



Welcome to the Lauri Ann West Community Center

Vision

We unite and inspire community.

Mission

The Lauri Ann West Community Center builds connections, expands horizons and impacts lives by providing a safe place for all to learn, play and grow.

Hours

Fitness

The Lauri Ann West Community Center is open Monday-Sunday. We do have reduced weekend hours during the summer. Please check our website for the most up to date listing of facility hours.

Gymnasium

The open gym time in the gymnasium varies daily. Please check our website for the most up to date open gym times. Please note that open gym is typically more limited in the winter months but the Lauri Ann West staff aims to allow for at least a couple of hours of open gym each evening.

Open Pickleball

Open Pickleball times will be listed on our website. The Lauri Ann West Community Center works to schedule open Pickleball times a few times during the weekend and on each weekend day.

Security and Safety

Emergency Closings

There are times that the Lauri Ann West Community Center must close due to circumstances out of our control. There are 4 ways that we communicate these situations:

- Our website (www.lauriannwestcc.org)
- Our welcome center (call 412-828-8566)
- The RainedOut app (go to www.rainedout.net, look up the Lauri Ann West Community Center, and follow the steps to sign up for text alerts)

Cell Phone Usage

The Lauri Ann West Community Center permits talking on cell phones in the hallways, lobby, sidelines of the gymnasium, and any other meeting area. We ask that you keep your voice low in order to not disrupt other members. Talking on cell phones is not permitted during classes or in the fitness center. This is for the safety and comfort of our members.

Security Cameras

The Lauri Ann West Community Center has security cameras stationed at various locations throughout the building, as well as outside the facility. These cameras are utilized to provide visual access to all areas of the facility at all times. The goal of the cameras is to prevent crime and ensure the safety of our members.

First Aid/CPR

All staff members are required to be certified in CPR and First Aid. The facility has two first aid kits. If you are ever in need of minor first aid, please ask any staff member. The facility is also equipped with two defibrillators and staff members have been trained how to use them.

Megan's Law

We use the Raptor System to compare all members against the Megan's Law Offender list. All member names will be scanned through this system. Those verified to be known sex offenders will be contacted immediately and their membership will be terminated.

All staff members are required to have the PA Criminal Record Check, Child Abuse Clearance, and FBI Fingerprint Clearance.

Emergency Plan

The Lauri Ann West Community Center has an emergency plan in place and all staff members have been trained. We will routinely run tests and fire alarm drills to make sure that we are prepared to handle any kind of emergency. Specific details of the evacuation plan are not made known to the public for safety purposes.

Photo Identification

All members and guests of the fitness center or gymnasium are required to have their photo taken. This allows us to learn names as well as to prevent people from sharing a membership. If you refuse to have your photo taken you will be required to show photo ID each time you use the facility.

Safety Committee

There is an active safety committee at the Lauri Ann West Community Center. If you have any safety concerns, please report them to any staff member. We know that our members are the eyes and ears of the facility. If you see something, say something!

Lockers and Valuables

The lockers are available for anyone to use. Please feel free to bring your own combination lock to use while you are working out. You are not permitted to leave locks on lockers overnight. We do have a few locks that we

can loan out if you forget to bring one. We ask for a “trade item” (car keys, photo ID) so that we make sure that we get the loaner locks back. You are responsible for any items that you leave in a locker.

The locker kiosk at the end of the lockers is available for all members. Each small compartment has a resettable lock, similar to a hotel safe. Instructions for use are above the kiosk. If you have trouble with the lock, the welcome desk attendant has a master key.

Code of Conduct

Prohibited Actions

The Lauri Ann West Community Center works to maintain a safe and welcoming environment for members and guests. We ask that all members abstain from the actions listed below for the safety and well being of others. This is not a fully comprehensive list but more of an outline of prohibited actions. This list applies to all adults and minors.

Examples of Prohibited Actions:

- Usage of alcohol or illicit drugs. This includes being visibly intoxicated.
- Smoking or vaping in the building or on the property. We are a smoke free zone.
- Foul language.
- Harassment or intimidating behavior of any type.
- Sexually explicit language or behavior. Any sexual conduct with another person.
- Physical contact with another person in a mean or aggressive manner.
- Theft or destruction of property.
- Inappropriate attire. No vulgar language on clothing. It is up to the discretion of the fitness center attendant to determine if attire is appropriate.

If you witness any of these prohibited actions, please report them to a LAWCC staff member.

