



THE ALASKA CLUB

# MEMBER HANDBOOK



[www.thealaskaclub.com](http://www.thealaskaclub.com)

4.2016

## HOURS OF OPERATION - Check with your club for specific dates and holiday hours.

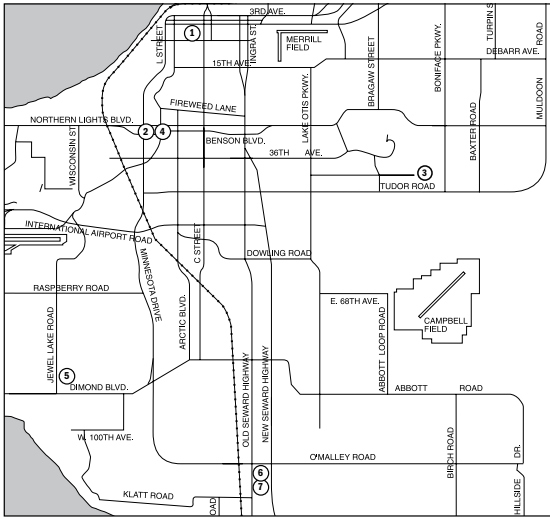
<b>Winter September 3, 2018 - May 27, 2019</b>	<b>Summer May 28, 2019 - September 2, 2019</b>
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<b>Downtown</b>	Mon-Fri Saturday Sunday	5:30am-9pm 9am-5pm Closed	Mon-Fri Saturday Sunday	5:30am-8pm 9am-1pm Closed
<b>West</b>	Open 24 hours, 7 days a week (Ages 18 and older only, 11pm-5am)			
<b>East</b>	Mon-Thurs Friday Sat/Sun	5am-10pm 5am-9pm 6:45am-8pm	Mon-Thurs Friday Sat/Sun	5am-10pm 5am-9pm 6:45am-8pm
<b>Club for Women</b>	Mon-Fri Sat/Sun	6am-9pm 8am-8pm	Mon-Fri Sat/Sun	6am-9pm 8am-6pm
<b>South</b>	Mon-Sat Sun	5am-10pm 7am-9pm	Mon-Fri Sat/Sun	5am-10pm 7am-8pm
<b>The Summit</b>	Mon-Sat Sun	5am-10pm 7am-9pm	Mon-Friday Sat/Sun	5am-10pm 7am-8pm
<b>Jewel Lake</b>	Open 24 hours, 7 days a week			
<b>Eagle River</b>	Mon-Fri Sat/Sun	5am-10pm 7am-8pm	Mon-Fri Sat/Sun	5am-9pm 7am-8pm
<b>Wasilla</b>	Mon-Thurs Friday Saturday Sunday	5am-10pm 5am-9pm 8am-9pm 8am-8pm	Mon-Fri Saturday Sunday	5am-9pm 8am-9pm 8am-7pm
<b>Palmer</b>	Mon-Fri Saturday Sunday	5:30am-9pm 8am-8pm 10am-6pm	Mon-Fri Saturday Sunday	5:30am-9pm 8am-8pm 10am-4pm
<b>Fairbanks South</b>	Mon-Fri Saturday Sunday	5am-9:30pm 8am-9pm 10am-9pm	Mon-Fri Saturday Sunday	5am-9:30pm 8am-7pm 10am-6pm
<b>Juneau Valley</b>	Open 24 hours, 7 days a week (Ages 18 and older only, 11pm-5am)			
<b>Juneau Downtown</b>	(Ages 18 and older only, 11pm-5am)		Mon-Fri Sat/Sun	4:45am-9pm 7:30am-8pm

<b>Express Club Hours</b>	<b>Underage Access</b>
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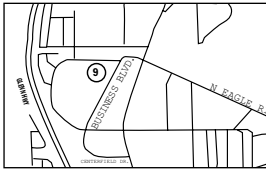
<b>Studio Hot Yoga</b>	Open during class schedule			
<b>Express Fairbanks</b>	Open 24 hours, 7 days a week Staffed hours: M-F, Noon-6pm		Ages 12-13, 8am-8pm when accompanied by a parent Ages 14-17, 8am-8pm	

# Anchorage

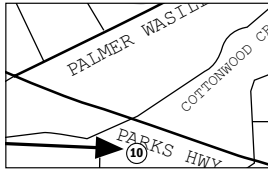


- ① **Downtown 274-4232**  
701 West 8th Avenue, Suite 100
- ② **West 264-2720**  
1400 West Northern Lights Blvd.
- ③ **East 337-9550**  
5201 East Tudor Road
- ④ **Club for Women 264-2700**  
1450 West Northern Lights Blvd.
- ⑤ **Studio 245-2223**  
3841 West Dimond Blvd.
- ⑥ **Jewel Lake 264-2720**  
3841 West Dimond Blvd.
- ⑦ **South 344-6567**  
10931 O'Malley Centre Drive
- ⑧ **The Summit 365-7300**  
11001 O'Malley Centre Drive

⑨ **Eagle River 694-6677**  
Valley River Center  
12001 Business Blvd.



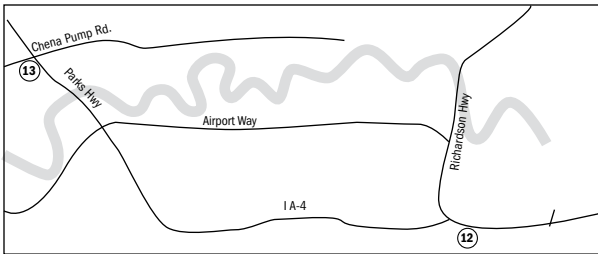
⑩ **Wasilla 376-3300**  
Creekside Plaza  
1720 East Parks Highway



⑪ **Palmer 746-3305**  
12051 E. Palmer Wasilla Hwy

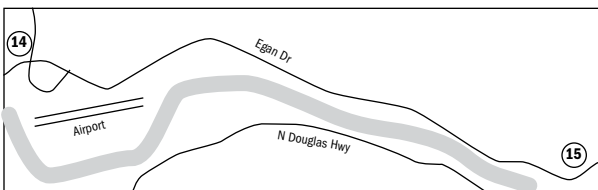


# Fairbanks



- ⑫ **South 452-6801**  
747 Old Richardson Hwy
- ⑬ **Express 452-3777**  
575 Riverstone Way, Unit 3

# Juneau



- ⑭ **Valley 789-2181**  
2841 Riverside Dr
- ⑮ **Downtown 586-5773**  
641 W. Willoughby Ave  
Suite 210

