



Guidelines For Usage

Dakotah!

S P O R T A N D F I T N E S S

2100 Trail of Dreams
Prior Lake, MN 55372
(952) 445-9400
(952) 445-6117 FAX

Activities/Leagues/Lessons

Dakotah Sport & Fitness offers a wide variety of activities, leagues and lessons for adult and junior members. Activities, leagues and lessons may be viewed at www.dakotahsport.com by clicking on the "It's ALL Here Online" icon or on the "Click here for the It's ALL Here" icon. Hard copy registration information books are sent quarterly to Dakotah! Sport and Fitness members.

To register for any of the activities, leagues or lessons at Dakotah Sport & Fitness, you must register on registration day (please see the website or publication for more information) or any day thereafter until the close date of the class. All classes are available on a first-come, first serve basis to members and their member or non-member children only. A cancellation fee will be assessed for withdrawing from any activity, league or lesson.

For more information on any of the activities, leagues or lessons, please call the phone number listed next to the title of the class. The department manager will be happy to answer any questions.

Aquatics Center

Lifeguards are on duty during posted hours only. Schedules are available at the Front Desk and are subject to change according to the season. Family/Open Swim is open to all members and guests.

- **Children between the ages of 9 and 13 years must pass a swim test in order to be unaccompanied by an adult, otherwise an adult must be on the deck.**
- **Children 8 years of age and younger must be accompanied by an adult in the water at all times.**

Swimmers wanting to use the plunge slide must pass a swim test with one of the lifeguards. Lifejackets are allowed on the tower slide. For safety reasons, children under **the age of 13 years old** are **not** allowed in the whirlpool. Lap Swim is reserved for those who are non-stop lap swimming. A junior must be 14 years or older to participate in lap swim. Adult only lap swim when lifeguard is not present.

A variety of swim lessons for ages 6 months and up are available throughout the entire year. Private swimming lessons are also available by calling (952) 496-6891.

For the safety of our swimmers and lifeguards, all swimmers must be dressed in proper swimwear. No cut-offs, undergarments, t-shirts, cover-ups, or any other clothing is allowed for these reasons:

- The fibers from these types of clothing clog pool filter baskets.
- The dyes and detergents used in these types of clothing change the PH of the water which can cause an unsanitary swimming environment.
- Undergarments contain body fluids and detergent residue which can cause an unsanitary swimming environment.

All incontinent swimmers (adults or children) must wear swim diapers/non biodegradable diapers made for swimming to help contain body fluids. No exceptions.

We allow COASTGUARD APPROVED PERSONAL FLOATATION DEVICES (PFD) ONLY. No exceptions. Approved lifejackets are available for your use in the pool area.

Attire

- **Appropriate athletic shoes only.** No street shoes, boots, or sandals are allowed in workout areas, gymnasium floors, group fitness floors, dance studio, or sport courts.
- Shorts, sweat pants, T-shirts, tank tops & spandex accessories deemed appropriate by management.
- Clean workout clothing is required. Any unsatisfactory visible or non-visible hygiene condition will be addressed by management and corrective action may be required.

Dakotah! Guidelines For Usage

Attire (Con't)

- All other clothing and shoes must be kept in lockers. Free lockers are available in all locker rooms with the use of your membership card or personal padlock. **Please keep all valuables at home. We are not responsible for any lost or stolen items.**
- Please avoid the use of heavy perfume or cologne.
- No belt buckles, blue jeans, or loose jewelry can be worn in workout areas.
- **Cut-off shorts, t-shirts or any other unauthorized swimwear is not allowed in the pool at any time.** There are no exceptions to this policy.

If any of the above policies are not being followed, you may be asked to leave the fitness area or Dakotah Sport & Fitness.

Benefits of Membership

As a member of Dakotah Sport and Fitness, there is no additional fee for daily use or a typical workout that would include:

Complimentary use of Locker Room Lockers	Use of walking/running track
Complimentary Towel Use	Racquetball and Squash court time
Use of free weights	Recreational Open Skate times in Arena
Use of aquatics center	Recreational play in gymnasiums
Use of cardiovascular equipment	Rock Climbing Wall
Use of fixed weights/strength equipment	Group Fitness classes
	Pilates and Yoga

Birthday Parties

Only members of Dakotah! Sport and Fitness may hold birthday parties in the facility. Current facility fees are \$50.00 plus tax which includes two-hours of conference room use and a \$5.00 per non-member guest fee. Members or guests may not conduct a birthday party at Dakotah! Sport and Fitness without permission and a reservation. Please call (952) 496-6855 for additional information and policies or to make a reservation.