The Lauri Ann West Community Center is an equal opportunity facility committed to sustaining an inclusive culture. The Lauri Ann West Community Center does not discriminate on the basis of disability, veteran status or any other basis protected under federal, state or local laws.¹

No cleats or multi-purpose spikes are permitted on the gymnasium floor. Roller blades, skates, or hoverboards are not permitted in the gymnasium. No food or drink (with the exception of water) should be taken into the gymnasium. Please do not hang on the backboards, rims, or curtains.

Alcohol and Drug Policy

The Lauri Ann West Community Center has a zero tolerance policy. Any members or guests bringing alcohol into the facility or on the property will be asked to leave. We reserve the right to turn away anybody who is visibly intoxicated.

Anybody found with drugs in the facility or on the property will be asked to leave and we reserve the right to revoke their membership.

¹ Added paragraph.

Smoking Policy

We are a non smoking facility. There are signs posted on the property. During rentals or events, there is a small area outside the back door that will be set aside for smoking. No smoking near the entrance or in the parking lot is allowed.

Right to Terminate Membership

We reserve the right to deny access or membership to any person who has been accused or convicted of any crime involving sexual abuse, is or has been a registered sex offender, has ever been convicted of any offense relating to the use, sale, possession, or transportation of narcotics or habit forming and/or dangerous drugs, or is presently or habitually under the influence of dangerous drugs or chemicals, narcotics, or intoxicating beverages. We reserve the right to terminate membership for any lawful reason.

COVID-19 Member Responsibilities²

- Cleaning
 - We will require that all members thoroughly clean each piece of equipment that they use during their visit. Wipes and spray bottles will be located throughout the facility. Signage will be directing you to those items. Staff members will remind you if they see you leaving a piece of equipment without wiping it down.
- Social Distancing
 - There will be signage all throughout the building guiding movement directions and social distancing rules. We ask that all members follow this signage when moving throughout the building. We know that socializing with other members is a large part of the fitness experience, but we ask that you observe all social distancing guidelines while in the facility.
- Health
 - We will require all members to have their temperatures taken when entering the facility. Anyone with a temperature above 100.4 will be asked to go home. We ask all members to stay home if they are experiencing any COVID-19 symptoms.
- Communication
 - We ask that you alert the Lauri Ann West Community Center if you have visited and then become ill with the COVID-19 virus. In order to keep all members and staff safe, we need to know if there has been any possible exposure.
- Patience
 - We will need to open with restricted facility access. We will need to limit the amount of members in the facility at any given time. We will work to utilize the entire facility to allow the max amount of people at a time. Members will need to reserve fitness center time through the Mindbody app. We ask that you remain patient with us as we work through what best serves all members.
 - When we first open, we will be limiting facility access to members aged 14 and over. There will not be open gym or child watch available as we first open the facility.
 - No guest passes will be permitted as we reopen. This is to allow as much access as possible to our members.
 -

Please reference our FAQ page to review all of our COVID-19 related policy changes.

² 6/2020 - Added COVID-19 section

Membership

Types

Memberships are split up into 3 different groups; fitness, program, and pickleball. Descriptions are provided below.

Fitness Memberships: These include full access to the fitness center, walking track, gymnasium during open gym time, group exercise classes, and access to pickleball during open pickleball times. Note: if you want to be able to participate in open pickleball you must have that noted on your membership. These memberships receive 20% off of any program registration and 50% off of any room rentals. These memberships are month to month and automatically renew each month.

- Family Fitness
 - Monthly payment + 1 time join fee (See website for rates)
 - Includes 2 adults (living in same house) + all children under the age of 24.
- Individual Fitness
 - Monthly payment + 1 time join fee (See website for rates)
 - Includes 1 person age 24 or over.
- Senior Fitness
 - Monthly payment + 1 time join fee (See website for rates)
 - Includes 1 person age 65 or over.
- Youth Fitness
 - Monthly payment + 1 time join fee (See website for rates)
 - Includes 1 person ages 14-17
- College Fitness
 - Monthly payment (See website for rates)
 - Includes 1 person ages 18-23 w/valid college ID.
- Silver Sneakers
 - No fee
 - Includes 1 qualifying person (based on insurance eligibility)
- Silver and Fit
 - No fee
 - Includes 1 qualifying person (based on insurance eligibility)

Program Memberships: These memberships receive 20% off of any program registration and 50% off of any room rentals. With these memberships you have access to the gymnasium during open gym times. You do not have access to the gymnasium during open pickleball times. You do not have access to the fitness center or walking track. These memberships are yearly and do not automatically renew.

- Family Program
 - Yearly payment (See website for rates)
 - Includes 2 adults (living in same house) + all children under the age of 24.
- Individual Program
 - Yearly payment (See website for rates)
 - Includes 1 person age 24 or over.