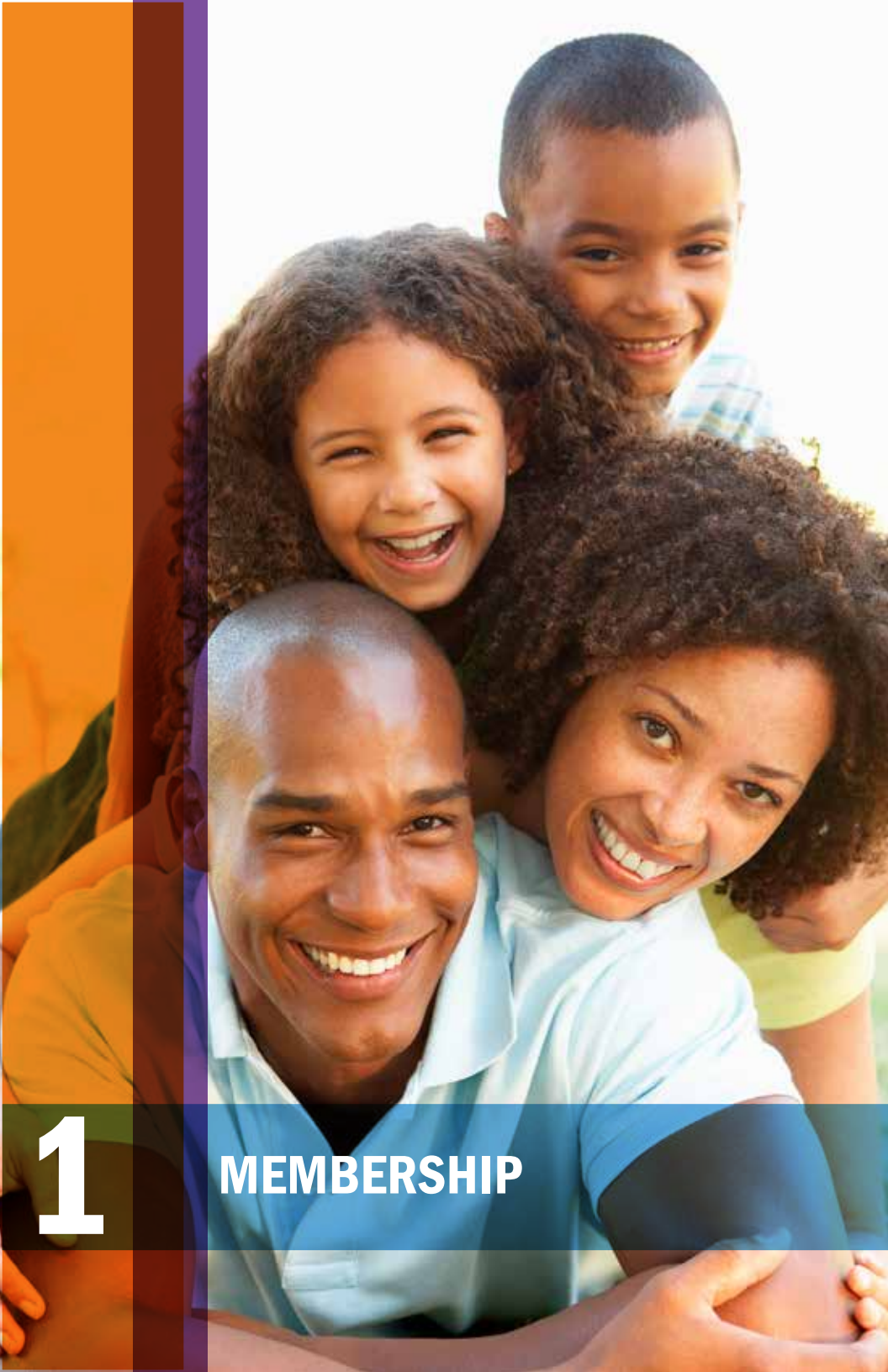




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**1**

**MEMBERSHIP**



**Silver Membership** - Includes use of The Alaska Club West, Downtown, Palmer, Express Clubs, and Fairbanks West Express. The Juneau Clubs are not included. Silver Memberships are available on an individual or couple basis and include the following membership categories:

**FITNESS:** This membership includes use of the fitness facilities and equipment, but has no tennis or racquetball privileges.

**Gold Membership** - Includes use of The Alaska Club South, East, West, Downtown, Palmer, Express Clubs, Eagle River, Wasilla, all Fairbanks and Juneau Clubs, and the Club for Women. The Club for Women is limited to women 18 and over. Gold Memberships enjoy the rights and privileges of all Club locations, except The Summit, and are available on an individual or family basis and include the following membership categories:

**FITNESS:** Includes walk-on racquetball court usage, but excludes tennis court use or court reservation privileges for either racquetball or tennis.

**RACQUETBALL/HANDBALL:** Includes racquetball court reservations and use, but excludes tennis court usage and reservation.

**TENNIS:** Includes tennis and racquetball court reservation privileges.

**Platinum Membership** - Includes all the benefits of our Gold Membership and access to The Summit, the most luxurious club in The Alaska Club Network. The Summit is limited to members 21 and over.

**FITNESS:** Includes walk-on racquetball court usage. This membership does not include tennis usage or reservation rights for tennis or racquetball.

**RACQUETBALL/HANDBALL:** Includes racquetball court reservations and use, but excludes tennis court usage and reservation

**TENNIS:** Includes tennis and racquetball court reservation privileges.

**The rules and policies contained herein may differ in Fairbanks and Juneau.**

**Individual Membership**

An Individual Membership shall consist of an individual person, whether or not married. Spouse and children, if any, shall not be entitled to the rights and privileges of this type of membership but may be guests in accordance with the rules and regulations of the Club.

**Family Membership**

A Family Membership shall consist of two adults, and up to two biological or adopted children or stepchildren up to age 25 living with parents. A family is also defined as a parent with up to three children (up to age 25) living with parents. An unmarried couple may also qualify upon submission of the Club's affidavit for Family or Couple membership.

**Couple Membership**

A couple is defined as two adults living in the same household or a parent with a child living at home between the ages of 12–25.



**GUESTS & FEES**

**2**

## **Guest Policy**

Guests may use the Club only when accompanied by a member, show a valid ID and sign in at the Member Support Desk. Members of the Club are responsible for the appropriateness of attire and conduct of their guests. A guest fee will be charged for each guest's visit to the Club. The Club reserves the right to limit the number of guests a member may bring to use the facilities. No individual may use the facilities of the Club as a guest on more than two occasions per month.

## **Guest Fees\***

Age 0 - 11 accompanied by an adult. . . . .	\$4
Age 12 - 17 . . . . .	\$10
Age 18 and up . . . . .	\$15
The Summit (21 and up). . . . .	\$20
All racquet sports . . . . .	\$25

\*Guest fee is waived if the child is using a childcare facility or if the guest is only coming to observe and will not use the facility.



**GETTING STARTED**

**3**

## Check In

Our check-in procedure requires members to have their photo taken to activate their membership scan number, issued at the Member Support Desk. This helps ensure the safety of all members. If a member refuses to have their photo taken, their membership may be revoked. Members age 12 years and older must check in and present their membership card each time they enter the Club. If a member forgets their membership card, a picture ID must be presented. Members 11 and under do not receive Club ID cards and must be accompanied by an adult member to enter the Club. The adult member must remain in the Club at all times. The membership card is the property of the Club and must be presented/surrendered at the request of Club management. The Summit will require a hand scan to enter the facility from the South access.

## Conduct

We expect members and their guests to exhibit courtesy and respect toward other members and our staff. Actions that disturb or offend other members are not allowed and all users of Club facilities must follow the directions given to them by the staff. Monopolizing equipment or furniture is prohibited. Loitering, sleeping and extended repeated daily visits are prohibited. Members must be using the Club for the purposes of exercising, getting a massage or tanning, participating in Club-sponsored activities, and preparing for or cleaning up after those activities. Profanity, abusive language, threatening behaviors, and loitering are prohibited. Spitting in the drinking fountains and hanging on basketball rims is strictly prohibited. The Club reserves the right to terminate the membership or privileges of any person who fails to comply with Club rules or for behaviors contrary to the best interest of the Club.

## Attire

We encourage members to wear workout clothing that is comfortable and does not inhibit their ability to perform the activity they are involved in. Attire must meet the following requirements:

- Members must wear shirts, appropriate pants or shorts, and athletic shoes in all areas of the Club except the locker rooms and the pool area. Jeans, cutoffs or pants with pockets or rivets damage the equipment and are not acceptable. (Bare feet are allowed for Yoga, PiYo®, Pilates® and Group Centergy classes.)
- No street shoes are allowed on any court or the indoor track.
- No shoes are to be worn on the pool deck area.
- Eye guards are mandatory when using the racquetball/handball courts.
- Cycling shoes permitted only in the immediate Group Cycling area.
- Appropriate swimwear must be worn in the pool.
- Clothing must be worn while on the furniture in the locker room lounges.

## Mobile App

Download our mobile app from iTunes or the Google Play store for Club hours, locations, schedules, scan into clubs, rewards and more.



## **Website** - [thealaskaclub.com](http://thealaskaclub.com)

The Alaska Club website is a useful tool for members. You can find Club hours, job openings, member newsletters, schedules, tournament entry forms and health tips, as well as special promotions. Members may also register for classes, schedule services, view their account info and pay their dues online.

