

care while you are at the main facility. Otherwise, if you would like to use the childcare, it is \$3 per hour per child. Childcare is open M–F 8am–1:30pm & 3:30–8:30pm and Sat 9am–12pm.

13. Do I have to make reservations for childcare?

- In the nursery (ages 4 weeks through 6 years) we request reservations so we can plan on having an appropriate number of attendants. Call 530–673–6900 and ask for the nursery. In the Big Kidz Klub (ages 7–13 years) no reservations are required.

14. May I use my cell phone at the Club?

- Please refrain from using cell phones in any area of the club except the lobby. As a courtesy to others, when in the lobby, please keep your phone on “vibrate” and keep conversations as short and as quiet as possible. If your job requires you to be “on call” for medical, military, police, fire or related purposes, please inform the Membership Office for file notation. To protect the privacy of all members, camera phones are not allowed in any area of the facility.

15. How hot are the spas, sauna, steam room and pools?

- The indoor spa is maintained at 102–104 degrees F. The outdoor spa is 98–100 degrees F. The dry sauna is 160–185 degrees F. The steam room is 110–116 degrees F. Our indoor swimming pool is 80–82 degrees F. The outdoor pools are not heated.

16. What if I go on vacation or can't use the Club?

- We have an “Inactive” membership. It is \$15 per month (as opposed to your regular dues) and you can be on Inactive up to 3 months of the year. Contact the Membership Office by the 15th of the month preceding the month that you want to start your Inactive membership.

17. Who can I contact for further information: 530–673–6900

- Accounting/Billing , Charlotte Hammons, Ext. 120
- Membership Director , Becky Ray, Ext. 124
- Member Services , Vickie Kuiken, Ext. 113
- Tennis Director , Jim King, Ext. 121
- Kids Programming , Brenda Page, Ext. 105
- Fitness Director, Beth McLean, Ext. 207
- Group Exercise & Pilates , Cyndi Shatswell, Ext. 123
- Integrated Physical Therapy , Torben Ulrich, 673–0567
- Massage, Vickie Kuiken, Ext. 113
- Swim Coach , Dottie Banta, 674–8083
- Party Rentals , Brenda Page, Ext. 105

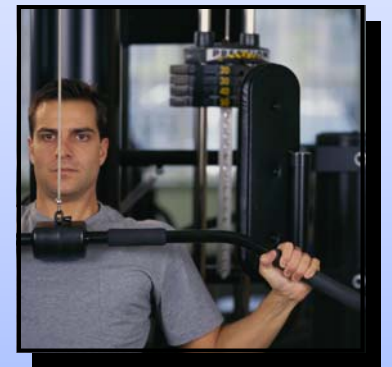


Frequently Asked Questions

Welcome to YCRC! Joining a Health Club will often be the start of a healthier lifestyle. To answer some of your questions and to make getting started easier, here are a few tips to help make your initial (and ongoing experience) one that you will enjoy.

1. Will I receive instruction regarding how to use the equipment and which equipment will benefit me?

- When you sign up, everyone on your membership who is 14 years or older will receive (2) one hour appointments with a Certified Personal Trainer (CPT). During the first appointment you will have a Fitness Evaluation that includes testing things such as: blood pressure, body fat, strength, flexibility, etc. Your CPT will print out your results and show you where you are excelling and where you could use some improvement. In the second session, your CPT will begin setting you up on a program and show you how to use specific machines. Your Membership Advisor will sign you up for your first appointment.



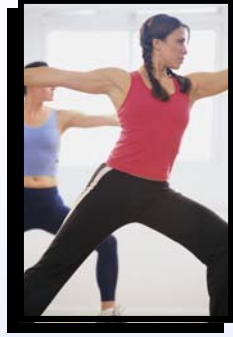
2. What should I wear to the Club?

- Comfortable lightweight clothing is the key. As you burn off the calories your body temperature will increase and clothing that will allow some heat to escape is ideal. Comfortable, well fitting, fully enclosed footwear is essential. Most types of sports shoes will be appropriate. In addition, if you are playing tennis, please wear court shoes with non-marking soles. Regular running shoes will tear up the court and are more likely to cause a sprained ankle. If you would like to use the swimming pool, you may wear a swimsuit, t-shirt, short, etc. as long as they do not have frayed edges.

