



Dear Sandburg Resident,

Just when we thought spring would never show it's face the weather is finally starting to warm up and I'm sure you know what that means, pool season is almost here! We just wanted to let all the residents of Sandburg know that Fitness Formula Clubs Old Town will be accepting pool applications/new members beginning on May 2nd. You can also save a little bit of time and energy by doing it over the internet at our website FFC.com beginning May 2nd as well.

For those of you who are members of Fitness Formula already we would like to thank you for your business and look forward to having you as members for years to come. For those of you who aren't yet members at Fitness Formula Clubs Old Town, we have a great incentive for you to join the pool and get 50% off the initiation fee at our great club!

For a limited time only, we are offering Sandburg residents 50% off the initiation fee at the Fitness Formula Club Old Town location when they sign up for a pool membership and a membership at the club!

For those of you who are interested in joining our club and taking advantage of this amazing deal, please feel free to give me, Mark Hackman a call at FFC, send me over an email at MHackman@ffc.com or bring this letter on by the club and I'll be happy to give you a tour and go over the membership deals with you as well as set you up with a free trial membership at our club. We really pride ourselves here at Fitness Formula Clubs Old Town as being one of the cleanest and friendliest clubs around. Also, you will rarely, if ever, have to wait to use any of our equipment here no matter what time of day you come!

Have a great rest of spring and I look forward to seeing you in here soon!

In Health,

Mark Hackman
New Member Services

FFC Old Town
1235 N. LaSalle
Chicago, IL 60610
(312)640-1235
MHackman@ffc.com

2011 Sandburg Pool Season

Pool open daily effective Saturday, May 28, 2011 through Sunday, September 25, 2011 (weather permitting).

Pool Locations

South Pool
1255 N. Sandburg Terrace, Chicago
(west of Eliot House)
(312)440-3622

North Pool
1555 N. Sandburg Terrace, Chicago
(south of James House)
(312)440-3625

Pool Hours*

Weekdays	Weekends & Holidays
6:30am - 8:30am Lap Swim	9am - 10am Lap Swim
8:30am - 6:30pm Open Swim	10am - 4pm Open Swim
6:30pm - 7pm Lap Swim	4pm - 4:30pm Lap Swim
7pm - 8pm Open Swim	4:30pm - 8pm Open Swim

Sign-in required for lap lanes.
Pool hours subject to change with notice.
* June 2011 and July 2011 open until 9pm.

Water Aerobics Classes

North Pool
Monday thru Saturday
10:00am - 11:00am

Wednesdays
6:00pm-7:00pm

*Please call to confirm class schedules.

Membership Rates

Residents/Owners (Proof Required)	Through	After
Adult	\$140	\$174
Children* (ages 2-14)	\$72	\$89

Non-Residents

Adult	\$274	\$344
Children* (ages 2-14)	\$164	\$204

*Must be purchased with an adult membership

Visit the FITNESS FORMULA CLUBS Old Town website at www.ffc.com for advanced registration locations and dates.

FFC Old Town Members

Adult	\$174	\$217
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Guest Fees - Guests must be accompanied by a pool member at all times.

Midweek Daily*	\$6
Midweek 10 visit*	\$54 (Non-refundable)
Daily Unrestricted	\$16
10 Visit Unrestricted	\$134 (Non-refundable)

*Midweek includes Monday, Tuesday, Wednesday, Thursday, and excludes holidays.

2011 Special Offer

Join the Sandburg Village Summer Pool Season and receive an additional 50% off Enrollment Fee **FITNESS FORMULA CLUBS** for OLD TOWN or GOLD COAST*

*Offer good with a new membership only and is valid for additional 50% discount on currently monthly offer.

Pool Application

Please fill out this application and return it, along with your check or money order to
FFC Old Town 1235 North LaSalle Street, Chicago, IL 60610
(Make all checks out to **Sandburg HOA**)

Payments may be made online (with assessment statement at pass pick-up) and in person. No phone registration.

Name _____

Address _____ Apt. _____ City _____ State _____ Zip _____

Home Phone _____ Daytime Phone _____

E-mail Address _____

Family 2 _____ Age _____

Family 3 _____ Age _____

Family 4 _____ Age _____

Credit Card # _____ Exp. Date _____ Signature _____

Member # _____ Amount Paid _____ Method of Payment _____

Membership Card # _____ Receipt ID # _____ Staff _____

Enclosed is my check or money order for \$ _____, made payable to Sandburg HOA. Please do not send cash. Register at FFC Old Town, 1235 North LaSalle, between the hours of 6:00am - 8:30pm (Monday-Friday) and 8:00am - 6:30pm (Saturday and Sunday). Photo for ID must be taken at the time of registration. Membership cards are non-transferable and must be picked up in person at the pool of your choice within one week after you register. Until then, you can use your receipt and a Photo ID to use the pool.
No Refunds or Credits.