Bowling Center

The Bowling Center is housed under the Dakotah! Ice Center. Like Dakotah! Sport and Fitness, it is a members- only facility. DSF Members are allowed to bring in guests. Members must show membership card to use facility. All non-DSF members must be accompanied by a DSF member to use facility. DSF Members age 14 and older welcome without adult supervision. Non-members under the age of 18 must be accompanied by an adult.

No outside food or beverage is permitted. The only exception is cake and/or ice cream for birthday parties with prior notice. Please call (952) 496-6886 for additional information and policies or to make a reservation.

Charging Privileges

You may arrange to have charging privileges placed onto your membership account. Any service, program fee, or item offered at Dakotah Sport & Fitness for purchase may be charged. You must present your membership card in order to charge. Any charges made by dependents will be the responsibility of the parent. Charges to your account will show up on your monthly statement.

Comment Cards

For your convenience, comment cards are located in several areas at Dakotah Sport & Fitness. Please let us know how we may improve our services. Comment cards with names and phone numbers will be addressed.

Complimentary Coffee

Complimentary coffee is available in the lobby Monday-Friday, 5:00 a.m. until the supply runs out. We also offer the Dakotah Deli Coffee Club featuring gourmet coffees. Please see an attendant at the Dakotah Deli for prices and information.

Court Fees

There is no fee for squash or racquetball court time for members. Courts can be reserved six (6) days in advance with only one court being reserved at a time. Please check in at the fitness desk located in the lower level when you arrive for your reserved court time. Unclaimed courts will be forfeited 5 minutes after reserved time.

Racquetball and squash racquets are available for member use at the fitness desk. Guests of Dakotah Sport and Fitness may rent racquets for a small charge. Racquetball leagues are also available. Please call (952) 496-6890 for more details.

Dakotahsport.com

Dakotahsport.com is Dakotah Sport & Fitness' official website. You may log on to see department schedules, check out upcoming activities, leagues and lessons, and much, much more!

Dakotahsport.com is also the link to activity, league, and lesson registration. Members may register for activities, leagues and lessons on the internet in the comforts of their own home. Members wanting to use any payment other than credit card may register at the front desk. For more information about registration, please call (952) 445-9400.

Equipment & Cardiovascular Area

- Please be courteous at all times.
- Please limit cardiovascular workouts to 45 minutes.
- Allow others to work in on strength-training equipment during your rest periods.
- Keep hands and feet away from all moving parts and weight stacks.
- DO NOT attempt to repair or adjust any equipment that has malfunctioned.
- Report any equipment problem immediately to the fitness staff.
- Use paper towels and cleaner provided on the workout floor to wipe off equipment or benches after use.
- If you are unfamiliar with the use of any equipment, please ask a staff member for assistance.
- For safety reasons, a Junior member must be 16 years of age to be permitted in the fitness areas including the 1) cardio room 2) fixed weight floor 3) stretching area and 4) 2nd level workout area. Junior members 11-15 who wish to use the fitness areas listed must annually schedule and attend a free fitness center orientation. Please see the Junior Member section in the booklet for more information.

Fitness Area

For safety reasons, a Junior member must be 16 years of age and proficient at using the fitness equipment to be permitted in the fitness areas including:

- 1) Cardio room
- 2) Fixed weight floor
- 3) Stretching area
- 4) Limited free weights (ages 14 & 15 only)
- 5) Circuit room
- 6) Second floor workout area

Junior members 11-15 who wish to use the fitness areas listed must annually schedule and attend a free fitness center orientation with one of our personal trainers. **Junior members under the age of 11 and non-members under the age of 18 are not allowed in the fitness areas under any circumstances; this also applies to infants.** For more information on any of the Junior member fitness floor policies, please see the fitness desk attendant or call (952) 496-6874.

