

# Welcome to Mount Vernon Athletic Club



## TENNIS COURT RESERVATIONS

[www.xpiron.com/schedule/mtvac](http://www.xpiron.com/schedule/mtvac)

The court system is on a first come first serve basis, and to make it fair for every member the following guidelines will be implemented:

1. Booking time frame is 48 hours in advance and is only allowed to be booked by a member. Members may begin to book courts at 6:00 AM, for example Monday bookings will start Saturday at 6:00 AM.
2. Doubles are a maximum of 90 minutes and Singles are 60 minutes, with the exception of additional court fees for singles past 60 minutes during primetime hours (Monday - Friday: 9AM - 1PM & 5PM - 9PM & Saturday & Sunday: 8AM - 2PM).
3. Every member must check in at the front desk. Fines will be assessed for each member for not checking in before heading to their court.
4. All tennis court cancellations must be done 24 hours in advance. Failure to do so and repeat offenses may result in booking privilege penalties (Two offenses will result in a 48 hour freeze of their booking privileges)
  - Private tennis lesson cancellations must be 24 hours in advance. If you do not cancel within 24 hours your account will be charged for the missed session.
5. The court reservation system will be monitored for but is not limited to:
  - Excessive bookings (no quantity involved - playing an unreasonable amount where one member is dominating the court availability).
  - Use of another player's name with out their consent (place holder names can be used with their consent).
  - Late cancellations (see rule 4).
  - "No show" (will result in fines).
6. A player may play twice in cases where an extra person is needed to make a foursome or if a court is available which abides by the 'first come, first serve' principle.
7. Gaps may be filled and courts may be switched to improve the efficiency of court usage with players consent.
8. Last minute court requests and waitlists for a specific time need to be sent via email to [tennis@mtvac.net](mailto:tennis@mtvac.net). The waitlist is on a first come, first serve basis. If a group vying for a court does not get one they may email to start a waitlist with the desired day and time they would like to play.
9. Participants enrolled in any free or paid clinic or play group are responsible for cancelling if unable to attend so that another member can participate in his or her place. There will be a \$10 charge for players who do not show up for a free clinic (i.e. stroke of the week and adult play groups). This will give other members the opportunity to attend.

## **EARLY BIRD**

Courts 1, 2, and 3 are reserved from 6:00am-7:00am on Monday, Wednesday, Friday, and Saturday. Any tennis member is eligible to play Early Bird tennis. This is a walk-in group on a first come first serve basis.

## **BALL MACHINE USE**

The ball machine can be rented on courts 4 and 5 only. Court time must be reserved to use machine.

## **RACQUETBALL RESERVATIONS**

Reservations must be made for a half hour or one hour maximum. Non marking court shoes and eye guards must be worn at all times for racquetball use.

## **AEROBIC EQUIPMENT**

Aerobic equipment is to be used for a maximum of 30 minutes when others are waiting.

## **FITNESS CENTER AND WEIGHT EQUIPMENT**

No reservations are needed. A physician's release may be necessary in some cases. Proper exercise attire and shoes are required. Cell phone use is not permitted in the Fitness Center.

## **SAUNA**

No reservations are necessary. For your safety, do not use the sauna for at least 15 minutes after exercising and limit your session to 20 minutes or less.

## **TANNING**

Reservations are for 30 minutes, scheduled on the half hour only. Conditions of and warning signs are posted. Please clean the bed before and after use. Moderate use is recommended. Proper eye wear must be worn at all times while using the tanning bed.

## **JUNIOR MEMBERS**

Members 12-17 years of age, having attended a fitness assessment, may become fitness members and use the Fitness Center, aerobic room, free weight room, tanning bed or sauna with parent/guardian approval. Junior tennis members are restricted from booking courts Friday after 6:00 PM.

## **CHECK-IN**

Members must have their member ID card scanned to check into the Club, and have their picture taken at the Club if it is missing from their guest card. If a member does not have their member ID card, a valid photo ID is required. A fee of \$2.00 will be charged for replacement cards.

## **SUSPENSION OF MEMBERSHIP**

Management has the right to suspend or terminate any membership at any time for nonpayment of dues, or other fees, or for behavior deemed detrimental to the enjoyment of the Club by other members. In such cases, there will be no refund of any fees.