## **Member Billing/In-Club Charges**

If you have charging privileges you may use your membership card to charge items purchased in the clubs on your account. Your charges will be billed on your monthly statement available online around the first of every month. Statements reflect the past month's charges and the current month's dues. Payment is due on the first of the month and considered past due on the 25th and subject to a late fee.

Payments may be made by:

- Automatic deduction from your bank account.
- Charge to your credit card.
- Online at [thealaskaclub.com](http://thealaskaclub.com). Choose "My Account" from the menu bar and follow the login and payment instructions on the screen.
- By mail.
- At the Member Support Desk at any location.
- At the payment lock box at the East location in Anchorage.

If you have any questions regarding your billing, contact the Accounting Department:

- Phone: 330-0102 East, M-F: 7am-6pm, Sat: 9am-1pm
- The Member Services Center at West, South, Wasilla, or Juneau Valley: messages will be returned by the end of the following business day.

Membership account information is available using the "Member Login" link at [thealaskaclub.com](http://thealaskaclub.com).

## **Damages**

Any damage to the Club's property by any member, member's guest or dependent children shall be paid for by the member.

## **Leave of Absence**

With appropriate documentation from their physician, members may apply for a leave of absence if they are unable to use the Club because of prolonged illness or injury. Members may apply for a business leave in writing in advance and must accompany such requests with proof from their employer. The dues of members on leave of absence shall be established by the Club and may be changed from time to time. No portion of such fee will be refunded.

## **Amendment of Rules and Regulations**

The Club may adopt other rules or regulations or policies not herein covered and all members will be obligated to comply with such rules, regulations or policies. If new rules or regulations are adopted, they will be published as "Additional or Substitute Rules and Regulations". Changes in the monthly dues shall not constitute an amendment requiring publication. All applications and Membership Agreements shall be forms prescribed by the Club and shall be subject to payment of the required enrollment fees and the approval of the Club. Persons under the age of 18 must have the signature of a parent or guardian assuming financial liability for membership and waiver of claims for the minor. By signing this document, the applicant(s) are stating that all information provided for membership is true and correct to the best of their knowledge. This agreement with attachments contains the entire agreement between the Club and the member and may not be modified verbally by any employee.





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**LOCKER ROOMS**



## **Locker Rooms**

All locker rooms, with the exception of Express Clubs, have a variety of amenities including towels, shampoo, soap, lotion, and hair dryers. Towels are located in the locker rooms or at the Member Support Desk. Please use the designated bins to deposit towels after use. Locker rooms and lobby lounges are intended for your use in transition to and from the club and are not intended for extended use.

Mothers are welcome to nurse their children anywhere in the Club they feel comfortable. This includes all age-restricted locker rooms with the exception of The Summit.

**Locker Rentals** - East, South, Wasilla, The Summit, Juneau Downtown & Valley, and Fairbanks South

Rental fees are \$15 per month at The Summit, \$10 per month in Fairbanks and \$8 per month at each of the other Clubs. The Member Support Desk staff can assist you in the locker rental process or in day use locks. Day use lockers must be emptied each night. If a lock is left on a day use locker, it will be cut and a \$10 fee will be assessed. This fee may be applied toward rental.

## **Camera Use at The Alaska Club**

The use of cameras is strictly prohibited in the locker room, sauna, whirlpool /spa and steam room areas of The Alaska Club.

## **CLUB FOR WOMEN**

### **• Locker Room**

Open to female members 18 years and older. Sauna, steam room, whirlpool, tanning beds, massage and two private dressing areas are all located in the locker room.

## **DOWNTOWN**

### **• Locker Rooms**

Open to members 14 years and older. Sauna is available in both locker rooms.

## **EAGLE RIVER**

### **• Adult Locker Rooms**

Open to members 14 years and older. Both locker rooms have saunas and steam rooms.

### **• Family Locker Rooms and Private Family Changing Rooms**

Locker rooms are available for all family members, and must be used by children aged 13 years and younger. Children 4 years and older must use the family locker room of the same gender.

## **EAST**

### **• Adult Locker Rooms**

Open to members 14 years and older. Sauna, steam room, whirlpool and access to the pool are available in this locker room.

### **• Adult Annex Locker Rooms**

Locker rooms include comfortable lounges and are available to members and guest(s) 21 years and older.

### **• Family Locker Rooms**

Locker rooms are available for all members, and must be used by children 13 years and younger. We ask that children 4 years and older use the family locker room of their own gender.

### **• Private Family Changing Room (located on pool deck)**

A private changing room is available for families with children 4 years and older of the opposite gender. Use of the room is limited to 10 minutes per visit.

## **EXPRESS FAIRBANKS**

### **• Adult Locker Rooms**

Open to members 14 years and older. No towels available.

## **FAIRBANKS SOUTH**

### **• Adult Locker Rooms**

Open to members 14 years and older. Ages 12 and 13 may be allowed only if within arm's reach of their parent. Both locker rooms have saunas, steam rooms and tanning booths.

### **• Family Locker Rooms**

Locker rooms are available for all family members, and must be used by children aged 13 years and younger. Children 6 years and older must use the family locker room of the same gender.

## **JEWEL LAKE**

Open to members 14 years and older. No towels available, or locker rooms. Day use lockers and changing rooms provided.

## **JUNEAU DOWNTOWN**

### **• Adult Locker Rooms**

Open to members 14 years and older, with steam room and sauna.

## JUNEAU VALLEY

- **Adult Locker Rooms**

Open to members 14 years and older, with whirlpool and sauna.

- **Private Family Changing Rooms**

A private changing room is available for families. Use of the room is limited to 10 minutes per visit.

## PALMER

- **Locker Rooms**

Open to members 14 and older. There is a sauna and steam room in men's locker room and a steam room in the women's locker room.

## SOUTH ANCHORAGE

- **Adult Locker Rooms with Steam Room and Sauna**

Open to members 14 years and older.

- **Family Locker Rooms**

Locker rooms are available for all family members, and must be used by children aged 13 years and younger. Children 4 years and older must use the family locker room of the same gender.

- **Private Family Changing Rooms**

Two private changing rooms are available for families with children 4 years and older of the opposite gender. Use of the rooms are limited to 10 minutes per visit.

## STUDIO

Studio does not have locker rooms. However, day-use lockers are available and changing rooms are provided. Yoga mats, blankets and towels can be rented for day use.

## THE SUMMIT

- **Locker Rooms**

Open to Platinum members 21 and older. Sauna, steam room, whirlpool, tanning beds, private bathrooms, showers, lemon water, coffee and tea are available in the locker rooms. Members must remove shoes upon entering the locker rooms.

## WASILLA

- **Adult Locker Rooms**

Open to members 14 years and older. Steam room, sauna and hot tub available in both male and female locker rooms.

- **Family Locker Rooms**

Locker rooms are available for all family members, and must be used by children aged 13 years and younger. Children 4 years and older must use the family locker room of the same gender.

- **Private Family Changing Rooms**

Two private changing rooms are available for families. Use of the rooms is limited to 10 minutes per visit.

## WEST ANCHORAGE

- **Locker Rooms**

Open to members 14 years and older only. Both the men's and women's locker rooms have a lounge, sauna and steam room. The women's locker room is closed nightly from 1–2am. The men's locker room is closed from 2–3am.

- **Wheelchair Accessible Dressing Room**

This restroom is wheelchair accessible and includes a toilet, lockers and shower.



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FITNESS

## **AUDIOFETCH**

Listen throughout the club without being tethered to cardio equipment. AUDIOFETCH streams real-time TV audio to your smartphone.

1. To use, download the FREE AudioFetch app at Google Play or Apple iTunes.
2. Your device **MUST** be on "Alaska Club WIFI".
3. Your audio sources will begin transporting by AudioFetch to your phone with a WiFi router or switch.
4. Listen to TV channels in real-time. Enjoy!

Please ask Fitness Personnel for any assistance required.