A free orientation on the equipment, with a Personal Trainer, is provided for all new members ages 16 and older. Updates and suggestions for your program are available as well. New Members must request and schedule their free orientation within 90 days of their membership sign-up date. Our staff is dedicated to providing a safe, orderly and educated environment on the fitness floor. Please make appointments ahead of time.

Personal training and other fitness services are available upon request at an additional fee. Call (952) 496-6890 for more information.

Food and Beverages

No food or beverages except water or sport drinks with spill proof lids are allowed beyond the main level. Please consume any other food or beverage you purchase or carry into Dakotah! Sport and Fitness in our lobby area on the first level.

For your convenience, beverages may be purchased from a vending machine in the lower level by the towel desk.

Golden Ages Membership

Dakotah Sport & Fitness offers a discounted membership for people ages 59 and over. This membership has a limited check-in time of Monday through Friday, 7:00 a.m.-2:00 p.m. Weekend usage is not included in the Golden Ages membership. Golden Ages members may pay a \$5.00 guest fee if wishing to use any areas of the club outside of the specified hours.

Please stop by the membership office or call (952) 496-6872 for more information.

Group Fitness

Schedules including aqua, studio cycling, pilates, yoga, and land classes are available at the front desk or by Studio 1. Schedules are subject to change. Members 14 years and older and fit the necessary equipment are welcome to participate. No children are allowed in the group fitness studios during classes. Please secure childcare before attending class. Call (952) 496-6879 for more information.

Guest Fees

Non-members may use the facility if they are accompanied by a member.

- Members 18 years and older may bring in guests of any age.
- Junior members 14-17 may bring in guests 14 years and older.
- Members 13 years and younger may not bring in guests without an adult present with them in the building.

A member may bring up to 2 guests per visit.

Guest Fee Rates:

Adult (18-58 years)	\$10.00 per day
Junior (4-17 years)	\$5.00 per day
Senior Citizens (59&up)	\$5.00 per day
Children (0-3 years)	Free

Gymnasium: Open Gym and Gym Rental

Open gym schedules are available at the fitness and front desks. The gymnasium is available for rent. Please call (952) 496-6890 for more information on availability and rates.

Ice Arena

Open Skate is available to all members and guests. Schedules are available at the Front Desk or Ice Arena Office. Because of hockey games, tournaments and special events, the Open Skate schedule is subject to change. Call 496-6888 for weekly updates. Adult Open Hockey is also available. All Jr. Privilege Guidelines apply.

Members receive complimentary Open Skate admission. Show membership card for this benefit. Ice skate rental is available.

Junior Members

Dakotah Sport and Fitness welcomes the participation of Juniors along with Adults in the use of the club facilities and programs.

All Junior members, 17 years and younger, must be listed on the club computer system, they will each receive a membership card. Entrance into Dakotah! Sport & Fitness are as follows:

1. All juniors, members and non-members, ages 0-8 will need an adult with them at all times.
2. Ages 9-13 will need an adult in the building at all times, with a ratio of one adult per five juniors.
3. Ages 14 and up do not require an adult in the building.

Two steps will be taken if these guidelines are not followed. 1) Parents will be called to pick up their children, and if the parents cannot be found, 2) the police will be notified.

Adult Activities, Classes and Leagues

Individuals must be 18 years of age or older to participate in adult activities and leagues, such as Basketball, Volleyball, Racquetball, Squash, etc.

Aquatics Area

Children under the age of 14 must be supervised in the pool at all times. See aquatic center guidelines for swim test requirements.

Bowling Center- DSF Members age 14 and older welcome without adult supervision. Non-members under the age of 18 must be accompanied by an adult.

Junior Members (Con't)

Lap Swim - A junior must be 14 years or older to participate in lap swim. Lap swim is reserved for those who are non-stop lap swimming. Adult only lap swim when lifeguard is not present.

Charging Privileges

Juniors may charge on their member account by signing for any service, program or merchandise at Dakotah Sport and Fitness. Charges made by dependents will be the responsibility of the parents.

