shower your child and yourself. Take a cleansing shower before entering the pool or after using the toilet.
- Follow the lifeguard's directions at all times.
- Do not use the pool if you have had diarrhea in the past two (2) weeks or if you have a disease communicable by water.
- Swimmers who are not toilet trained must wear a swim diaper. No regular diapers in the pool.
  - → Please change diapers in the bathroom or locker room only. To dispose of dirty diapers, please use plastic bags located near the ice machine.
- Immune-compromised individuals should use caution when using a public pool.
- Do not swallow pool water. Avoid getting pool water in your mouth.
- No spitting in the pool or on the pool deck.
- No person under the influence of alcohol may use the pool.
- No food or drinks on the pool deck except beverages in non-spill, non-glass containers.
- Three (3) whistle blasts signal an emergency. Vacate the pool immediately and follow the lifeguard's directions.

Swim Test (ages 12 and Under)

The MJCC Aquatics Department is dedicated to teaching children to swim and stay safe in our pools. We require a swim test from each child under the age of 13 who wishes to swim in either pool without a USCG-approved lifejacket. The swim assessment consists of (without assistance or touching the wall, lane lines, or bottom at any point) jumping into the deep end, swimming halfway down the pool on their front, then turning over and swimming the rest of the way on their back. The ability demonstrated should be such that the lifeguard feels confident that the swimmer will be safe without a

lifejacket. Swimmers who choose not to take or do not pass the swim assessment must always wear a lifejacket and have a responsible caregiver age 16 or over in the water with them. Please contact our Aquatics Department for any questions regarding swim tests.

Pool Etiquette

- Please wear proper swimwear
- Please do not stand or sit on lane lines, as they may break.
- When the Main Pool is busy, swimmers must share lap lanes and use circle swimming.
- You may jump feet first into shallow or deep water, but please be considerate of those around you.

Circle Swimming

- Circle swim is required when more than two (2) swimmers are sharing a lane.
- Stay to the right, like driving a car.
- Choose a lane with people who swim about the same speed as you.
- Let other swimmers know when you join their lane.
- To pass another swimmer, tap their foot while swimming and pass once you both get to the wall.
- If you are comfortable doing so, you may pass down the center of the lane while swimming.
- If you need assistance, ask the lifeguard.

ARTS + CULTURE PROGRAMS

The MJCC offers a wide range of arts + culture programs, which can be found in our quarterly Program Guide (fall, summer, winter, and spring). Events and programs range from Jewish holidays, such as Shabbat, Sukkot, Purim, and Yom Ha'Atzmaut, to presentations by authors, choreographers, and musicians. We also feature visual art exhibitions at various times of the year. We collaborate with various arts organizations, including White Bird Dance, Oregon Ballet Theater, the Jewish Community Orchestra, and ORA Artists. Our offerings are broad and varied, and we're always interested in your feedback and suggestions! Please contact the Development Events + Community Programs Manager with your ideas.

ATTIRE + FOOTWEAR

Please use your best judgment when choosing attire at the MJCC. Please consider safety and performance in your choice of athletic gear and footwear. Here are the basic attire and footwear standards:

- Tops (shirts, blouses, sweaters, sweatshirts, tanks, etc.), bottoms (pants, shorts, skirts, dresses, etc.), and footwear are required at all times in all areas except the locker rooms and aquatics area.
- Always wear closed-toe athletic shoes in the Fitness Center for any sport or group fitness class. If participating in group fitness classes such as yoga or Pilates, which are performed barefoot, wear shoes to and from the studio.
- Wear shoes designed for court play on the racquetball and basketball courts, with non-marking soles.
- Exercise attire should not be overly revealing, and fabrics or accessories should not cause damage to the upholstery or fitness equipment.
- Swimwear is appropriate only in the aquatics area and locker rooms.
- Athletic shoes are required in the Sportsplex except for gymnastics. No spiked, screw-in, or molded cleats are allowed on the indoor field.

BUILDING CLOSURES

If regular hours of operation are unexpectedly curtailed due to inclement weather, a power outage, etc., members will receive an email, the closure will be posted on our website (www.oregonjcc.org), and the automated phone greeting will be updated at 503.244.0111.

CAFE AT THE J

Portland's ONLY full-service, kosher restaurant is the Cafe at the J. It serves kosher dairy breakfasts, lunches, and dinners and a weekly meat dinner on Tuesday evenings. Cafe at the J is owned and operated by Allen Levin, Century Catering, and is under the supervision of Oregon K.

- Please check our website (www.oregonjcc.org/about-us/our-campus/cafe-at-the-j) for the daily and weekly kosher meat dinner buffet menus.
- Free wireless internet access. Ask for the password at the Welcome Desk.
- Please be responsible for your consumption of alcoholic beverages at the MJCC, and always be prepared to show your ID.
- Outside food and beverages may not be brought into the Cafe at the J unless specifically authorized by the MJCC.
- Children 12 and under must be supervised while in the Cafe.

CHILDCARE

Drop-in Childcare (6 months - 5 years old)

The MJCC offers drop-in childcare for members ages six months to 5 years old. Guest rates are available. All Drop-in Childcare staff are First Aid/CPR certified. The parent/guardian must remain in the building while the child is in childcare, and children are allowed to stay in the program for up to two (2) hours per visit. Check the MJCC website for hours and rates (www.oregonjcc.org).

