

Orientation Information for Guests of Elim Park

Welcome to Elim Park Wellness Center. We hope you enjoy using the facility while you visit. The following information will guide you, the guest, in using the Center properly and safely. Please keep in mind that the Wellness Center is the home of our residents and should be treated as such. Thank you. *-Barbara Womer, Wellness Director*

Definition

Guests are defined as family and friends of Elim Park Place residents. Guests may be adults or children. Guests are not allowed to use the Center on a regular basis if they live in the area as this would be equal to a free membership.

Guest Requirements

- Guests are required to have a signed Waiver of Liability on file prior to using the Wellness Center. Waivers must be initialed by Wellness Staff.
- Children must have a Waiver signed by their **parent**. Grandparents may not sign for a grandchild.
- Guests are required to sign that they have read the Orientation Information prior to using the Wellness Center.
- Guests **must be accompanied by a resident** while using the Wellness Center.

Wellness Center Hours

The Wellness Center is open 24 hours per day, seven days a week.

Strength and Cardio Area

Children under the age of 12 shall not use the strength and cardiovascular equipment

The strength and cardio equipment shall be wiped down by the user when finished using it.

Locker Rooms

Guests may use the locker rooms to change and store their belongings. Elim Park will not be responsible for lost or stolen items. We recommend locking your belongings in a locker for the duration of your stay.

Pool

The pool will be open to guests. Guidelines for adult and child guests are included under the Guest Rules. The pool is closed for cleaning on Tuesdays from 12:00pm -2:00pm and Monday thru Thursday from 8:30pm-10:30pm.

Aerobics Room

Ping pong is available on Saturday and Sunday in the aerobics room.

Guest Rules

- Guests must be accompanied by the resident while using the Wellness Center.
- Guests must sign in and out of the Center using the Visitors log at the Reception Desk.
- Guests must follow the Dress Code which may be found in the Resident User Guide.
- Water in plastic bottles is allowed in the Wellness Center. Food and other drink are restricted to the Lobby.
- No personal flotation devices are allowed in the pool.
- Kickboards and noodles are the property of Elim Park and may be used with caution.

Adult Guests

- Adult guests may use the Wellness Center during normal operating hours.
 - Adult guests may participate in land/aquatics classes if space allows. Wellness staff must approve participation.
- Guests may not use the pool or whirlpool during Aquatics classes or Aquatic Therapy.

Child Guests

- Children under the age of 18 years may not use the Wellness Center unaccompanied by an adult.
- Children under the age of 12 years may not use the strength and cardio equipment.
- Children under the age of 18 years may not use the pool or whirlpool at any time.