## **FIT CONNECT**

Orientations with a Fitness Professional centered around the information, programs and services that interest you most and best equip you to **take fullest advantage of your membership** are available now. **Call the Reservation Specialist at 365-7393 to book your appointment.**

## **FITNESS STAFF**

The Alaska Club's fitness staff can provide guidance on how to use all the equipment and technology in the gym. Don't hesitate to ask anyone of them to assist you with equipment and information you may need to assist with your work out. Learn more about our staff at [thealaskaclub.com/fitness-tools](http://thealaskaclub.com/fitness-tools).

## **OUR HIGH PERFORMANCE EQUIPMENT**

The Alaska Club continually invests in the high performance, technologically advanced equipment for our members, including:

- ExpressWay Circuit- Full body circuit located in all our facilities
- Weight training, resistance, free weights and functional training equipment
- Cardiovascular Equipment:
  - o Treadmills, Elliptical, AMT
  - o Rowing machines
  - o Stepmills
  - o Recumbent and upright bikes
  - o Ski Erg
  - o Lateral Trainers
  - o High Incline Trainers

## **ENTERTAINMENT CONSOLES**

Most of our cardio equipment is fitted with Preva personal entertainment screens

- Enjoy more interesting workouts with best of web content and entertainment apps, in an easy-to-read format, along with On Demand video channels like music videos, comedy, news and sports, Netflix, Hulu, Spotify and iHeart Radio apps.
- Set your own weekly goals based on calorie burn, distance or workout duration.
- Track your progress to goals and earn fun badges for your achievements.
- Save your favorite workouts so that you can replay the same workout another time.
- Traveling? No problem! Track your workout and access your progress anywhere in the world in a facility that features networked Precor cardio line equipment.

## **FITNESS CONSULTATIONS**

Your best start to learning where you are and how the Club services will best meet your needs. Schedule your consultation by visiting [thealaskaclub.com/request-fitness-consultant](http://thealaskaclub.com/request-fitness-consultant) for more information and to request a fitness consultation.

## **EXPRESSWAY 30-MINUTE CIRCUIT TRAINING**

ExpressWay is your fitness program starting point. During each visit, knowledgeable fitness staff members will offer assistance and instruction on a Nautilus circuit while reinforcing fundamental fitness concepts. Machine adjustments and weight settings will be recorded on an easy-to-follow card system that will allow you to track your progress as you develop a routine. Cards are kept in an easy-to-access file. The fitness staff will direct you to other services to enhance your fitness program and achieve your desired results.

## **CARDIO THEATER**

Cardio Theater is exercise entertainment. Tune into various television and music channels, or listen to your own music. Headphones are available for purchase from the Pro Shop (at select clubs) or use the headphones and ear pads provided.

## **GROUP FITNESS**

Over 50 types of classes are available throughout The Alaska Club Network for those 14 years old and older. Children ages 10–13 may attend classes when accompanied by a parent. Special classes are available for youth. A network Group Fitness schedule is available for review at the Member Support Desk of every location and can be downloaded from the [thealaskaclub.com](http://thealaskaclub.com) and The Alaska Club app. Schedules of classes are posted outside the group fitness rooms. Contact the Group Fitness Manager at 330-0169 (458-1740-Fairbanks, 364-4321-Juneau) with questions.

## **WORKOUT AREAS**

You are required to be familiar with policies in the fitness areas. Water must be in a covered plastic or metal container at all times. Bags, purses and backpacks are not allowed in workout areas. Personal items such as mats or jump ropes may be brought into the studio and club for usage. Fitness equipment, such as weights, kettle bells and TRX may not be brought into the clubs.

## **YOUTH FITNESS OPTIONS / EXPRESSWAY**

Youth ages 14 and up are allowed access to all fitness areas, including Group Fitness classes. This does not apply to The Summit, the 21+ room, or The Club for Women. See section 11 for more youth fitness options. Youth 10–13 must be accompanied by an adult in the ExpressWay and all fitness areas where youth of these ages are permitted. Free-weight areas are off limits to all youth under the age of 14. The ExpressWay is recommended as an orientation to the fitness areas.

## **ADULT FITNESS CENTER** - South Anchorage

The Alaska Club South offers an Adult Fitness Center for members and guests that are 21 years and over. A selection of Nautilus equipment, free weights and a stretching area is available to meet your fitness needs.

## **TRACK** - East, Eagle River, Fairbanks South

An indoor track is located upstairs surrounding the free weight and cardiovascular workout areas. Children ages 12 and 13 years may use the track with parental supervision.

- 1 mile:**
- Outer lane - 16.5 laps
  - Middle lane - 17.5 laps
  - Inner walking lane - 18.5 laps
  - Fairbanks (2 lanes) - 19 laps

**Direction:** Track direction changes daily. Please see posted signs. No stopping or standing in the lanes is allowed. Before getting on the track, check to see which direction you should be going.



**FITNESS SERVICES**

**6**

## PERSONAL TRAINING STUDIOS

This is a private training area for Personal Trainers to work with their clients. Members may not use this space unless working with a trainer. Equipment that is stored in the PT Studio may not be removed from the studio.

## GROUP FITNESS STUDIOS

This space are used for Group Fitness Classes, Fitness Programming and other club organized events. Can be used by individual members ages 14+ during times between classes and programming. Group events may not occur unless organized by The Alaska Club Management. Stereo systems are for class and program use only. Fitness equipment in the studios is available for personal use, please replace them when you are finished.

## FITNESS PROGRAMMING

Fitness Programs are offered on a monthly schedule and include series such as Dance, Martial Arts and Wellness Seminars. To view the current programs, refer to [thealaskaclub.com](http://thealaskaclub.com) or The Alaska Club app.

## WEIGHT LOSS PROGRAMS

Whether you need to kick-start a weight loss journey or simply have a few pounds to lose, these cutting-edge programs will motivate you and give you the education and tools to reach your goals.

## PERSONAL TRAINING - All locations

Personal Training provides efficient, convenient, and individualized workouts tailored to meet your needs. Postural and movement screenings are included in the training sessions allowing you to maximize results for your entire body. Learn how to measure success, manage stress and make lifestyle changes. A dedicated, certified Personal Trainer will help you reach your potential, enabling you to develop sound training techniques based on your health and fitness requirements.

**Advanced Trainers:** one certificate/degree, 6 months - 2 years experience

**Expert Trainers:** more than one certificate/degree, over 2 years experience

**Master Trainers:** multiple certificates/degrees, over 5 years experience

## PERSONAL FITNESS CONSULTATION

A one-hour consultation with the Fitness Consultant consists of a review of your health and fitness goals, a variety of assessments and measurements, equipment orientation and a short demonstration on proper technique. You will receive program recommendations to best suit your goals and help achieve your results at the club. Schedule your consultation by visiting [thealaskaclub.com/request-fitness-consultant](http://thealaskaclub.com/request-fitness-consultant) for more information and to request a fitness consultation.

For more information on The Alaska Club's Personal Training services:

- East - 330-0193
- Eagle River - 365-7320
- South, The Summit - 330-0152
- West, Club for Women, Downtown - 264-2778
- Studio - 245-2233
- Wasilla, Palmer - 864-7145
- Juneau - 364-4322
- Fairbanks - 458-1742
- Visit [thealaskaclub.com/personal-training](http://thealaskaclub.com/personal-training)









**SWIMMING POOLS**

**7**

## SWIMMING

### General Information

The Alaska Club features indoor swimming pools at the Wasilla, East, South Anchorage and Fairbanks South Club locations. Each pool offers a wide variety of recreational activities that may include lap swim, open swim, Masters swim, aqua Group Fitness classes, and a splash park (Wasilla) for kids are included as part of your membership benefits. Pool schedules may be obtained by visiting The Alaska Club website, [thealaskaclub.com](http://thealaskaclub.com), or downloading The Alaska Club app.