Club J (6-12 years old)

We offer Club J for members ages 6-12. Explore everything the J offers, including soccer, basketball, racquetball, board games, and more! There is supervised drop-in play all around the J. No registration is required. Guest rates are available. The parent/guardian must remain in the building while the child is in Club J, and children can stay in the program for up to two (2) hours per visit.

Drop-in Childcare + Club J Guidelines

Here are some guidelines for utilizing our childcare services:

- The parent/guardian must remain on MJCC premises while your child is in childcare or Club J.
- Sick children cannot participate in childcare. If your child becomes ill or shows signs of illness while in childcare, you will be notified to pick up your child.
- Diapered children should be dry and clean before being brought to childcare. If a diaper change is needed, we will call the parent/guardian to come and change the diaper. ***MJCC Staff will not change any diapers***.
- The staff may request parental assistance if a child is upset or uncomfortable for 15 minutes or longer. Staff may also exercise their discretion to summon parents sooner.
- Only the parent/guardian(s) or authorized adults may check children in and out or escort them into the building.
- Beverages must be in non-glass, non-spill containers.
- Children's belongings should be labeled.
- Children must follow the staff's directions and instructions. Behavioral problems, such as biting or fighting, or other incidents that require discipline, may result in the suspension of childcare privileges on a case-by-case basis.

CHILDREN + YOUTH GUIDELINES

All youth 17 and under must have a drop-in waiver signed by a legal guardian. Parents should advise their children and teens on appropriate behavior and supervise them (where required) while visiting the MJCC. This is particularly important in the Fitness Center, Cafe, swimming pools, gymnasium, and locker rooms. Teens ages 13 and older who are MJCC members may use the facilities without direct adult supervision. The following policies are designed for the overall safety of children while in the MJCC.

Youth: Ages 0-12

- Must be directly supervised by a parent/guardian at all times within the facility unless enrolled in an MJCC class or program.
- Youth ages 6 and older must use the locker room for the gender they identify or use the private changing rooms.
- Must be accompanied by an adult at all times in the locker rooms.
- May not enter the Fitness Center or Group Exercise Studios except during specially designed youth classes.
- Guests must have a drop-in waiver signed by a legal guardian and be supervised by a responsible caregiver over 16 unless enrolled in an MJCC class or program.

Youth: Ages 13-17

- Must use the locker room for the gender with which they identify or use the private changing rooms.
- The Department of Health Services requires that individuals be 14 years of age or older to use the sauna, steam room, or whirlpool.
- Guests must have a drop-in waiver signed by a legal guardian, and those 15 and younger must be supervised by a responsible caregiver over the age of 16 unless enrolled in an MJCC class or program.

Pool Requirements

- Youths aged 6 and under must have a 16-year-old or older responsible caregiver within arm's reach in the water.
- Youth ages 7-12 must have a responsible caregiver who is 16 years old or older and remain on the pool deck or in the pool while they are in the pool.
- Youth ages 13+ may be in the pool without a parent/guardian directly on the pool deck.

Additional Guidelines + Policies

A parent/guardian must remain on the premises when a child is signed into Drop-in Childcare or Club J. The parent/guardian may be off-premises when a child participates in a MJCC sponsored AND supervised program, such as a

camp, clinic, class, or special event. The parent/guardian must be present until the program begins and return at the time the program is over. Children cannot be left unattended or sign themselves out of programs without a parent/guardian onsite. In the event of rentals within our building, the renter supervises them.

Locker Rooms, Pools, Fitness + Sports Areas

- Children 6 years and older must use the locker room for the gender with which they identify or use the private changing rooms.
- As the Department of Health Services requires, individuals must be 14 years of age or older to use the sauna, steam room, or hot tub.
- Children 6 years of age and younger must have a responsible caregiver age 16 or older within arm's reach in the pool. Children ages 7 to 12 must have a responsible caregiver who is 16 years old or older on the pool deck or in the pool while in the pool. Children over 13 may be in the pool without a parent/guardian directly on the pool deck.
- Children 12 and under are not allowed to enter the Fitness Center or Group Exercise Studios unless they participate in a specially designed youth class. Members 12 years of age and younger will only be allowed in the Fitness Center if they have completed a Fitness Orientation with an MJCC personal trainer AND are with their parents at all times.
- Children over 2 (24 months of age and older) must be enrolled in membership to use the MJCC facility or a guest fee must be paid. Children under two (23 months and younger) may enter the MJCC for free but are not eligible for member-only programs or discounted member rates.

CLASS + PROGRAM CANCELLATIONS

Registration Cancellation Policy

Unless otherwise stated for a specific program, the general policy regarding class cancellation is as follows:

- Cancellation made at least six days before class start date: Full refund
- Cancellation within five days of the first day of class: No refund

Inclement Weather Policy

In the event of extreme weather or other circumstances that may impact the MJCC's normal operations, members will be notified via email of any changes to normally scheduled activities. Closures, delayed start times, or limited services are also posted on the website. There will not be a refund if classes or events are canceled in the event of extreme weather or other circumstances outside of our control.

