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# *StoneWater*

## AMENITIES

**The developer for StoneWater has secured optional amenities for any future resident of the neighborhood to purchase any level of the Memberships with no initiation fee at Riverwood Golf & Athletic Club for the Riverwood Life Communities. These include Riverwood Golf, Pool & Athletics Club, Hedingham Golf, and LionsGate & Tralee Pool & Athletics Club. Information, Rules & Regulations are included below in this packet.**

**Once you have closed on your home & have received your certificate, call 550-3232 x 24 to make an appointment to sign-up for your desired level membership & monthly fees.**

**If you have any questions, call Frank Sutton w/ Coldwell Banker/Howard Perry & Walston – StoneWater sales agent at 919-217-3006.**



# RIVERWOOD GOLF & ATHLETIC CLUB

## Membership Price List

All memberships are for 12 months.  
Upon completion, memberships automatically continue on a month-to-month basis.

| Type of Membership | Description  | Resident   |         | Non-Resident            |         |                         |         |
|--------------------|--|------------|---------|-------------------------|---------|-------------------------|---------|
|                    |  | Family     |         | Individual              |         | Family                  |         |
|                    |  | Initiation | Monthly | Initiation              | Monthly | Initiation              | Monthly |
| ___ BRONZE         | Full access to pools, Athletic Club facilities & Golf Privileges – Mon.-Sun. After 3:00pm during daylight savings time. After 1:00pm during std. time. | None       | \$50    | \$100                   | \$60    | \$150                   | \$80    |
|                    |  |            |         | Currently not available |         | Currently not available |         |
| ___ SILVER         | Full access to Pools & Athletic Club facilities<br>Golf anytime during the week & after 11am on weekends & holidays.                                   | None       | \$80    | \$200                   | \$90    | \$250                   | \$110   |
| ___ GOLD           | Full access to Pools & Athletic Club facilities<br>Full Golf Privileges<br>VIP discount on all Pro Shop & Athletic Club items                          | \$500      | \$130   | NA                      | NA      | \$500                   | \$150   |
| ___ PLATINUM       | Full access to Pools & Athletic Club facilities<br>Full Golf Privileges<br>VIP discount on all Pro Shop & Athletic Club items. Cart fees included.     | \$500      | \$180   | NA                      | NA      | \$500                   | \$200   |

Note: Members may upgrade at anytime. Upgrades are for a 12 month minimum which must be completed before allowed to resume previous membership.  
Cart not included with golf privileges except on Platinum.

\*\*Swingtime golf available Monday through Sunday during twilight hours.  
\*See Golf Shop for seasonal hours.



# RIVERWOOD

## GOLF & ATHLETIC CLUB

### 2005 Platinum and Gold Membership Privileges

*Includes Full Access to all Athletic Club Facilities, plus UNLIMITED GOLF!*

**Platinum Membership includes unlimited golf cart use.**

Additional Benefits listed below.

1. Platinum and Gold Members receive 10% discount on merchandise purchases in the Riverwood Golf, Athletic Club, or McGhee's 19<sup>th</sup> Hole (Heddingham) pro shops.
2. **Guest Privileges**
  - **Golf:** Only accompanied guests in foursome play golf at the twilight rate.
  - **Golf:** Eight (8) VIP passes for green fees (valid for calendar year) which must be picked up by Members at the Golf Clubhouse.
  - **Athletic Club:** Ten (10) free guest passes per year which must be picked up at the Athletic Club.
3. **Free Nursery Service-**Only offered to Platinum and Gold Members at Riverwood Athletic Club.
4. **Free Range Balls.**
5. **Special Ordering Privileges at Riverwood Golf & Teaching Center Pro Shop.**
6. **Monthly Member Specials and Promotions-**Monthly promotions only offered to Platinum and Gold Members. However, specials and promotions are available in the named month only and are not offered retroactively.
  - **January- "Referral Month"** Refer one (1) member to join Platinum, Gold, or Silver and receive a \$100 gift card, Refer a member to join Bronze and get a \$50 gift card at the Riverwood Golf & Teaching Center Pro Shop.\* (Must be approved by the Amenities Director)
  - **February-** 25% off on any Personal Training Session at the Athletic Club
  - **March-** 50% off a 30 minute golf lesson at the Riverwood Golf & Teaching Center.
  - **April-** Additional 20% off in the Riverwood Golf & Teaching Center Pro Shop. (30% off total purchase)
  - **May-** ½ price Smoothie card (limit one) available at the Athletic Club.
  - **June-** FREE golf clinic at the Riverwood Golf & Teaching Center.
  - **July-** H2O bottles (limit two per family) that can be picked up at the Athletic Club.
  - **August-** 50% off a club fitting or club adjustment at Riverwood Golf & Teaching Center.
  - **September-** Gold/Platinum Appreciation Pool Party on Sunday September 25<sup>th</sup>.
  - **October-"Referral Month"** Refer one (1) member to join at Platinum, Gold, or Silver and receive a \$100.00 Gift Card to the Riverwood Golf & Teaching Center Pro Shop.\* (Must be approved by the Amenities Director)
  - **November-** 50% off any golf lesson series package.
  - **December-** Wholesale pricing at the Riverwood Golf & Teaching Center Pro Shop and Riverwood Athletic Club for Christmas gifts.