Fitness Floor

For safety reasons, a Junior member must be 16 years of age to be permitted in the fitness areas including the 1) cardio room 2) fixed weight floor 3) stretching area 4) limited free weights (ages 14 & 15 only) 5) circuit room and 6) 2nd level workout area. Junior members 11-15 who wish to use the fitness areas listed must annually schedule and attend a free fitness center orientation. Juniors who attend the free junior fitness orientation must check out a badge from the fitness desk before using the fitness floor. This badge shows both members and staff that the junior may use the fitness equipment.

Non-members under 18 are not allowed in the fitness area under any circumstances; this also applies to infants. Please see the fitness desk attendant or call (952) 496-6874 for more information.

Group Fitness Classes

A junior must be 14 years of age or older and/or must properly fit any equipment used during the class in order to participate in Group Fitness Classes. Junior Members not participating in Group Fitness classes may not be brought into studios during class times under any circumstances.

Gymnasium

Juniors may use the gymnasium under the Junior Policy guidelines. Please see a gymnasium schedule for open gym times and family gym times.

Junior Activities

Junior events, activities and leagues are designed for specific age groups. Refer to the *It's A.L.L. Here* which is published quarterly for specific age requirements for specific activities.

Locker Rooms

Children above the age of three years old of the opposite gender are not permitted in the adult locker rooms. A family locker room with separate changing rooms is provided for fathers with daughters and mothers with sons, older than three years of age. Teenagers are not allowed in the family locker rooms.

We ask that all juniors conduct themselves in the proper manner while using the facilities. Please be considerate to other members. For health and safety reasons the use of the sauna and steam rooms are restricted to members age 18 years and older.

Rock Climbing

Juniors under 9 years of age must be accompanied by an adult. For safety reasons we prefer that junior 9-13 years of age be accompanied by an adult. Waivers must be signed at the activity desk.

Running Track

Members 16 years of age and non-members 18 and older are permitted on the running track. Members under 16 and non-members under 18 must be accompanied by an adult.

Tanning

Patrons 12 to 15 years will need a parent or guardian signature in order to tan and must remain in the tanning area during the session. Patrons 16-17 years of age must sign a consent form. No person under the age of 12 will be allowed to tan even with parental consent.

Whirlpool

For health and safety reasons, children under the age of 14 years old are not allowed in the whirlpool.

Dakotah! Guidelines For Usage

Locker Rooms

Dakotah! Sport and Fitness locker rooms provide lockers, showers, shampoo/body wash, hair dryers, vanity areas, toilets, and sauna and steam rooms (men's and women's only).

Children age 3 years and older are not allowed in the opposite sex locker rooms. The family locker room can provide for the needs of a mother/son and father/daughter. The family locker room has diaper changing tables. An adult must be present with a child at all times. Teenagers are not allowed in the family locker rooms.

Dakotah Sport and Fitness is not responsible for lost or stolen personal property. We recommend members and guests lock their lockers at all times and leave valuables at home.

Lockers

Dakotah Sport & Fitness offers both free and rental lockers. Free lockers are located in the family, men's and women's locker rooms. These lockers require a membership card to release the key. No other cards are allowed for use for lockers. Lockers that require a padlock are also available for guest use. Please remove items from these free lockers daily.

Rental lockers are also available. Please call (952) 496-6872 for more information.

Lost and Found

If you have lost an item within the club, please check in the lost and found bins located outside the family locker room and in the ice arena. More valuable items such as jewelry, wallets, and purses will be kept at the front desk for one month if turned in. The club is not responsible for lost or stolen items belonging to members and their guests.

Manager on Duty

A Manager on Duty is available most hours that the club is open to assist you if you have a suggestion, concern, or in the event of an emergency. To contact the Manager on Duty, please ask any Dakotah Sport & Fitness employee or call the front desk from any courtesy phone by dialing

Meeting Rooms

Meeting rooms are available for rent. Current rate is \$25.00 + tax per 2 hours. Please call (952) 496-6882 for more information, availability, and to make reservations.

Membership Cards

Each eligible person listed on the membership agreement will receive a membership card. Membership cards are **required** for entrance to the Fitness Areas, check in for Playcare, and for charges to accounts. Photos must be taken within the first 30 days of membership. If you lose your membership card, a new card will be available for you within minutes at a \$5.00 charge.