Membership Cancellation Policy

As a member of the MJCC, you'll enjoy access to a wide range of benefits, including a recently refreshed fitness area, events and activities all year round, and more. Current offerings and social activities provided by the MJCC at the time of initiating membership may change or be discontinued at any time, and fees for any activity may be implemented and/or increased. The commitment to fulfill your contract with the MJCC remains the same even if activity availability changes.

Class Registration Deadline

Unless otherwise stated for a specific program, registration for all classes closes on Wednesday before the first class. Late registrations may be accepted depending on the specific program.

COMMUNICATION

To reduce our impact on the environment, the MJCC generally sends notices and newsletters via email. Please inform the Welcome Desk if you want your email address added to our distribution list.

CONTACT US

General information: 503.244.0111

MJCC Administrative Staff

Executive Director: Steve Albert, salbert@oregonjcc.org

Chief Financial Officer: Beth Germain, bgermain@oregonjcc.org

Assistant Executive Director: Jenny Robinett, jrobinett@oregonjcc.org

Human Resources Director: Miriam Stroud, mstroud@oregonjcc.org

Marketing + Creative Director: Becky Ewer, bewer@oregonjcc.org

Development Events + Community Programs Manager: Bess Butterworth, bbutterworth@oregonjcc.org

Membership: membership@oregonjcc.org
Aquatics: aquatics@oregonjcc.org
Fitness: fitness@oregonjcc.org
Rentals: rentals@oregonjcc.org
Youth Programs: youthprograms@oregonjcc.org

MJCC Board of Directors 2024-25

President: Nadine Gartner
Immediate Past President: Jason Zidell
Vice President of Facilities: John Emshwiller
Vice President of Strategy: David Solondz
Treasurer: Richard Barker
Secretary: Naomi Harwin

Barry Benson
Eric Brickenstein
Nicole Frisch
Marni Glick
Arielle Goranson
Martha Izenson
Michelle Kashinsky
Steve Klein

Karli Kondo
Rick Nitti
Arnon Peleg
Danelle Romain
Nate Smith
Tamar Wyte-Lake

DAY CAMP

The MJCC Summer Day Camp is a classic, multi-activity day camp with various structured activities. We pride ourselves on offering high-quality, varied, safe, and developmentally appropriate programming. Our program promotes the three "C's" of a great camp: continuity, consistency, and communication. Our campers love having the same counselors and being with the same kids. We have a staff of talented and trained counselors who know your children and work with them every week. We are proud to be among the few classic camps in the Portland metro area. Join us for the summer.

*In order to qualify for the MJCC member rate for camps, participant must be an active member at time of enrollment through the duration of the MJCC program.

Day Camp Mission Statement

The MJCC provides quality programs that are age-appropriate, fun, and safe. Our camp is imbued with a sense of *Sababa* (cool), *Simcha* (joy), *Kehila* (community), *Ruach* (spirit), *Kef* (fun), and our CIT program. We encourage growth, inspire confidence, and provide the framework for lasting memories and friendships. Throughout all our programs, we encourage discovery and self-expression.

EMERGENCY PROCEDURES

Safety is a top priority at the MJCC. Please take a moment to review these emergency procedures:

- If you witness an accident or incident, please advise a staff member immediately. In an emergency, dial ext. 333 on an MJCC phone to connect with a Welcome Desk Associate who will activate our Emergency Action Plan (EAP). After reporting an incident, please do not leave the MJCC without leaving your name at the Welcome Desk.
- If a member or guest becomes injured while at the MJCC, MJCC staff are not permitted to provide transportation. The MJCC reserves the right to call emergency rescue services.
- In the event of a facility-wide emergency (e.g., fire, bomb threat, earthquake, etc.), we require the cooperation of all MJCC members to follow the staff's directions.
- The MJCC occasionally conducts fire, earthquake, and lock-down drills. Please follow staff directions.
- AEDs (Automated External Defibrillators) are located in the Fitness Center, Sportsplex, and the main offices of the MJCC and PJA.

DISCRIMINATION + HARASSMENT POLICY

The MJCC has a zero-tolerance policy toward discrimination and all forms of unlawful harassment, including but not limited to sexual harassment. This zero-tolerance policy means that no unlawful discriminatory or harassing conduct by or towards any employee, member, vendor, or other person in our facility will be tolerated. Any member or guest who engages in prohibited discrimination or harassment will be subject to immediate suspension or termination of membership, which may include being trespassed from our campus. This policy applies to and prohibits all forms of illegal harassment and discrimination, not only sexual harassment.

The Mittleman Jewish Community Center (MJCC) assures that no person shall be discriminated against because of race, color, creed, sex, age, national origin, sexual orientation, gender identity, marital status, religion, political affiliation, veterans status, physical, sensory or mental disability, familial status, or any other reasons protected under Title VII of the Civil Rights Act of 1964, the Civil Rights Restoration Act of 1987, section 504 of the Rehabilitation act of 1973 and the Americans with Disability Act. No person shall be excluded from participation in, be denied the benefits of, or be otherwise subjected to discrimination under any program or activity for which they are otherwise eligible. Employees, volunteers, and the families of employees or volunteers can be served in MJCC programs as long as they meet eligibility requirements for a program; such individuals shall not receive preference over other individuals eligible for a program nor be discriminated against because of being an MJCC employee, volunteer, or family member of an employee or volunteer.