Please see the rules located near the pool concerning pool usage. Appropriate swimming attire is required in the pools. Alaska health codes prohibit cotton shirts and cut-off shorts from being worn in the pool. Swim diapers must be worn by infants. It is also mandatory to shower prior to entering the pool or whirlpool. When using the whirlpool located on the pool deck, please read posted rules before entering.

**Children under the age of 14 must be accompanied by an adult while using the whirlpool (must be 4'6" tall in Fairbanks, no age requirement).**

### Masters Swim Team

- Anyone 18 and older may participate in the Masters program.  
An experienced coach will provide workouts and coaching for conditioning and stroke improvement.
- Meeting times are listed in the Group Fitness and Pool Schedules on [thealaskaclub.com](http://thealaskaclub.com) or on The Alaska Club app.

### Kids' Swim Teams

- The swim teams are designed to help develop swimming skills as well as promote physical fitness. The teams also teach basic speed swimming techniques and encourage teamwork skills. Specific times and sessions can be found online at [thealaskaclub.com](http://thealaskaclub.com).

## EAST

The East Club has a full-size pool with six lanes -- two of which are usually available for adult lap swim -- and one water slide.

## SOUTH ANCHORAGE and THE SUMMIT

The South Club has a pool with five lanes for lap swimming, a shallow family area and a 52 foot water slide. The family pool is available for open swim during club hours unless the pool is scheduled for swimming lessons or other club events. The Summit Club members have direct access to the pool. Adults must accompany children for non-supervised open swim and in the on-deck whirlpool.

## EAGLE RIVER

The Eagle River Club has a pool with four lanes for lap swimming, an on-deck whirlpool, 70 foot water slide and splash park area for children. The splash park requires an adult to be present to supervise children under the age of 12.

## WASILLA

The Wasilla Club has a pool with five lanes for lap swimming, an on-deck whirlpool, 100 foot water slide and splash park area for children. The splash park requires an adult to be present to supervise children under the age of 12.

## FAIRBANKS SOUTH

Features six lanes in the full-sized swimming pool with diving board, water slide and whirlpool. All pool activities are open on a walk-on basis, except swim team and lessons. Open swim offered at least once a day.



# SWIMMING LESSONS

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## **STARFISH ACADEMY** - South, East, Wasilla, Fairbanks South

Starfish Academy strives to give our students the care and individualized attention they need at an affordable price. With our certified, experienced instructors and smaller class sizes, we can offer more specialized group lessons. Visit [thealaskaclub.com](http://thealaskaclub.com) for pricing information or to register online.

Aquatic programs offered through Starfish Academy.

- Little Ones with a Parent
- Preschool Aquatics 1
- Preschool Aquatics 2
- Learn to Swim 1: Introduction to Water Skills
- Learn to Swim 2: Fundamental Aquatic Skills
- Learn to Swim 3: Stroke Development
- Learn to Swim 4: Stroke Improvement
- Learn to Swim 5: Stroke Refinement
- Swim Team
- A1: Beginner Adult Stroke Refinement

\* Only available at the East location

+ Available at East and Fairbanks South



### **Registering for group swim lessons**

Group swim lesson schedule information and registration can be done online at [thealaskaclub.com](http://thealaskaclub.com) or in person at the Member Services Centers, or by calling the Reservation Specialist at 365-7393.

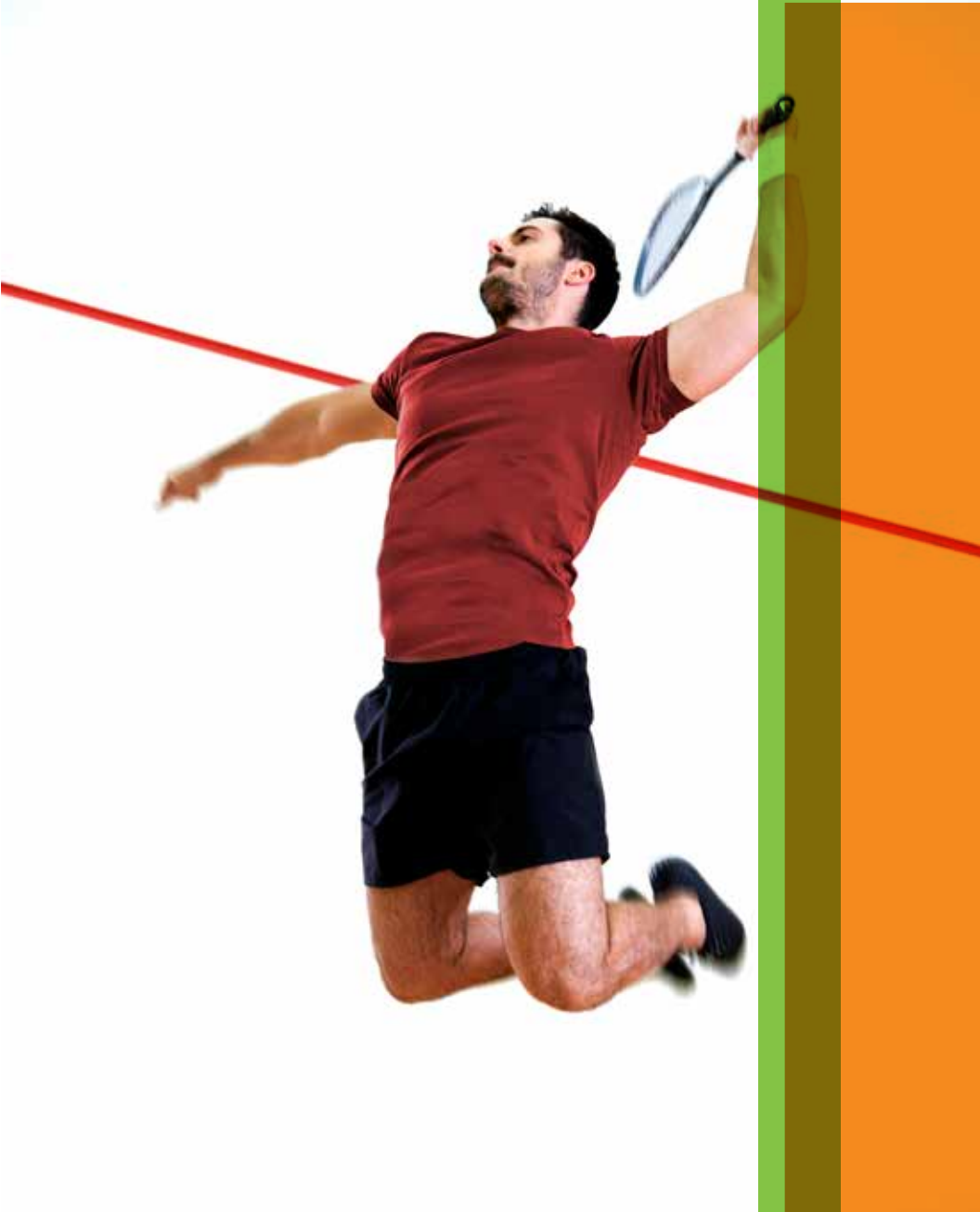
### **Private lessons are offered daily for all skill levels.**

To schedule a private lesson, please contact the Reservation Specialist at 365-7393.

\* Prices and availability may vary in Fairbanks. Call the number above for details.

Only The Alaska Club staff can provide swim lessons at the Club.





**RACQUET SPORTS**

**9**

## **RACQUETBALL/HANDBALL/SQUASH -**

East, South, Eagle River, Wasilla, Palmer, Fairbanks South, Juneau Valley

There are five racquetball/handball courts at the East location. Court five is convertible to a squash court. The South location have three racquetball courts. The Wasilla and Palmer locations each have two racquetball courts. Fairbanks South has three. We have established the following guidelines to assist in your court enjoyment.

- All players on the court must be racquetball or tennis members or have paid a racquetball guest fee.
- Court users must check in for their court at the Member Support Desk before playing, or a \$15 no show fee will be charged to account.
- Courts will be open for play as posted at the Clubs.
- Gold Fitness members have walk-on privileges.