3. How do I check in and get a locker?

- Each time you come to the Club you will check in at the Front Desk with your membership card. If you need a locker, the Front Desk Attendant will keep your membership

card and give you a numbered locker key in return. The numbered key will correspond to a large locker in the locker room. When you finish with your workout, please return the locker key to the Front Desk and the Attendant will give you your membership card back.



4. How do I join a group exercise class?

- All members 14 and older are able to attend classes listed on the “Group Exercise Schedule.” Members age 11–13 years may attend classes if they are accompanied by a parent. You do not have to sign up for the class ahead of time. Simply show up for the class when it is offered and participate.

5. What are the guideline for my children?

Members Age 14–17 Years Old

- Access to entire facility at YCRC as well as Rancho Cortez with the exception of the indoor Jacuzzi area at YCRC
- Junior members may utilize their membership to YCRC and Rancho Cortez without an adult present as long as they have a signed par-q on file with the membership office and they continue to follow the rules and regulations.

Members Age 11–13 Years Old

- Access to classes on the Group Exercise Schedule when a parent attends the class with them and receives instructor permission
- Access to racquetball, basketball, tennis
- Outdoor pool and Jacuzzi (May swim in outdoor pool with lifeguard on duty long as parent is on the premises or anytime with adult supervision)
- Indoor pool during Family Swim (Saturdays & Sundays 12–7:45pm)
- Big Kidz Klub
- Rancho Cortez may be used with adult 18 years or older
- May be in the locker room if directly supervised by their parent.

Members Age 0–10 Years Old

- Access to racquetball, basketball, tennis
- Outdoor pool and Jacuzzi (Members 8–10 years old may swim in outdoor pool with lifeguard on duty as long as parent is on the premises or anytime with parent supervision) (Members 0–7 must always be directly supervised by an adult)
- Big Kidz Klub
- Rancho Cortez may be used with adult 18 years or older
- Indoor pool during Family Swim (Saturdays & Sundays 12–7:45pm)
- Nursery (Members 4 weeks through 6 years)
- Big Kidz Klub (Members 7–13 years)
- May be in the locker room if directly supervised by their parent.



6. Are tennis lessons, swim lessons and massage included in my membership?

- When you first join the Club, you will receive a complimentary tennis lesson. After that, there is a fee for tennis lessons, swim lessons and massage. Please ask for more information in the Tennis Department or the Membership Office.

7. May I bring a friend to the Club?

- Absolutely. If your friend lives locally and has never visited our Club, we would like to have them as our guest so they can experience YCRC. Otherwise, they may come as a guest with a “day use fee” of \$20 if they are 14 years or older or \$5 if they are under 14 years. We often include a complimentary guest pass in our newsletter. Temporary memberships are available. Please see the Membership Office for pricing details.



8. How can I open a Club Charge Account?

- If you are interested in being able to charge items at the snack bar or front desk, we will “carry” the charges all month and charge them to the same account that your monthly dues are charged on the first of the following month. Simply see the Membership Office to set this up.

9. How do I sign up for a court?

- Full Club members have access to racquetball, basketball and tennis courts. Racquetball/ basketball courts may be reserved in advance at the Front Desk or by calling 673–6900.



You may have one reservation on the books at a time. Tennis courts are on a first come, first served basis. Let the Front Desk Attendant know which court you will be using and give them your name. If there are members waiting, there will be a one hour time limit. Remember, we also have 6 tennis courts at Rancho Cortez.

10. What hours are you open and when are your busy times?

- At the main facility on Jones Road we are open from 5am to 10pm Monday through Friday, and 7am to 8pm on Saturday and Sunday. Our busiest time of the day is from 4:30pm to 7pm (when most people are getting off work).
- At Rancho Cortez, our summer hours (June through September) 7am to 9pm, Monday through Sunday. Our winter hours (October through May) 9am to 6pm, Monday through Friday for tennis only.

11. Can I have parties at YCRC?

- Yes. You can rent the BBQ area by the recreation pool at the main facility, the Kidz Klub house and pool and the BBQ area of Rancho Cortez. Please contact Brenda Page at 530–673–6900 ext. 105.



12. Is childcare included in my membership?

- If you have a Full Club Family or a Full Club One Parent membership, your membership includes 3 hours per day per child of child-