FITNESS CENTER

Constantly growing to meet the changing needs of today's health and fitness-conscious members, the MJCC features an exceptionally contemporary and diverse Fitness Center. Along with a wide variety of cardiovascular, strength, and flexibility training equipment, we offer a great selection of group exercise classes led by certified instructors. In addition, we have an outstanding staff of personal trainers to assist you to meet and exceed your health, wellness, and fitness goals. Sign up for the Fitness Email Alerts to receive announcements, last-minute schedule changes, and general information on your membership account.

Fitness Center Guidelines

The Fitness Center generally has a Fitness Attendant on duty most of the time. If you are unfamiliar with any piece of equipment, the Attendant will be glad to show you how to use it properly and safely.

If you are interested in the services of a personal trainer, please see the Fitness Attendant or the Fitness Floor Supervisor to schedule an appointment with a MJCC Personal Trainer. Only MJCC Personal Trainers can train MJCC members.

- Please comply with any request made or instruction provided by a Fitness Instructor or Attendant.
- A physical therapist may work with a client who is a member for 1-2 sessions to teach the client how to use the available equipment to complete their assigned exercises. The member needs to obtain prior authorization from the Assistant Executive Director. The MJCC will provide a guest pass for the physical therapist for these 1-2 sessions. The physical therapist must check-in, show ID, and fill out a guest waiver when they arrive. If the member requires more than the 1-2 sessions outlined above, the physical therapist must pay a $12 drop-in fee per visit.
- Inappropriate, offensive, or excessively loud language or music will not be tolerated.
- The use of any recording and photographic devices is strictly prohibited.

Equipment

- Please adhere to a 30-minute time limit on cardio equipment when others are waiting.
- Never exit a treadmill when the belt is still moving or step onto a treadmill with a moving belt.
- Return all cardio equipment to zero speed and elevation (where applicable) after use.
- Please bring your headphones if you'd like to listen to the TV.
- Large, flat-screen TVs are located above the treadmills. These TVs are set to pre-designated channels and may only be changed by an MJCC staff member.
- Towels and sanitizing spray are provided; please wipe off each piece of equipment after use.
- Perform weightlifting exercises correctly, safely, and in control at all times. MJCC staff is available to assist you. Please do not drop or slam weights.
- Please return all dumbbells, weight plates, and handles to racks afterward.
- When performing more than one set on weight equipment, allow others to "work in" between your sets.
- If you observe a problem with any machine or piece of equipment, please notify a staff member immediately.

Personal Items

- Beverages in non-glass, non-spill containers are allowed in the Fitness Center; gum or food is not allowed.
- Please keep valuables in a locked locker. The MJCC is not responsible for lost or stolen items.

Group Exercise Studios

The MJCC boasts a highly experienced, talented, and professional team of group exercise instructors. Our group exercise schedule features various classes daily, offering something for all fitness levels and interests. Please see the following group exercise guidelines:

- The studios do not permit personal belongings except a towel and a non-glass, non-spill water bottle.
- All studio equipment must stay in the studios or storage area.
- Please wait for a class in progress to officially end before entering the studio.
- When you arrive for class, you may set up your equipment (step, mat, etc.), but you may not save space or set up for another participant.
- Please be prompt for class. For safety reasons, do not enter a class more than ten minutes late. If you are late, please do not interrupt the class flow and take responsibility for your warm-up.
- Please follow the instructor's direction and the class format, with allowances for modifications due to physical limitations or fitness levels.
- Please refrain from having long or loud conversations during class as a courtesy to the instructor and fellow participants.
- Please inform your instructor before class if you are just beginning an exercise program or have any medical concerns.
- Participants must be at least 13 years of age to attend adult classes on the group exercise schedule.

GENERAL MJCC POLICIES

The rules contained herein are not all-inclusive. We reserve the right to occasionally add, amend, or delete the rules.

- The MJCC prohibits any form of weapon anywhere on campus. Individuals with concealed carry permits may not bring weapons on campus.
- The MJCC observes a non-smoking policy throughout our campus, including the parking lot and outdoor spaces.
- Pork or shellfish products are not allowed anywhere on campus at any time.
- Service animals are welcome, as defined by the Dept. of Justice and the Americans with Disabilities Act. All other animals are not allowed on campus.
- We do not allow solicitation of any kind to members, guests, or staff on the Schnitzer Family Campus. Outside materials may be posted only on the community bulletin board, across from the main gymnasium entrance, after authorization by a designated MJCC staff member.
- We employ a team of trained experts to provide our members with safe health, fitness, and swim training. Therefore, instruction or training by unauthorized persons is prohibited. Only authorized substitute instructors, approved by MJCC management, may teach a class in the event of an instructor's absence.
- All members, guests, and staff are entitled to a respectful and courteous environment. Loud, offensive, abusive, or profane comments, comments of a sexual nature, or flirtatious or bothersome behavior will result in expulsion from the MJCC.
- Vandalism or mistreatment of MJCC property will not be tolerated. Violators will be financially responsible.
- The use, exchange, or sale of anabolic steroids is contrary to our ideals and is strictly prohibited on our premises and subject to civil and criminal penalties.
- Alcohol may only be served at the Cafe or through catering facilities - no private alcohol is permitted on the premises.
- Marijuana use or consumption in any form, or the sale, distribution, or exchange thereof, is prohibited on the premises.
- Bicycles must remain outdoors and can be parked outside the building at the bike racks located at the main entrance.
- Members are reminded to keep their belongings safe. The MJCC is not responsible for the loss of or damage to personal property brought into the MJCC or onto the MJCC property.
- If you have misplaced an item, please inquire at the Welcome Desk for lost and found items. If you find a misplaced item, please give it to a MJCC staff member.
- Phones available for member use are located in the locker rooms and at the Welcome Desk. Dial 9 before the phone number.
- Any member failing to abide by the MJCC policies may be subject to membership suspension or termination.
- MJCC management reserves the right to revise policies and fees.
- The MJCC disclaims any liability for employees providing services outside of their working hours.
- The MJCC may require a doctor’s note to participate in programs and activities.
- Tournaments, repairs, or maintenance of some facilities and/or other occurrences may require the MJCC to restrict the use of one or more of the facilities or to close the MJCC temporarily.
- In order to qualify for the MJCC member rate for programs, participant must be an active member at the time of enrollment through the duration of the MJCC program.
- As a member of the MJCC, you’ll enjoy access to a wide range of benefits, including a recently refreshed fitness area, events, and activities all year round. Current offerings and social activities provided by the MJCC at the time of initiating membership may change or be discontinued at any time, and fees for any activity may be implemented and/or increased. The commitment to fulfill your contract with the MJCC remains the same even if activity availability changes.