### **Court time:**

- a. Court time is one hour long, beginning on the hour or half hour.
- b. Reservations can be made at the Member Support Desk at either club or online at [thealaskaclub.com](http://thealaskaclub.com).

In order to reserve a court, members will be required to give:

- a. Name
- b. Membership number
- c. Name(s) of playing partners

### **Advanced reservations:**

- a. Each membership (e.g. Family, Individual) may have only one advance reservation on the books at a time.
- b. This reservation may be made up to four days in advance (the day of play being the fourth day) and may be made by anyone on the membership. As soon as that reservation is played off, anyone on the membership may sign up for another advance reservation.
  - A member's advance reservation will be cancelled if the member has double-booked or gives an invalid member number.
  - Someone on the reservation membership must be on the court during the reservation period.
  - Court reservations are not transferable to playing partner(s).
  - Advance reservation cancellation: reservations must be cancelled four hours in advance or a \$15 no-show fee will be charged. A \$15 no-show fee will be charged for failure to check in with the Member Support Desk to claim the reserved court. Your membership card must be shown at time of check in.
  - Court must be claimed within ten minutes or it may be reassigned.
  - Play is limited to no more than twice daily under any circumstances.



**Attire:**

- a. Only proper attire shall be worn on the courts. No footwear other than clean, non-marking court shoes may be worn on courts.
- b. The use of eye guards and wrist straps is mandatory for the protection of all members and their guests when using the courts.

**Guests:**

- a. The guest fee for racquetball and handball courts is \$25.
- b. Each guest is only permitted to play twice per month.

**Lessons:**

The Clubs provide a professional staff from whom instruction may be taken.

- a. Private lessons are available.
- b. Members must utilize the Clubs' professional staff when receiving instruction. No other instruction is allowed on Club courts or in Club facilities. Family members may, however, provide instruction to other family members.
  - Leagues, clinics, camps, tournaments and private lessons are available throughout the year. Information on these can be found on our website at [thealaskaclub.com](http://thealaskaclub.com).
  - Eye guards, racquets and racquetballs are available at the Member Support Desk of each club; we have these items for check-out or sale.

**Children:**

Children through the age of 11 must be accompanied by an adult while using the racquetball and squash courts, unless participating in a lesson, Club sponsored activity or with specific approval of the racquetball department. Children under the age of 3 are not allowed on the courts at any time.

**Challenge courts:**

- a. Players must abide by the challenge rules posted in the court area.
- b. Times reserved for challenge courts available at the Member Services Desk.

**PICKLEBALL**

*East, South, other locations??*

This fun sport combines many elements of tennis, badminton and ping-pong. Pickleball can be played both indoors or outdoors on a badminton-sized court and a slightly modified tennis net with a paddle and a plastic ball with holes. Team up with a partner for doubles, or play one-on-one singles.

## TENNIS

### East, Juneau Valley

The East location has four indoor tennis courts and member tennis lounge. Juneau Valley has two indoor courts. The following guidelines have been established to make your playing experience pleasurable:

- Players on the court must be Tennis members or have paid a tennis guest fee.
- Courts will be open for play as posted at each club.
- Court time is one hour or one hour and 15 minutes long at all locations.
- Reservations can be made after opening at all locations.
- Reservations can be made by phone (East, 337-9550; Juneau, 789-2181) or at the Member Support Desk. Reservations for East can also be made at [thealaskaclub.com](http://thealaskaclub.com).
- In order to reserve a court, members will be required to give:
  - a. Name
  - b. Membership number
  - c. Name(s) of those they will be playing with, if known.

### Advanced reservations:

- a. Each membership (e.g. family, individual) may have one advance reservation on the books at a time.
- b. Reservations may be made up to four calendar days\* in advance (the day of play being the fourth day) and may be made by anyone on the membership. As soon as that reservation is played off, anyone on the membership may sign up for another advance reservation.
- c. \*Includes holidays and days the club is closed.
  - Day of play orange reservation:
    - a. A special reservation for open courts may be made only after 8:30pm before the day of play or on the day of play (no exceptions).
    - b. Orange reservations will not count against any advance reservation you may have on the books.
  - Someone on the reservation membership must be on the court during the reservation period.
  - Court reservations are not transferable to playing partner(s).
  - Advance reservation cancellation: Reservations must be cancelled at least four hours in advance or a \$15 no-show fee will be charged to your account.
  - A \$15 no-show fee will be charged for failure to check in with the Member Support Desk to claim the reserved court. Your membership card must be shown at time of check in.
  - The court must be claimed within 15 minutes of the scheduled time or it may be reassigned.
  - A member's advance reservation will be cancelled if the member has double booked or gives an invalid member number.

**Attire:**

Only proper attire (no cut-offs, street clothes, etc) shall be worn on the courts. Non-marking shoes are required for all tennis courts.

**Guests:**

- a. The guest fee for tennis is \$25 at all locations.
- b. Each guest is welcome to play a maximum of twice a month.
  - Rental fee for the ball machine is \$5.

**Lessons:**

Each club provides a professional staff from whom instruction may be taken. Lessons range in price per hour depending on the experience of the pro. Members must utilize the Club's professional staff when receiving instruction. No other instruction is allowed on Club courts, or in Club facilities. Family members may, however, provide instruction to other family members.

- Loaner racquets are available. There is no charge for racquets if used in a Club lesson program.

**Children:**

Children through the age of 11 must be accompanied by an adult while playing tennis unless participating in a lesson, club-sponsored activity or with approval of the tennis department. Children 3 years old and younger are not allowed on the courts at any time. Only tennis play is allowed on the courts.

- Private lessons must be cancelled 24 hours in advance, otherwise the full lesson charge will be made.
- Group lessons and junior programs must be paid for completely. Missed lessons can be made up in another class.
- Players should pick up all the balls on their court and curtain area after play.



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**GYMNASIUM**

**WEST, CLUB FOR WOMEN, SOUTH, THE SUMMIT, EAGLE RIVER, JUNEAU VALLEY, FAIRBANKS SOUTH** have full-size basketball courts. Platinum members may use the Anchorage South gymnasium, which is connected to The Summit. Club for Women members may use the West gymnasium.

### **EAST & WASILLA**

East and Wasilla locations also have gymnasiums available for recreational use. Children under the age of 12 must be accompanied by an adult.

Basketballs are available to borrow. Membership identification is required to check out equipment. The gymnasium closes 15 minutes prior to the posted facility closing time. Note: The gym schedule may be altered to accommodate activities and camps sponsored by The Alaska Club.



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**YOUTH**



## **RULES FOR YOUTH**

1. Youth ages 14 and up are allowed access to all fitness areas including Group Fitness classes (except The Summit, South 21+ room and Club For Women).
2. Youth ages 12–13 are allowed to participate in the ExpressWay workout and Group Fitness classes when accompanied by an adult.
3. All children and youth ages 4–13 are welcome in our Family Fitness rooms at the East and Wasilla locations when accompanied by an adult. Children ages 6–11 are allowed in the Rock Climbing room (West/South/Wasilla) and Member Support Desk/Lounge area only while being accompanied by an adult.
4. Children under the age of 6 must be accompanied by an adult at all times, in all areas of the club.
5. The Summit is an adult (21 and over) facility and youth are not permitted.
6. The Club for Women is an 18 and older facility and youth are not permitted.
7. No minors under 18 permitted at West or Express clubs after 11pm unless accompanied by a responsible adult.
8. Use of whirlpool baths, saunas, steam rooms and tanning facilities are not recommended for children under the age of 14.

### **Swimming Pools** - South, East, Wasilla, Fairbanks South

- Children under 14 are not allowed to swim in the lap lanes and are only permitted in the pool during Open Swim times. Children under 12 must be accompanied by an adult in the water at all times, except at the Wasilla club.
- The aquatic staff has the authority to request that a child leave the pool area if the behavior or the safety of the child is in question.
- Only The Alaska Club staff can provide swim lessons at the Club.

