



SEA COUNTRY CENTER
24602 ALISO CREEK RD.
LAGUNA NIGUEL, CA 92677

Sea Country Registration Packet

Sea Country
Fitness Center

Welcome!
Let's Get Started.

This Fitness Center Registration Packet includes:

The City's Medical Release form to be signed by your doctor prior to registration, a Liability Waiver, and a Registration form. This packet also covers the membership and equipment use policies for the Sea Country's Fitness Center.

2 Easy Steps to Register!

STEP One: Have your doctor sign the City's Medical Release and fill out the necessary forms inside this packet.

STEP Two: Bring all of your completed/signed forms to Sea Country's front desk to register (M-F 9 am - 4 pm). At this time, you will be paying for and scheduling your required orientation. * Note to Laguna Niguel Residents: Don't forget to bring your Utility bill to verify your residency!



City of Laguna Niguel

Sea Country Senior & Community Center • 24602 Aliso Creek Road, Laguna Niguel, CA 92677 • 949-425-5151

MEMBERSHIP

1. Use of the Fitness Center is limited to residents 50 years and older.
2. There is an annual fee for users which includes a required orientation prior to first use. Users have the option of selecting an “Individual” or a “Group” orientation. The fee is based on home residency. ***A current Utility bill will be necessary as proof of residency.*** (Bring a current utility bill with you at the time of registration.)
Laguna Niguel Residents: Group Orientation - \$25 / Individual Orientation - \$45
Non-Residents: Group Orientation - \$40 / Individual Orientation - \$60
3. Members only; There is a no guest policy. Guests may wait in lounge area. Room usage is limited to members who are using equipment only.
4. A current membership card must be presented at each visit. Membership cards are non-transferable and may not be used by others. Any unauthorized use of your card may result in termination of Membership. (\$5 replacement fee for lost cards.)
5. No refunds once user has received their orientation.

EQUIPMENT USE

1. Appropriate work-out clothing and athletic shoes must be worn at all times. (Sneakers, shorts/pants and shirts must be worn at all times.) No open-toed shoes, sandals, or dress shoes are allowed.
2. Members must provide their own towels and wipe off equipment after each use. No towel, no entry.
3. Use of cardiovascular equipment is limited to 20 minutes.
4. Treadmill Use: Emergency Stop clip must be worn and no reading is allowed.
5. No smoking, no pets, no gum, no food or drinks other than bottled water are permitted in Fitness Center. A secure closure is required on all water bottles. (No open cups.)
6. Unauthorized personal training or instructing is prohibited.
7. Cell phones shall be turned “off” while in the Fitness Center. Cell phone usage is prohibited.
8. Personal audio units must be used with head phones so that music/singing is not heard.
9. Common area audio/visual equipment is to be handled by staff only.
10. Personal items must be stored in the cubby cabinet. For safety reasons, no items may be left on the floor near the exercise equipment.
11. The City/Center is not responsible for lost, stolen or damaged personal property left in the Center.
12. Use of exercise equipment will be restricted from anyone whose health or actions may be unsafe to themselves or others.
13. Orientation demonstrations on equipment take precedence over drop-in usage.
14. Members are required to follow direction from Center Staff. Inappropriate behavior such as profanity, abusive language, rudeness, theft of property and physical contact is prohibited. Violation of Center policies may result in termination of Membership.

REFUNDS

1. Refunds will not be issued for no-shows to orientation appointments.
2. No refunds once user has received their orientation.

FREQUENTLY ASKED QUESTIONS

Hours of Operation: Monday - Friday, 9am-4pm & Saturdays 9am-12pm. **Hours subject to change please check with Center.*

Equipment Available:

Cardio Equipment includes: 2 Treadmills, 3 Recumbent Bikes, 2 NuSteps, 1 Elliptical, and 1 Arm Bike.

Strength Equipment includes a: Chest Press, Abdominal, Low Row, Vertical Traction, Leg Press, and a Kinesis (a total body trainer)

Stretch Equipment includes: Flexibility Posterior, Flexibility Anterior (stretch without getting down on the floor)

Health Clearance: A Medical Clearance form must be signed by a doctor before receiving an orientation.

Towels: Towels are not provided, but are required. Towels may be purchased for \$5.00 each.

Lockers: No lockers are provided. Only open cubby cabinets are available for storage. Keep valuable items at home.

Showers: No showers are provided.

Annual Fitness Center Fee Options (Based on Residency)

RESIDENT with a “GROUP” Orientation / **\$25.00**

RESIDENT with an “INDIVIDUAL” Orientation / **\$45.00**

NON-RESIDENT with a “GROUP” Orientation / **\$40.00**

NON-RESIDENT with an “INDIVIDUAL” Orientation / **\$60.00**

**** “Group” Orientations consist of 1 trainer to 4 people.**

**** “Individual” Orientations consist of 1 trainer to 1 person.**