GIFT CERTIFICATES

MJCC gift certificates make great gifts for birthdays, anniversaries, and holidays. With a gift certificate, you can give the gift of health, fitness, and fun. Ideas include massage packages, personal training sessions, and MJCC memberships. Gift certificates may be purchased at the Welcome Desk.

GUESTS

The MJCC welcomes guests and encourages you to share the experience of the MJCC with your friends, family, and co-workers. To ensure MJCC members enjoy optimum use of the facility and to protect the value of your membership, the following guest policies apply:

- The MJCC welcomes all out-of-town JCC members for a maximum of 14 days per calendar year. After 14 days, we have a special guest rate of $12 per day per person.
- Members can purchase guest passes for a discounted rate. Guests may purchase day-use passes at the Welcome Desk.

- Upon entering, your guest must sign in with a government-issued photo ID at the Security Officer's Desk and complete a Guest Waiver in its entirety at the Welcome Desk. A new Guest Waiver must be filled out each year. Access to the facility will be denied without compliance.
- You or your guest may pay the guest fee.
- Please ensure that your guest follows MJCC policies and procedures.
- Children under the age of 2 may enter the MJCC for free.
- Guests will follow the same MJCC rules, policies, and etiquette guidelines applicable to members.
- Day-use lockers are available for guests.
- Expelled or suspended members may not visit the MJCC as the guest of another member.

GYMNASIUM

The MJCC gymnasium features 6 basketball hoops and a 24' high rock wall. Besides open-play basketball, we also offer camps and clinics. The following rules are intended to promote optimal enjoyment and safety in the gymnasium. Any abuse of these rules may result in suspension of gymnasium privileges or termination of membership. For the benefit of all gymnasium users, please abide by these guidelines:

Equipment

- To protect the gymnasium floor, please wear non-marking athletic shoes.
- The MJCC Welcome Desk provides a supply of basketballs that you can check out with your member ID.
- Throwing or kicking balls against the walls or ceiling can damage the facility - please don't do it.
- Do not hang on the basketball rims or nets.

Personal Items

- Water in a non-glass, non-spill container is permitted in the gymnasium; please do not bring food, gum, or other drinks or containers.
- Please lock your athletic bag or other personal items and store them in a locker in one of the locker room areas.

General

- Unsportsmanlike conduct, including foul language and excessive arguing, is prohibited and may result in expulsion from the MJCC.
- Adult drop-in games are open to members and guests 18 and older.
- The posted gymnasium schedule must be followed. The gymnasium is a multi-purpose area hosting many sports and activities which must share gym time.
- The MJCC reserves the right to schedule programming (leagues, tournaments, camps, etc.) or private rentals on the courts. A weekly schedule for the gymnasium is posted on the gymnasium doors and our website.

LOCKER ROOMS

MJCC members and guests can use the locker room according to the gender they identify. MJCC men's and women's locker rooms provide many amenities for you. Showers are stocked with shampoo and liquid soap; vanity counters feature hair dryers, lotion, deodorant, cotton swabs, and hair spray. Please note that we are not able to fulfill requests for special items. Due to safety concerns, we do not provide curling irons. Scales and telephones are also available. The MJCC reserves the right to inspect lockers at any time. Please keep in mind the following policies when using the locker rooms:

Keep it Safe!

- Always lock up your items using the day-use lockers
- Refrain from using perfumes or highly scented lotions
- Rinse off before entering the hot tub or pool

Keep it Clean!

- Wet or soiled clothes and equipment should not be left in lockers
- Please do not shave in the hot tub, sauna, or steam room
- Please clean up after yourself and notify the Welcome Desk if there are any maintenance or safety concerns

Keep it Appropriate!

- Cell phone use is not permitted in the locker room (recording and photographic features)
- All locker room spaces are clothing-optional. Please use a towel while sitting in the sauna or steam room.
- Perishables and controlled substances (e.g., alcohol, marijuana, etc.) are not permitted in the locker room.
- Conversations should be kept appropriate in both volume and content

We are here to help!