Nanny Membership

Nanny memberships are available to members who would like to add an additional person, age 18 or older, to their membership account that would assist in the caring of their children while at Dakotah Sport and Fitness. The nanny must have a child in their care with them when entering the facility under the nanny membership. If no child is present, the nanny may not use the facilities. The cost of this membership is \$37 plus tax added to the membership dues per month. For additional information, please see a membership associate or call (952) 496-6872.

Personal Training

Personal training packages are available at Dakotah! Sport and Fitness for an additional fee. Please see the bulletin board on the lower level for personal trainer profiles and pricing.

Personal Trainers not employed by Dakotah! Sport and Fitness are not allowed to train members or guests within the facility. No exceptions.

Full refunds for personal training packages will be given for medical reasons. A doctor's note stating the reason the member is unable to complete the sessions by the expiration date must accompany this request. All other requests for refunds will be given 50% of the remaining balance.

Monthly Statement

Statements which detail the forthcoming month's dues and the previous month's charges are sent to all members the 18th of each month. Monthly EFT payments are charged on the 26th of each month for the next month's dues. (For example, January dues are automatically drawn on December 26th for all EFT accounts.) Past due amounts may be denied access to the club or membership may be cancelled pending payment on account. Please call (952) 496-6870 for questions regarding your Dakotah Sport & Fitness statement.

Playcare at Playworks

DSF members may use Playworks childcare, once per day, per membership, for a maximum of two hours, while working out. Any fees for use beyond this criteria will be the responsibility of the member payable to Playworks. A Dakotah! Sport & Fitness membership card is required for child check-in at Playworks. Playworks hours may vary on holidays. Please check posted holiday hours at Playworks and DSF.

PLAYCARE HOURS:

Monday - Friday

8:00 AM to 7:00 PM

Saturday and Sunday

9:00 AM to 7:00 PM

PLAYCARE POLICIES:

1. Playcare is for children of Dakotah! Sport and Fitness members ages 6 weeks to 12 years only. Children that are not immediate family members can be checked in to the Playtime program at the normal hourly drop off rate, payable to Playworks.
2. Two free hours of Playcare is provided to each household membership per day. After two hours, or any additional use, you will be charged the regular Playtime hourly rate, payable to Playworks.
3. When checking in at Playworks, your Dakotah! membership card will be scanned to identify current membership status and the family members listed on your account. Picture verification will be required.
4. Playworks will issue labels for wristbands at check in. Please take these labels to the host stand in the Atrium or Pod 6. If you have any special instructions for staff, please fill out our Playcare information sheet at the host stand. This will help provide better care for your child.
5. Your wristband must be stamped when checking in at Dakotah! Sport & Fitness. If the wristband is not stamped, you will be sent back to Dakotah! to get your wristband stamped and will be charged for that time if it exceeds 2 hours. The parent who dropped off the child(ren) must be the same parent wearing a stamped wristband to pick up the child(ren). No alternate pickups will be allowed for your child's safety.

Dakotah! Guidelines For Usage

Playcare at Playworks (con't)

6. Food, beverage, and diapering will not be provided. **Please bring your child to Playworks changed and fed.** Diapers will be changed only if messy. A \$1.00 fee will be charged to your account if you do not supply your own diapers.
7. Please do not bring your child to Playworks if they are ill. Playworks will call you at Dakotah! to pick up your child if they become ill.
8. Children under the age of 4 will be upstairs in Pod 6 or in an Educare Pod. Children 4 years of age and older will be in the Atrium or in an Educare Pod. Playcare children may participate in the activities being offered while at Playworks. **Pod 6 is a blanket free environment. This is to provide the safest environment while the children are at Playworks. Families are asked not to bring children in car seats.
9. **Only immediate family members living with you can be listed on your Playcare membership account.** Playworks and Dakotah! Sport & Fitness reserve the right to refuse/terminate service to anyone not adhering to the above policies. This program is subject to change without notice.

Pro Shop

The Pro Shop is located on the main floor of Dakotah Sport & Fitness. We offer many styles of fitness clothing and convenience items. The Pro Shop also houses the Tanning Salon. Please call (952) 496-6865 for more information on any services in the Pro Shop.