# RIVERWOOD GOLF & ATHLETIC CLUB

## RULES & REGULATIONS

Updated January 19, 2005

All rules and regulations have been created in order to enhance the safety and well being of our members. These rules are subject to change based on usage and further evaluation.

### 1. Hours of operation

#### Athletic Club

|             |                    |      |                   |
|-------------|--------------------|------|-------------------|
| Mon – Thur. | 5:30 am – 9:00 pm  | Fri. | 5:30 am – 8:00 pm |
| Saturday    | 7:00 am – 8:00 pm  |      |                   |
| Sunday      | 12:00 pm – 8:00 pm |      |                   |

#### Outdoor Pool Memorial Day thru Labor Day (or longer, weather permitting)

|             |                    |
|-------------|--------------------|
| Mon. – Sat. | 10:00 am – 8:00 pm |
| Sunday      | 12:00 pm – 8:00 pm |

#### During Johnston Co. school session

|           |                    |
|-----------|--------------------|
| Mon.-Fri. | 1:00 pm – 7:00 pm  |
| Saturday  | 10:00 am – 8:00 pm |
| Sunday    | 12:00 am – 8:00 pm |

### 2. General Rules

- Access into the Athletic Club will be through the front door only. All other doors are for emergency exit only, and alarm will sound if opened.
- Access to the Outdoor pools (during pool season) will be through the Cabana entry.
- No wet swim suits allowed in the athletic club. This includes the front lobby, workout areas, aerobics room, and nursery.
- Alcoholic beverages, drugs, and smoking are prohibited on the premises (indoor and outdoor).
- No one under the age of 11 allowed on fitness floor. Age 11-15 ONLY allowed on fitness floor after completing the teen certification class. NO EXCEPTIONS...
- All members that qualify for a scan card must have their own card to scan in each time you come to the athletic club, pools, and golf course.
- New members upon their request may receive a new member orientation at no charge. This orientation must be completed within the first 30 days of membership.

### 3. Guest Policy & Fees

**Guest Fee: \$10 per guest** – Each guest must be accompanied by a member.  
Members may purchase guest punch card of 10 for \$75.

**Guest Policy:** All guests using the Fitness Center must meet the *minimum age requirement of 16 years of age*. Guests using the indoor pool may be of any age, however must be accompanied by an adult if under the age of 16. All guests must sign the guest book and follow all club rules and regulations. Failure to comply with any of the club rules may result in being asked to leave the premises without a refund of the guest fee paid.

Members may bring a maximum of 4 guests per visit. Each guest may visit a maximum of 3 times within a 90-day period. Out of town exceptions will need to be approved in advance by the Athletic Club Coordinator. All guests will be entered into the club management system. A guest report will be printed monthly to ensure that no members are abusing the policy. Any member found abusing the policy will receive a verbal warning and/or letter will be sent for the first offense. If a second offense is committed, the member will not be allowed into the Athletic Club for 30 days. A third offense, privileges will temporarily be suspended for a probation period set at the managers discretion. Members are welcome to show off the facility, but any guest just "walking through" must still sign in at the front desk. ALL guest using the facilities MUST pay the guest fee.