- Should you need assistance with your locker, please call the Welcome Desk at 0 from the lounge.

Be considerate of others waiting when using the showers, restroom stalls, or hair dryers. Do not use the showers or restroom stalls as changing booths.

- No hair dying.
- Locker room amenities are provided for your use while at the MJCC. No amenities or containers may be removed from the locker rooms.
- Please use hair dryers only to dry hair, not to dry clothes, bathing suits, etc.
- The main locker rooms are equipped with swimsuit spinners.
- Water in a non-glass, non-spill container is permitted in the locker room; please, no food or other drinks or containers.
- No alcoholic beverages in the locker rooms.
- Recording and photographic devices inside a locker room/changing area is strictly prohibited.
- The lounge in each locker room is equipped with flat-screen TVs, a courtesy telephone, and magazines.
- The hot tub, steam room, and sauna are available for use. Please follow the guidelines that are posted near each of these areas.
- Half lockers are available for rent monthly. See the Welcome Desk to reserve and pay for a locker. If you have not rented a locker, please do not leave your belongings in a locker overnight. We audit our lockers regularly. If you leave belongings overnight in an unrented locker, your items will be subject to removal and stored for up to 30 days by the Membership Department.
- The MJCC is not responsible for lost, stolen, or damaged items.

Families

- Children 12 and under must be accompanied by an adult in the locker rooms.
- Please closely supervise children and ensure respectful behavior. Children ages 5 and under may be in either locker room when accompanied by an adult using a gender-designated locker room.
- Selected locker bays are designated for “Adults Only” - you must be 18 or older to use lockers in these areas.
- Two (2) private all-gender changing rooms (with showers) are available near the main pool entrance for anyone needing a private changing area.

MASSAGE SERVICES

The MJCC offers a variety of massages for members and guests. Treat yourself or purchase a gift certificate for a friend - it’s just one more way to enjoy the MJCC. Massage appointments can be made through the Welcome Desk.

MEMBERSHIP ACCOUNT POLICIES

Purchasing a membership at the MJCC grants you the right to use and enjoy our facilities following the MJCC’s policies. Membership does not grant or carry any interest in the MJCC's property or assets and does not give members any right to participate in the MJCC's management, financially or otherwise.

Below is a list of important information regarding your membership account:

- Monthly dues will typically be adjusted on an annual basis.
- The MJCC does not refund memberships based on lack of use. Memberships are non-refundable and non-transferable. Refunds will not be granted due to routine maintenance closures or other closures deemed necessary by the MJCC staff.
- Please let us know if your personal information (i.e., address, phone number, email address, checking or credit card account) changes during your membership.
- A membership type (individual, couple, family, senior, etc.) change must be submitted to the MJCC by the 20th of the prior month to be effective the first of the following month. Your account must be current. A service fee for the status change may be charged. Change forms are available on our website.
- You may request that your membership be inactive or frozen for at least one to six months should a medical condition or temporary relocation keep you from using the MJCC’s facilities. Approval is at the sole discretion of MJCC management. A monthly inactive fee will be charged, and any account balance must be paid in full before going on inactive status. We do not prorate months. Your membership will automatically reactivate on the date designated on your freeze form. Please be sure to note this date on your calendar.
- You may resign from membership by completing an official MJCC Cancellation Form, which can be obtained from the website. Be aware of what type of membership you have and any remaining commitment. The form must be turned in by the 20th of the month to be effective for the first of the following month.
- The MJCC reserves the right to suspend or terminate the membership or privileges of any member for failure to comply with rules and regulations, for any conduct we determine to be improper or contrary to our best interests, or for

nonpayment of dues or other charges for a period greater than 30 days. Suspended or terminated members remain liable for all dues or other indebtedness incurred before and during the suspension or termination. They are not entitled to a refund of any fees, dues, or charges paid.

- As a member of the MJCC, you'll enjoy access to a wide range of benefits, including a recently refreshed fitness area, events and activities all year round, and more. Current offerings and social activities provided by the MJCC at the time of initiating membership may change or be discontinued at any time, and fees for any activity may be implemented and/or increased. The commitment to fulfill your contract with the MJCC remains the same even if activity availability changes.

MEMBER + GUEST WELCOME DESK

Our Welcome Desk Associates are ready to greet you and help you make the most of every visit to the MJCC and our campus.

- Please present your membership card to the security officer and scan it at the Welcome Desk when you enter the building. For everyone's safety, we cannot admit individuals into the MJCC without photo identification.
- Membership cards are not transferable and may not be loaned. We reserve the right to confiscate any membership card that is "loaned" out or being misused.
- Membership cards may not be altered in any way.
- If you lose your membership card, our staff will be happy to reissue a new one for you once per calendar year; additional replacement cards will be issued for a nominal fee.
- For your convenience, the Welcome Desk can process many MJCC transactions, such as guest registrations, guest fees, and account payments.

MEMBERSHIP TYPE DEFINITIONS

We offer various membership options for individuals, couples, and families.

Membership definitions are as follows:

Adult: (1) person 18+

Couple: Up to two (2) adults living in the same household who are in a committed partnership. A couple may also qualify as one (1) parent and one (1) dependent child up to the age of 25 living in the same household or one (1) individual and one (1) dependent parent.