### **Tennis & Racquetball** - East, Wasilla, Palmer, Fairbanks South, Juneau Valley

- Children 11 years and younger are not allowed in the court area unless they are playing with a parent, involved in a lesson or with specific approval of the tennis or racquetball department or Club management.
- Children 3 years and younger are not allowed on the courts at any time.

### **Adult Locker Rooms** - Anchorage South, East, Wasilla, Fairbanks South

- Children 13 years and younger (including infants) are not allowed in the Main Adult Locker Rooms. See family locker room policies below.

### **Annex** - East

- Must be 21 years and older to use the locker room annex. Infants are not allowed in this locker room.

### **Family Locker Rooms** - Anchorage South\*, East, Eagle River, Wasilla\*

- All members 13 and under must use these locker rooms.
- Unaccompanied children 6 and older may use these areas when an adult has checked them in and that adult remains in the Club. Children 5 years and older must use the locker room of their own gender at East, age 4 and older at South Anchorage and Wasilla.

\*Private changing rooms are provided at the South Anchorage, East and Wasilla locations.

### **Family Fitness Center** - East, Wasilla

- All children and youth ages 4–13 are welcome in our Family Fitness rooms when accompanied by an adult. (Ages 11 and under welcome at Fairbanks South)

## **Rock Climbing Tower and Bouldering Wall** - Wasilla, West, Juneau Valley

- Check Clubs for current climbing instruction programs.

### *Rock Climbing Warning:*

All climbing activities, either roped or unroped, indoors or outdoors are inherently dangerous. Climbing activities can lead to serious injury or death. All persons engaging in climbing activities do so at their own risk. The Alaska Club assumes no responsibility for equipment failure, poor judgement, injury or death incurred by anyone participating in climbing activities.

### **Climbing Tower Guidelines:**

- Must be 13 years or older to belay.
- Prior belay certification required before using tower.
- When belaying a person of equal or greater weight you are required to use the daisy chain anchor.
- Climbers can check out harnesses at the Member Support Desk.
- All privately owned climbing equipment not issued by The Alaska Club must be inspected prior to use.
- Leaning mats against the climbing structures indicates that the section is closed to climbing. Do not lay down the mats and climb when a section is closed.
- Horse play is not allowed.

### **Bouldering Wall Guidelines**

- Children must be 12 or older to be in the room without parental supervision.
- Children 6-11 are allowed in the room only while accompanied by an adult.
- No food or drink allowed in the climbing area (covered water bottles only).
- Leaning mats against the climbing structures indicates that the section is closed to climbing. Do not lay down the mats and climb when a section is closed.
- Horse play is not allowed.

### **Kids' Zone** - South, East, Eagle River, Wasilla, Fairbanks South, Juneau Valley

Kids' Zones are provided for members and their guests age 6 to 16.

Free video games are available on a first-come-first-serve basis in the youth areas of the club. The games are unsupervised.

### **Kids' Play Centers** - South, East, West, Club for Women, Eagle River, Wasilla, Juneau Downtown & Valley, Fairbanks South

A 10-visit Play Center electronic punch card is available for \$30 at the Member Support Desk and can be used at any of The Alaska Club Kids' Play Centers. A \$4 charge will be applied to those not using an electronic punch card. The following rules apply at all Play Centers:

- Visits are limited to two hours in length, and a minimum of four hours must elapse between them.
- A late fee of \$1 per minute will be charged if a parent arrives after the 2 hours have lapsed or past closing times. There is a 5 minute grace period.
- Children 6 weeks through age 12\* are welcome. (\*9 years at Fairbanks South)
- Children must be signed in and out by a parent or guardian. Siblings may not sign the child in unless they are 18 years of age or older.
- Children must behave in an appropriate manner determined by the attendant, or the parents will be contacted and may be asked to remove the child from the Play Center.
- If the child cries and is inconsolable after 5-10 minutes, the parent will be contacted.
- Parents must remain on the premises of the location and must note their destination(s) on the sign-in sheet.
- No outside food or beverage allowed except water and parent-fed bottles (except in Fairbanks and Wasilla).
- Socks are required.



## **The Alaska Club Kid's Play Center Waiver, Release of Claims and Indemnity Agreement**

When a member leaves a child in The Alaska Club Kid's Play Center, they are acknowledging and authorizing the following:

1. For each child I am signing into The Alaska Club Kids' Play Center, I agree to defend, indemnify and hold harmless The Alaska Club, its employees, officers and directors from any claim for personal injury or death that occurs to or by the child while the child is placed in The Alaska Club Kids' Play Center.
2. I understand that The Alaska Club Kids' Play Center is not a licensed childcare facility, but does follow specific requirements established by AMC 16.55.050. I will inform the play center staff of any health or emergency related information about the child/children that I check into the facility. I also agree that I will be located in the areas I've designated on this form so I can be located in case of an emergency.
3. I expressly agree that use of the club's facilities, equipment and transportation provided by the club shall be undertaken by my minor dependents at my sole risk. In consideration for use of the club's Kids' Play Center, I for myself and on behalf of my heirs, successors and assigns, as well as on behalf of any minor dependents who utilize the club's facilities and equipment, do hereby forever release and discharge the club, its owners, officers, employees, agents, assigns and successors from all claims, demands, causes of action, lawsuits and liability for any death, injury or damages of any nature whatsoever incurred while using the club's facilities or equipment, or while participating in any club sponsored activity, or while utilizing any transportation provided by the club, including without any limitation, those injuries, deaths or damages resulting from acts of active or passive negligence on the part of the club, its officers, agents or employees.
4. Please note that visits are limited to 2 hours. A late fee of \$1.00 per minute will be charged after 2 hours or after closing. I hereby authorize The Alaska Club to charge my account or electronic punch for each child I have signed in.

### **Summer Fun Camp** - May-August at East, Anchorage South, Eagle River, Fairbanks South

The Alaska Club Summer Camp offers eleven- twelve weeks of fun for kids ages 5-12, allowing them to explore, play and grow all summer long. Each week focuses on a specific theme designed to expand their imagination and creative nature. Each day features a variety of hands-on, age appropriate activities where everyone has the opportunity to experience sports, arts and crafts, outdoor activities and daily swimming. Your kids will have fun, get their energy out and build memorable friendships. Learn more at [thealaskaclub.com/camps](http://thealaskaclub.com/camps) or call 9907) 365-7393.

### **Day Care Assistance\***

We accept DCA: [click here for the State of Alaska DCA information page](#) for more details and to apply.

\*If DCA authorization is not submitted with packet, parent(s) or guardian(s) are required to pay the amount in full and a credit will be applied to account upon receipt of the authorization form. DCA payments are received monthly. Any balance left after DCA payment must be paid in full before child will be allowed to continue in camp. (We charge a flat rate per week. We DO NOT pro-rate the weeks if your child is not in attendance all 5 days. DCA will not pay for days a child does not attend)

If you have questions, call the Camp Hotline @ 907-365-7393 or [callcenter@thealaskaclub.com](mailto:callcenter@thealaskaclub.com).

\*Daycare assistance accepted at East, Wasilla, and Fairbanks South.