#### 4. Nursery

- Children between the ages of 6 weeks and 11 years of age will be allowed into the nursery. Time limit per visit is 1 ½ hours. A set of nursery rules will be given to each parent. No one under the age of 11 yrs old will be allowed on the fitness floor or in the aerobics room, unless in a staff supervised program.
- The nursery is only to be used by parents who are onsite at the Athletic Club. The nursery is only for those working out in the Athletic Club, lap swimming in the indoor pool, or taking aerobics classes.

##### Nursery Hours:

|                   |                    |
|-------------------|--------------------|
| Monday-Friday     | 8:30 am – 11:30 am |
| Monday-Thursday   | 4:30 pm – 7:30 pm  |
| Friday afternoons | CLOSED             |
| Saturdays         | 9:00 am – 12:00 pm |
| Sundays           | CLOSED             |

##### Nursery Fees:

**Option A: Punch card** - Pay in advance at the front desk for a nursery punch card. First child cost \$2.00 (4 punches), each additional child cost \$0.50 (1 punch). After purchasing, punch cards will be kept and punched in the nursery.

**Cost: \$10.00 for 20 punches**

**Option B: Walk-in** - Must pay at front desk.

**\$3.00 per child**

#### 5. Age Limitations

**Must be at least 16 to use the Fitness Equipment. Age 11 to 16 may use Fitness Equipment ONLY if you have been certified through the teen certification program. Must be at least 16 to be in the Free Weight Area.**

Children between the ages of 11-15 will be required to take the "teen certification" course before having access to the Fitness Area. Participants will receive a full equipment orientation, explanation of the importance of exercise, muscles and body mechanics. The course will cost \$25 and last approximately 1 to 2 hrs. depending on class size. Upon conclusion of the course, each participant will fill out a Par-Q form and receive their own scan card. This will allow them access into the club during designated times below. Sign up and payment is required before the day of class. Teen Certs are generally done the first Saturday of every month. Certified teens are allowed to workout at any time with their parents, however we ask that you be considerate of our busy times. Those that are teen certified may also work out on their own during the following hours:

**Mon-Fri. 3:00pm-5:00pm**

\* Certified teens are not allowed to bring guest into the fitness area.

#### 6. Policies & Procedures

##### Membership Information & ID Cards:

- Each eligible member will be given a scan-card & are required to have that card each & every visit.
- All members must fill out a PAR-Q form (short health questionnaire). Once the PAR-Q is completed, signed, and dated, their membership card will then be activated. Members must inform the Athletic Club of any changes in their medical history, so we may add it to their record.
- Every member of the Athletic Club is required to have current emergency contact information on file.
- Members will swipe their card once for themselves and once for every member of the family that is not eligible for their own card yet, at the front desk when entering the Athletic Club or cabana for Outdoor Pool. Any guests with them must sign the guest book and pay the guest fee or present a guest pass.

##### Payment of Fees:

- All dues may be paid through EFT (Electronic Funds Transfer) or paid in full. Past due accounts beyond 30 days will result in suspension of privileges until account is corrected.
- All fees must be paid prior to participating in any program, lessons, personal training sessions, etc.



## PERSONAL TRAINING SESSION PACKAGES

| <u>½ HOUR SESSIONS</u> |            | <u>1 HOUR SESSIONS</u> |            |
|------------------------|------------|------------------------|------------|
| (1) SESSION            | - \$27.00  | (1) SESSION            | - \$40.00  |
| (5) SESSIONS           | - \$125.00 | (5) SESSIONS           | - \$190.00 |
| (10) SESSIONS          | - \$240.00 | (10) SESSIONS          | - \$360.00 |
| (20) SESSIONS          | - \$440.00 | (20) SESSIONS          | - \$680.00 |

ALL PERSONAL TRAINERS USED AT RIVERWOOD GOLF AND ATHLETIC CLUB MUST BE APPROVED CERTIFIED EMPLOYEES OF THE FACILITY.

CONTACT RAC FRONT DESK FOR MORE INFORMATION...

## **ATTENTION ALL PERSONAL TRAINING CLIENTS**

**Due to the number of no shows on appointments with our trainers, clients will be charged for any personal training appointments in which they do not show up for, and have not called in advance of the appointment to reschedule.**

**Their time is very valuable, please respect it and let them know well in advance if you can not make your apt., so that they may be able to fill that spot with another client.**

**Thank you for your understanding of this matter...**