Pickleball Memberships: These memberships receive 20% off of any program registration and 50% off of any room rentals. With these memberships you have access to the gymnasium during open pickleball times. You do not have access to the fitness center or walking track. These memberships are yearly and do not automatically renew.

- Individual Pickleball (In School District)
 - Yearly payment (See website for rates)
- Couple Pickleball (In School District)
 - Yearly payment (See website for rates)
- Silver Sneakers or Silver and Fit Individual Pickleball (In School District)
 - Yearly payment (See website for rates)
- Silver Sneakers or Silver and Fit Couple Pickleball (In School District)
 - Yearly payment (See website for rates)
- Individual Pickleball (Outside School District)
 - Yearly payment (See website for rates)
- Couple Pickleball (Outside School District)
 - Yearly payment (See website for rates)

Age Policies

Fitness Center: Members age 14 and over can use the fitness center without supervision.

Gymnasium: Children aged 12 and over (or in 6th grade or higher) are allowed in the gymnasium unsupervised as long as a parent or guardian has signed the release of liability. Children in 4th or 5th grade are allowed in the gymnasium unsupervised as long as a parent or guardian is in the facility. All younger children must have a parent or guardian in the gym with them. These rules are consistent with the state of PA child abandonment laws.

Holdings and Terminations

All fitness memberships are month to month. Memberships can be terminated at any time. In order to terminate your membership you must come into the facility and sign a form. We require at least 15 days notice before your next draft date.

All fitness memberships can be placed on hold once a year for 3 months maximum. There is a \$10 processing fee for all membership holds. Membership holds must be done in person at the facility. Please note that memberships automatically start back up at the end of the hold unless a termination form has been filled out.

Financial Assistance/Discounts/Scholarships

The Lauri Ann West Community Center offers a 20% discount to first responders and active or retired members of the military. Proof of service is required.

For employees of the Fox Chapel School District, the LAWCC will waive the join fee on all fitness memberships. Proof of employment is required.

If you are financially not able to afford a membership at the LAWCC we do have some scholarships available. Scholarship amounts are based on income. Applications are available on our website.

Group Exercise Classes and MindBody

Group exercise classes are included in your fitness membership. A monthly schedule of our classes is released at the beginning of each month. Most classes are able to be adapted to all fitness levels.

The Lauri Ann West Community Center uses the MindBody app to reserve spots in our group exercise classes. You will need to set up a MindBody account if you want to utilize the app. You also must let us know if you are registering for MindBody so that we can assign a membership to you in their system. All classes can be registered for 48 hours in advance. You may also call the welcome desk to book your space in a class.

We ask that you cancel your reservation if you are not able to make the class. That allows us to contact members who are on the waitlist to give them the opportunity of attending the class.

Personal Training

We offer 30 minute or 60 minute personal training sessions. They are sold in packages at quantities of 4, 8, 12, or 18 sessions. There are various personal trainers who work out of the LAWCC. Please feel free to reach out to any of them or tell the front desk that you are interested in learning more about our training options.

Each new adult member gets one free 30 minute training session. One of our trainers will reach out to you to schedule this free session once you purchase a membership.

Child Watch

Child Watch is available for Family Fitness Members for an additional monthly fee (see website for rates). Children ages 6 months - 6 years are able to attend child watch. Our child watch area is fully supervised. Hours are 8:30am - 11:30am (Monday - Friday) and 5:00pm - 7:00pm (Monday - Thursday). You can sign your child up for a child watch spot 48 hours in advance.

In order to sign your child in, you must provide a form of photo ID which we can make a copy of. The person who signs a child in must be the same person who signs the child out. Please go to the welcome desk prior to dropping your child off or picking them up so that you can sign the appropriate form.

Programs

Various programs are ran throughout the LAWCC for young children, school aged children, and adults. All members get a special 20% off rate for programs. Please check our website for our current program offerings.

The Code of Conduct listed above applies to participation in all programs.

Arts and Enrichment

The Lauri Ann West Community Center offers an after school Arts and Enrichment Program in which children arrive by bus directly from Fox Chapel Area schools.

Arts and Enrichment Fees are based on the number of consistent days (2-5 days per week) and are billed on the 1st of each month. Please review the website for further details on this program.

Guests

We offer 1 day or 4 day guest passes. They include full access to the facility (fitness center, gymnasium, and all group exercise classes). With the 4 day guest pass, all 4 visits must be completed within 30 days or they will expire. Please see the website for guest pass rates.

All guests must provide personal information for their guest pass and sign a release of liability. For that reason, anyone under the age of 18 must have a parent or guardian come in with them on their first visit in order to sign their paperwork.

Any questions or concerns that you have can be emailed to questions@lauriannwestcc.org.