## **MEDICAL LEAVE OF ABSENCE**

Members may apply for a leave of absence if they become disabled for a 30-60 day period. The leave of absence will become available the date the Club receives a doctor's certificate verifying disability. Under no circumstances may medical leave be made retroactive. If the medical leave occurs during a member's initial 12-month term, the months on leave will not count toward the fulfillments of the twelve-month term. When reinstatement occurs, the memberships are subject to the then prevailing policies and dues structures.

*\*See membership agreement for details.*

## **HOLIDAY CLOSINGS**

Please see website for details and sign up to receive e-mail notifications or like us on Facebook.

## **SMOKING**

Smoking is prohibited throughout the Club.

## **GUESTS**

Our mission at Mount Vernon Athletic Club is to enhance to quality of life through the promotion of exercise and recreation. We encourage all members to introduce us to, and share the benefits of regular exercise with friends, family, neighbors, or other people who may benefit from membership. More details and guidelines are described below:

1. All privileges of the member are extended to their guests.
2. Visits by the same guest (whether paying guest fees or not) are limited to two visits per calendar month.
3. Valid photo ID required from all guests.
4. Without preapproved guest passes by a Client Coordinator, guests will be charged the following fees: \$25 for tennis and \$10 for fitness and racquetball for the day (please note that the club no longer provides the free out of town guest provision).
5. The Club reserves the right at any time to limit guest visits, and visits by the same guest.
6. College student's home for break must follow guest policies or sign up for a short term membership.

## **TOWELS**

Towels are available at the Front Desk at no charge. All towels must be returned to the towel bins after use.

## **LOCKERS**

Lockers are available for daily use. Permanent lockers are available for a monthly fee. Items left over night in unauthorized lockers will be removed daily. The club is not responsible for lost or stolen items.

## **FOOD AND DRINK**

Water fountains are available at courtside and in the fitness center. **No food or drink other than water in a sealed plastic container is allowed on the courts, in the fitness center, or aerobic room.** Help us keep your facility as clean as possible at all times.

## **BABYSITTING AND CHILDREN**

A supervised babysitting room is available to all children of members. Children must be in good health and be able to get along with other children. Parents must be physically present at the Club at all times their children are in the babysitting room. The babysitting hours are Monday 9:00 AM to 9:00 PM; Wednesday - Thursday 9:00 AM to 8:30 PM, Friday 9:00 AM to 8:00 PM and Saturday & Sunday 9:00am to 1:00pm. Children must be attended at all times while at the Club either by our babysitters or in an approved area. Babysitting hours may vary seasonally.

## **DRESS AND CONDUCT**

All members must wear shirts and appropriate shoes unless in the locker room or tanning room. Men must wear shirts with sleeves on the tennis courts. The Club wishes that members enjoy recreation and exercise, but members also utilize the Club for stress release and personal relaxation. For the benefit of all, the Club requires that members and guests keep noise at a level acceptable to others. No cell phone use on the tennis courts, in the fitness center or the Wellness Spa.

## **CHANGE OF ADDRESS AND CORRESPONDENCE**

All members must notify the Club in writing of any address or name changes. Address all correspondence to Mount Vernon Athletic Club, Inc. 7950 Audubon Avenue, Alexandria, VA 22306.

## **MINORS AND CHILDREN**

Minors visiting the club must be accompanied by an adult at all times. Children under the age of 12 should be in the baby sitting room or be accompanied by an adult in the upstairs lounge at all times. Children over the age of twelve can only be unaccompanied by an adult if they are a junior tennis and/or fitness member. All other children above the age of 12 must be accompanied by an adult at all times in the upstairs lounge or attending an authorized class or clinic. Children are not allowed in the fitness room, racquetball courts, or tennis area unless they are attending an authorized class/clinic or if they are tennis and/or fitness members.

## **RULES NOT INCLUSIVE**

The rules contained herein are not inclusive. Amendments to Club rules and regulations may be made from time to time as necessary. On all questions regarding the content of Club rules and regulations, the decision of the Club will be final.