Rock Climbing

Rock Wall hours are available at the front desk. Rock climbing is open to all ages, however, the safety harness must fit properly in order to climb. Juniors under 9 years of age must be accompanied by an adult. Juniors 9-13 years of age, we ask that an adult be present. Any person under the age of 18 years must have a parent or legal guardian's signature on the release form. Release forms must be signed at the activity desk. All fees are paid at the activity desk. Classes, special events and special group sessions are also available.

Smoking/Alcohol Policy

Dakotah! Sport and Fitness is a tobacco and alcohol-free facility.

Tanning

Tanning beds and Mystic Tan© are available by appointment in the Pro Shop or by calling (952) 496-6865. No show fees will be charged to your membership account or a session from your tanning package will be used if a reservation is not kept. If you are late for the start time of your session, Dakotah Sport & Fitness reserves the right to reduce the length of your session. **Tanning packages are not transferable.**

Both members and non-members may use the tanning salon. Members of Dakotah Sport & Fitness receive a reduced rate. Patrons 12 to 15 years will need a parent or guardian signature in order to tan. The parent or guardian must remain in the tanning area during the session. Patrons 16-17 years of age must sign a consent form. No person under the age of 12 will be allowed to tan even with parental consent. Please call (952) 496-6865 for more information regarding availability, types of tanning beds offered, and hours of operation.

Dakotah! Guidelines For Usage

Telephones

Many telephones have been placed around the facility for your convenience. Dial 9 to receive an outside line. As a courtesy to other members and guests, **please limit calls to 3 minutes.**

Telephone Directory

Additional questions or comments? Please contact the department manager by using the telephone directory listed below. If you do not know what department to call, please call the front desk and they will be happy to route your call to the appropriate person.

Front Desk	445-9400	Housekeeping Manager	496-6884
Accounting Manager	496-6861	Ice Arena Information	496-6888
Activity/Fitness Desk	496-6874	Ice Arena Manager	496-6864
Assistant Director, Operations	496-6876	League Information	496-6890
Assistant Director, Sport and Fitness	496-6875	Learn to Skate Coordinator	496-6868
Aquatics & Rock Wall Manager	496-6891	Maintenance Manager	496-6863
Billing Questions	496-6870	Membership Services	496-6872
Deli	496-6869	Operations/Membership Manager	496-6882
Director	496-6862	Personal Training	496-6890
Fax Line (Accounting)	445-6117	Programs Manager	496-6879
Fax Line (Front Desk/Membership)	496-6880	Pro-shop	496-6865
Fitness & Programs Manager	496-6890	Racquetball Court Reservations	496-6874
Food & Beverage Manager	496-6855	Tanning Salon	496-6865
Group Fitness Manager	496-6879	Training Center Coordinator (Skating)	496-6856

Towels

Dakotah Sport & Fitness offers free towel service to our members and guests. The towel desk is located on the lower level across from the family locker room. Bins for soiled towels are located in each locker room, in the group fitness studios, and at the towel desk.

Track

The running/walking track is for members ages 16 & older, unless accompanied by an adult. Non members must be 18 years and older to use the track, unless accompanied by an adult.

Weight Room Area

- Please be courteous at all times.
- Rack all weights after each use.
- Strip all bars down to zero weight after use.
- If dumbbells or weight plates appear loose or cracked, please report the item to the staff immediately.
- Use a spotter when attempting maximum weight.
- Collars and clips are to be used for "free bar" lifting.
- Absolutely no members under the age of 16 and non-members under the age of 18 are allowed in the free weight area.

Hours of Operation

Monday-Friday

5:00 a.m.-11:00 p.m.

Saturday & Sunday

6:00 a.m.-11:00 p.m.

Holiday hours vary
Closed Christmas Day

Guest Fees

Ages 18-58

\$10.00

Ages 4-17 & 59 and older

\$5.00

Ages 3 and Under

Free

Dakotah Sport & Fitness is a MEMBERS ONLY club.

Non-members may use the facility for a fee if they are accompanied by a member.

Members may bring up to 2 guests per visit.



Owned and Operated by the Shakopee Mdewakanton Sioux Community.