Family: Up to two (2) adults living in the same household who are in a committed partnership and their dependent children up to the age of 25. Family membership may include up to four (4) children. Additional children may be added to the membership at $15.00 per month per child. Family membership may include (1) parent, (1) grandparent, and up to 4 dependent children under 25.

Types of Family Memberships

- Two adults + (1) dependent child up to the age of 25.
- One or two adults + (2) dependent children up to the age of 25.
- One or two adults + (3) dependent children up to the age of 25.
- One or two adults + (4) dependent children up to the age of 25. Each additional dependent child is $15 per month.
- Generational: Only two generations on a membership. Up to 4 dependent children under the age of 25.

Note: A couple membership is available to one parent and one dependent child under the age of 25 living in the same household.

For questions on membership, please contact our Wellness Programs + Engagement Manager at 503.535.3534.

PARKING

Parking is free at the MJCC but is for use only while using our facility. Unauthorized cars left overnight may be towed. The MJCC parking lot is not a "park and ride" lot. Lock your car, and do not leave valuables in sight. The MJCC is not responsible for lost or stolen property. Drive slowly in our lot and follow the directional signs posted.

RACQUETBALL COURTS

The MJCC has two racquetball courts for free play or tournament play. Racquetball court time is complimentary for members by reservation on our website or through the Welcome Desk.

Please follow these policies and court etiquette guidelines:

- The MJCC reserves the right to schedule programming (leagues, tournaments, camps, etc.) or private rentals on the courts. Open-play courts may only be available at some times on all days.
- No food, gum, or drinks on the courts.

- Proper court sports attire must be worn - no street clothes. Shoes designed for sports court play, with non-marking soles, are required. Shoes should have clean soles to minimize dust and dirt on the courts. The courts are dry-mopped throughout the day. If a court requires dry mopping before you play, please see the Fitness Attendant for assistance.
- Please use lockers for gym bags. The MJCC is not responsible for lost or stolen items.
- The MJCC Fitness Center has a few racquets, protective eyewear, and balls available for use on a first-come, first-served basis.
- All players must wear protective eyewear at all times for their safety.
- When entering a court, please wait until the players have finished a point or rally, then knock on the door to alert them you are entering.
- Racquet abuse or other unsportsmanlike conduct is prohibited and may result in revocation of racquetball and/or member privileges.

RECIPROCAL USE

Your MJCC membership is recognized at more than 170 JCCs throughout the U.S. and Canada. Members of the MJCC will enjoy reciprocal membership at other JCC facilities according to that location's specific policy. Make sure to bring your member ID card when visiting other JCCs. For a full listing or more information about the JCC Association, visit www.jcca.org.

SECURITY

Your safety is our top priority. Upon entering the building, everyone must check in with the security officer and show the security officer a membership card. Non-member guests must show the security officer a government-issued photo ID and have their bags searched. Individuals who fail to present a membership card or other valid photo ID may be denied entry, regardless of membership status or prior entry. Please cooperate fully with our staff and the security officers. Security cameras are throughout the campus, and our staff and officers patrol our grounds regularly. Notwithstanding these measures, we urge you not to leave valuables in your car, as the MJCC is not responsible for lost or stolen property.

The MJCC has emergency exit doors throughout the building that are locked and alarmed. These exits are only to be used in an emergency. Do not exit through these doors for any reason other than an emergency, and do not open these doors to allow others to enter or leave.

The MJCC Welcome Desk and security officer do not accept personal items for safekeeping.

SOCIAL, CULTURAL + EDUCATIONAL PROGRAMS

The MJCC offers a variety of social, cultural, and educational programs. Some of these events are directed to a wide audience, while others are focused on children, families, teens, or adults. These programs are publicized in our quarterly Program Guide and appear in our weekly email blast, "What's Happening at the J." These events include family programming for Jewish and secular holidays and a range of lectures, panel discussions, and training sessions offered throughout the year. Please let the Development Events + Community Programs Manager know if you'd like to suggest an offering. In order to qualify for the MJCC member rates for programs, participants must be an active member at time of enrollment through the duration of the MJCC program.

SPORTSPLEX

The spacious and climate-controlled facility offers a wide range of activities for fun and competition. The MJCC Sportsplex includes an indoor field with a synthetic grass system that feels and plays like real grass, a gymnastics area, vending machines, and an area to eat if hosting a party. The Sportsplex is available for private rentals. Please see below for specifics on the gymnastics area and indoor field.

Gymnastics

- The gymnastics area may only be used when a staff member is present.
- Shoes are not allowed on the tumbling floor or the equipment. Socks are permitted.
- Please keep all children who do not participate in a gymnastics class out of the area.
- No food or drinks on the tumbling floor or equipment.

Indoor Field

- No food or drink on the field at any time.
- No spitting or gum on the field.
- Shoes must be worn at all times. No spiked, screw-in or long molded cleats are allowed on the field.
- Soccer balls are available for use.
- Unsportsmanlike conduct, including foul language and excessive arguing, is prohibited and is cause for expulsion from the Sportsplex.

- The Sportsplex is a multi-purpose area hosting many sports and activities, which often share time.
- The MJCC reserves the right to schedule programming (leagues, tournaments, camps, etc.) or private rentals on the field.
- The MJCC reserves the right to terminate an individual's or team's play privilege at the MJCC's discretion.

