



# SEIDEN WELLNESS CENTER STANDARDS AND GUIDELINES

## 1. Age Requirement

Members must be at least 21 years old to access the Seiden Wellness Center facilities and services.

## 2. Health & Safety

Members are expected to follow health and safety guidelines at the Seiden Wellness Center. Please wipe down all machines and equipment with the provided sanitizing wipes after use. Keep the locker room tidy by properly disposing of trash and avoiding clutter. Report any injuries or unsafe conditions to staff immediately.

## 3. Respectful Conduct

We are committed to creating a welcoming and respectful environment for everyone. All members must treat one another, as well as our staff, with courtesy and mutual respect.

## 4. Guests

Members receive one complimentary digital guest pass per active month of membership. Each pass can be redeemed once per month. All guests must register at the front desk and be accompanied by a member at all times.

## 5. Locker Usage

We are happy to provide personal lockers for each member. To keep the space free and clean for everyone, we kindly ask that you maintain your locker in a neat manner. Please be sure to remove any perishable items, trash, or belongings that could affect the shared environment. For everyone's convenience, please use only your assigned locker and avoid storing items in unassigned lockers. Our staff may occasionally need to access lockers for cleaning or security reasons. We will always do our best to notify you ahead of time, but in rare cases, we might need to access a locker without prior notice.

## 6. Complimentary Services

Seiden members receive two complimentary services starting July 1 each year with an active 12-month membership. Prorations will be allocated for those that join during the fiscal year. Seiden members must hold an active membership during the entire current fiscal year to receive these services. Eligible members will be asked each June to select their preferred services. Please note that if you place your membership on hold, your access to these services will be suspended, as they are reserved for members who are fully active during the entire current fiscal year. Services are non-transferable and expire June 30 of each year.

## 7. Towel Service

Seiden members are entitled to complimentary towel service during their visits. Towels are available in designated areas and should be returned to the designated bins after use. This service is exclusively for Seiden members and may not be shared with non-members.

## 8. Amenities

As a Seiden member, you can enjoy complimentary amenities in our locker room like hairspray, mouthwash and other personal care items, to make your experience more comfortable. We kindly ask that you use these amenities thoughtfully, ensuring there is enough for everyone. Please remember to use them for your personal needs only and help us keep the locker room neat by disposing of any waste in the designated bins. Our amenities are for individual use and intended for Seiden members only.

## 9. Membership Hold

Members may place their membership on hold for a 2-month period two times per 12-month period; however, complimentary services will be suspended, as these benefits are reserved for members who are fully active for 12 months.

## 10. Cancellation

Membership may be cancelled with 30 days' notice and completion of our cancellation form. Contact [membership@jccotp.org](mailto:membership@jccotp.org). Please empty your locker as of the effective date of your cancellation. Items left after cancellation will be held for seven days before disposal.

## 11. Food & Drink

Members are not allowed to bring food or beverages into the locker room. While food and beverages are permitted in designated areas, alcohol is prohibited on the premises. Please feel free to enjoy the complimentary coffee and tea bar provided for your convenience.

## 12. Privacy & Confidentiality

Members' personal information and wellness data are kept confidential and will not be shared without prior consent.

## 13. Policy Updates

Policies are subject to change; members will be notified of any updates through our standard written communication channels.

# THANK YOU FOR YOUR COOPERATION.