## Kids' Play Center Hours

Children 6 weeks to age 12\* are welcome. Changing stations are available for parents to change their child's diapers. Holiday hours will be posted. (\*age 9 in Fairbanks)

*New Hours Start May 27, 2019*

<b>SOUTH/THE SUMMIT</b>	<b>Winter Hours</b>	<b>Summer Hours</b>
Mon-Fri	9am-8:30pm	9am-1pm & 3-8:30pm
Saturday	9am-4pm	9am-4pm
Sunday	9am-1pm	9am-1pm
<b>EAST</b>		
Mon-Fri	9am-8:30pm	9am-8:30pm
Saturday	9am-4pm	10am-6pm
Sunday	9am-1pm	11:30am-6:45pm
<b>WEST/CLUB FOR WOMEN</b>		
Mon-Fri	9am-8:30pm	9am-2pm & 4-8pm
Saturday	9am-2pm	9am-2pm
Sunday	11am-2:30pm	11am-2:30pm
<b>EAGLE RIVER</b>		
Mon-Fri	9am-8pm	9am-8pm
Saturday	9am-4pm	9am-4pm
Sunday	Noon-4pm	12am-4pm
<b>WASILLA</b>		
Mon-Fri	9am-1pm & 4-8pm	9am-1pm & 4-8pm
Saturday	9am-4pm	9am-4pm
Sunday	Noon-4pm	Noon-4pm
<b>FAIRBANKS SOUTH</b>		
6 weeks-9 years:		
Mon-Fri	8am-2pm (closed 2-3pm) 3:00-8pm	8:45am-7:30pm
Saturday	8:15am-1:30pm	9:30am-1:30pm
Sunday	11:30am-2:15pm	11:45am-1:15pm
<b>JUNEAU VALLEY</b>		
Mon-Thurs	8:45am-1pm, 4:45-8pm	8:45am-1pm & 4:45-7:30pm
Friday-Sat	8:45am-1pm	8:45am-1pm
Sunday	Closed	Closed

Discounts are available with the Membership Plus and Good Life memberships.



**SERVICES**

**12**

**UV Tanning** - All locations

Parental consent is required for those under 14. Single tans are (with federal tax) \$12.00 per visit, or members may purchase a 10 session series sale for \$65.00. Tanning sessions can be used network-wide. A variety of tanning lotions are available for purchase at the Member Support Desk. A federal tanning taxes applies.

At the East, The Summit, West, South, Club For Women, and Express Jewel Lake, we offer the VHR, a "Very High Reflector" stand-up tanning booth. For pricing information or to make a tanning appointment, contact the Member Support Desk. **If you are unable to make your appointment, please call in advance so we may make the time available for another member.**

All Express Clubs will now offer 24 hour tanning. Prepaid tanning cards may be purchased in advanced which would allow the user to operate the tanning bed once in a 24 hour period. Cards expire 30 days after first use.

**Spray Tanning** - South, East, West and Wasilla

Available with optional Moisturizing Treatment (see below)

- Full Body tanning: \$20 medium, \$25 dark.
- Add "Instant" color solution for \$5.
- Add Moisturizing Treatment for \$5.

**Skin Moisturizing Treatment** - South, East, West and Wasilla

A full-body, evenly applied, anti-aging and skin firming solution that leaves your skin feeling rejuvenated, revitalized, and reenergized.

**Pro Shop** - All locations (except Express clubs)

Each location has a pro shop geared for your athletic needs. We encourage you to come in and take a look at our great selection of sports gear.

**Massage** - East, West, Wasilla, Eagle River, Club for Women, South, The Summit, Juneau Valley and Downtown, Fairbanks South

Appointments can be made by contacting the Member Support Desk. Your comfort is important to us and you will not be required to disrobe beyond your comfort level and will be modestly draped with a sheet or towel. Please note that we require a four hour cancellation notice or you will be charged a no-show fee of \$35.

	<b>Member</b>	<b>Nonmember</b>
<b>55 minutes</b>	\$55	\$65

**Hydromassage** - West, East, South, Eagle River, The Summit and Wasilla

Hydromassage beds provide a full-body massage experience without the need to undress. Sessions are in 5-minute increments. Schedule and pay for your session at the Member Support Desk. Free for Membership Plus and Good Life members!

## **HydraFacial®** - The Summit, East and Eagle River

Great for all skin types, the HydraFacial MD® Treatment is not only highly effective at improving overall skin health, but also excellent for remedying fine lines and wrinkles, enlarged pores, elasticity & firmness and much more. The HydraFacial MD® combines cleansing, exfoliation, extraction, and hydration all while delivering antioxidants, Hyaluronic Acid, peptides and other essential nutrients.

## **DVD Rentals**

All locations have DVD and/or Blu-Ray® rentals except Palmer and Fairbanks Express. New Release DVDs may be rented at all club locations. DVDs are available for \$2.99 for a two-day rental. DVDs must be returned to the same club where they were rented. Late fees apply.

## **Club Rentals/Parties**

Several of The Alaska Club locations listed below are available to rent for events such as birthday parties, corporate events and "lock-ins". Call a Reservation Specialist at 264-2755 to reserve space:

### West -

Conference room, basketball court and Kids' Play Center

### Wasilla -

Kids' Play Center, pool parties, lock-ins and movie theater

### East -

Conference room, basketball court, pool and lock-ins

### Eagle River -

Conference room with Kids' Play Center time

### South -

Basketball court, Kids' Play Center, pool parties and lock-ins

### Fairbanks South -

Conference room, pool, and lock-ins

**Wireless Internet** - The Summit, South, East, West, Club For Women, Eagle River, Wasilla, Palmer, both Juneau clubs, both Fairbanks clubs.

## **Membership Plus**

Enjoy unlimited UV & spray tanning plus 3 moisturizing treatments, hydromassage, and DVD/Blu-ray® rentals. Free child care up to 2 children, 2 hours per day. Receive discounts on massage, and Pro Shop gear. Get two free Gold guest passes each month. Enrollment prices start at \$38 per month for the first member on the account and \$20 per month for each additional member on the same account that enrolls.



Stop by any Member Support Desk for more details, or visit [thealaskaclub.com/membership-plus](http://thealaskaclub.com/membership-plus).

# GOOD *life* spa MEMBERSHIP

Good Life Spa Membership gives you the personal attention and sense of wellbeing you deserve. For less than the cost of a massage at a day spa, you can enjoy the best services and amenities The Alaska Club has to offer all for one low monthly price. Discover the Good Life today conveniently located at 10 locations throughout Southcentral Alaska.



Benefits include:

## Good Life benefits for The Alaska Club Fitness Members\*

<b>One Service per month: Massage or HydraFacial®</b>	55-minute massage, a 60-minute Personal Training session, or a 30-minute HydraFacial®
<b>or Personal Training Session</b>	
<b>Add'l Discounted Massage Rate</b>	\$35 for 55-minute massage (Limit of 8 per month)
<b>Hydromassage</b>	Unlimited (1 session per day)
<b>UV Tan</b>	Unlimited (High intensity - 1 session per day)
<b>Spray Tan</b>	Unlimited (1 session per day)**
<b>Full-Body Moisturizing Treatment</b>	3 per month, discounted thereafter**
<b>Add'l Discounted HydraFacials®</b>	\$59 for 30-minute facial^ (\$150 value)
<b>DVD/Blu-ray Rentals</b>	Unlimited (1 per day)***
<b>Child Care</b>	Free child care up to 2 children, 2 hours per day
<b>Guest Passes</b>	2 per month
<b>Pro Shop Discount</b>	25% off regular price

## Good Life Spa Membership†

<b>Massage or HydraFacial®</b>	55-minute massage or a 30-minute HydraFacial®
<b>Add'l Discounted Massage Rate</b>	\$35 for 50-minute massage (Limit of 8 per month)
<b>Hydromassage</b>	Unlimited (1 session per day)
<b>UV Tan</b>	Unlimited (high intensity - 1 session per day)
<b>Spray Tan</b>	Unlimited (1 session per day)**
<b>Full-Body Moisturizing Treatment</b>	3 per month, discounted thereafter**
<b>Add'l Discounted HydraFacials</b>	\$59 for 30-minute facial^ (\$150 value)
<b>DVD/Blu-ray Rentals</b>	Unlimited (1 per day)***
<b>Child Care</b>	Free child care for 2 children during massage, tanning, and facial treatments
<b>Pro Shop Discount</b>	25% off regular price
<b>Locker Room Access</b>	Allowed after massages only

\*In addition to current monthly dues \*\*Available at South, The Summit, East and Wasilla only \*\*\*Late fees apply  
^Additional treatment options available for a fee. All services must be used by Good Life member (cannot be transferred).

All this for \$79/month. Add it to any Fitness Membership for only \$66/month.  
Contact [amenities@thealaskaclub.com](mailto:amenities@thealaskaclub.com) or call 365-7393 for more information or to sign up.