STEAM ROOMS, SAUNAS + WHIRLPOOLS

The steam room, sauna, and whirlpool, located in both locker rooms, are great places for adults to relax after a workout or before a massage. Per the Department of Health's guidelines, participants must be 14 years of age or older to use these facilities.

Please keep the following in mind:

- Before using these facilities, please shower and sit on a towel in the sauna and steam rooms. Swimsuits are strongly suggested when in the whirlpool.
- Elderly, pregnant women and persons with health conditions should consult a physician before using the steam room, sauna, and whirlpool.
- Persons under the influence of alcohol or other drugs or medications should not use these facilities.
- Persons with skin infections, open wounds, or communicable diseases may not enter the steam room, sauna, whirlpool, or swimming pools.
- Shaving is not permitted in the steam room, sauna, or whirlpool.
- Please use caution - long exposure may result in nausea, dizziness, or fainting.

STERN FAMILY BALLROOM

Let your imagination run wild when you host an event in our beautiful ballroom! The Stern Family Ballroom is available for all your needs, from weddings to corporate meetings to fundraisers. Movable walls allow this room to be divided into three spaces. The Ballroom has a portable, modular stage, podium, microphones, sound system, lighting, and more! Along with our ballroom, the MJCC rents classrooms, the gymnasium, and the pools for private or corporate events. Our experienced Rentals + Events Department can assist you in event planning and coordination. We have various catering menu options to accommodate any event, from meetings and seminars to receptions and parties. All of our catering menu options are exclusively available with Century Catering. Visit our website and fill out our Rentals Inquiry Form online at oregonjcc.org/rentals.

SUGGESTIONS

The MJCC is your community center, and we want to know how to make it all you want. If you have a suggestion or comment, please share it with us by scanning the QR code at one of our "suggestion boxes" locations throughout the center. We look forward to hearing from you.

SUPPORTING THE MJCC

The MJCC is a true community center open to all and supported by generous contributions from the Jewish Federation of Greater Portland, the Oregon Jewish Community Foundation, and our members and supporters. We rely on charitable donations to continue to provide vital social and cultural programming and keep our prices reasonable for fitness, athletic, and sports programming. Please consider a sustaining membership or a monthly or annual gift to the MJCC to help support our operations. Donations can be made online at www.oregonjcc.org/about-us/support-our-center/donate or by contacting our Development Events + Community Programs Manager at 503.244.0111. The MJCC also welcomes bequests and planned giving. Please contact our Executive Director for more information about planned giving opportunities.

WIFI TERMS + CONDITIONS

MJCC Wi-Fi Acceptable Use Policy + Security Information

By using the MJCC Wi-Fi service, you agree to this policy, so please read this information carefully. If you do not understand or agree with any of these terms, do not use the MJCC Wi-Fi.

This service isn't encrypted – you're responsible for your own security. This is a public, unencrypted wireless service. That means it isn't inherently secure from hackers. You'll need to take your own measures - like encryption, a personal firewall, or VPN - to protect your data and your computer. And, of course, any time you use the internet, you risk being exposed to viruses, worms or other malicious programs, so please make sure you're using up-to-date software to protect yourself. When you use MJCC Wi-Fi, you agree that you have sole responsibility for protecting yourself and backing up your data. The MJCC is not liable for any losses you experience as a result of using the service or your activities online.

Don't do anything to interfere with others' access or security. We want all of our guests to be able to enjoy MJCC Wi-Fi and, to that end, we cannot allow anything that interferes with our systems or other people's ability to use or access the internet - including, but not limited to, launching denial of service attacks, viruses, or spyware from your computer.

Don't do anything to harm minors or collect their personal information. Do not use MJCC Wi-Fi to seek or collect personal or identifying information from someone under 18 years old, or do anything that would harass or cause harm.

Don't use our service to view adult content. This is a community center, where people of all ages and sensibilities share the space. MJCC Wi-Fi is available in public areas, and adult material is both inappropriate and not allowed.

Don't use our service to break the law in any way. This includes sending or posting discriminatory, harassing, or threatening messages or images on the internet or via email service, hacking into unauthorized websites, and sending or posting information that is defamatory to the company, its products/services, colleagues, and/or members. We require that MJCC Wi-Fi users respect copyright and other intellectual property rights; don't defame, threaten, or harass others or infringe on their privacy; don't download or distribute pirated software or content; don't transmit or publish anything fraudulent or libelous.

Don't use our service for spam. Spamming slows down the service for everyone, and puts the whole network and the MJCC at risk. Examples of spam include: unsolicited email, chain email, bulk email without opt-outs or sent to people who have already opted out, or other messages that violate the CAN-SPAM Act or other relevant laws, or that inappropriately use other computers, servers, IP addresses, or false information to mislead the recipient about where the email comes from. It also includes any email or files sent in enough bulk to disrupt our network.

When you use MJCC Wi-Fi service, you agree that the MJCC is not liable for any damages suffered as a result of your using the service or your activities while using it, and you agree to hold the MJCC harmless from any claims based on your use of the service.

We reserve the right to decline or suspend service at any time, temporarily or permanently, to you individually or to everyone, for any reason.