I hereby apply for Membership at the Sandburg Village Pool and Cabana Club. I understand that this application is subject to the review and approval of the pool management. Upon acceptance of this application the undersigned shall receive the membership rights and privileges, and agrees to abide by all rules and policies, which are subject to change without notice. I understand that this membership may be terminated by Fitness Formula or the Sandburg Village Homeowners' Association as a result of a violation of the rules, regulations and policies, conduct in a manner which management deems inappropriate or disruptive to others, false representation of information, or transfer of membership rights-which is strictly prohibited. I will not be entitled to any refund of the membership dues paid. I understand that the cost of seasonal membership is in addition to any apartment rental or Homeowners assessment and that membership dues are not refundable. I understand that the Sandburg pools may be closed as a result of needed repairs and maintenance and unfavorable weather conditions. Every Dwelling Unit Owner, outside member, his or her family, tenants, guests and invitees, or contract purchasers residing in a Dwelling Unit (the "Eligible Users"), in using the facilities and any equipment of the Sandburg Village Pool and Cabana Club, does so at his or her risk. The Carl Sandburg Village Homeowners' Association, its Board of Directors, managing agent (including Draper and Kramer, Inc.), and Fitness Formula Network of Clubs (the "Released Parties"), shall not be liable for any damages arising from personal injuries or property damage sustained by the Eligible User in, on or about the property of the Pool and Cabana Club. The Eligible User assumes full responsibility for injuries or damages which may occur to him or her in or about the premises of the Pool and Cabana Club, and, to the fullest extent permitted by law, does hereby fully and forever release and discharge the Released Parties, their Owners, employees and agents from any and all claims, demands, damages, rights of action or causes of action, present of future, resulting from or arising out of the use of the facilities and equipment of the Sandburg Village Pool and Cabana Club.

Membership Signature _____ Date _____

Sandburg Village Pool Rules 2011

MEMBERSHIP

- All pool members and their guests must observe pool rules and adhere to lifeguard requests in the interest of safety. Failure to follow rules may result in revocation of membership without refund.
- Everyone entering the pool premises is required to stop at the check-in desk and present a valid pool membership card each time.
- A registered pool member must accompany all guests. Pool members are limited to 5 guests per day per family. Rule violations by a member's guest(s) may result in pool membership revocation.
- Members who alter their membership cards, or allow transfer to another party, shall forfeit their membership privileges for the remainder of the season without a refund.
- A membership card will not be granted until the member's photo is taken and is in the computer system. (Photos can be taken at the North and South pools and at FFC Old Town.)

POOL ACTIVITY

- No smoking allowed on pool premises and within 15 feet of the pool exits.
- All persons with long hair are required to wear a pony tail tie or swim cap.
- Rubber pants or swim diapers must be worn by children who are not toilet trained.
- All persons entering the pool are required to take a shower. Footbath must be used prior to entering the roped off area.
- Children under the age of 14 must be accompanied and supervised by an adult member (18 or older) at all times. Children who are not properly supervised will be asked to leave.
- If supervising adults leave the pool premises at any time, children in their charge must also leave with them.
- Children using flotation devices for safety purposes will only be allowed in the pool area under strict supervision of an adult in the water
- Parents will be held responsible for their children's behavior and violation of any rules. Violators of the pool rules may be required to leave the pool premises at anytime.
- No eating or drinking allowed within the roped off areas. Glass containers are not allowed on the pool premises.
- No pets are allowed on the pool premises.
- Radios, tape players, CD players or other sound producing devices are prohibited except when used with personal headsets.
- Personal use of the office telephone for incoming or outgoing calls is strictly prohibited.
- Any accident or emergency must be reported to the pool staff immediately.
- No running, roller-blading, scooters or bicycles or ball playing allowed in the pool or surrounding areas.
- Swim lanes are reserved for lap swimming only. Swimmers intending to swim laps during designated swim times shall indicate that intention on daily sign-in log and limit time to 30 minutes when more than two persons are waiting.
- Lounges and chairs are available on a first come, first served basis; saving them is strictly prohibited.
- All pool members and guests will be responsible for covering their lounges or chairs with towelings.
- No diving or cannonballing allowed in the pool.
- Children may be required to take a simple swim test before entering the deep end of the pool without an adult at the lifeguards discretion.
- No formal instruction of any sort may be conducted without prior approval of management.
- Children's Time-Outs are 20-minute periods when children under 14 years of age must vacate the pool. Time-Outs can be called at any time at the discretion of the pool life guards. Time-Outs are called based on the number of children in the pool and their general activity level to ensure Members' safety and pool order.
- Selling, trading or vending of any personal property and or products is strictly prohibited on the pool premises and cabanas. The Carl Sandburg Village Homeowners' Association and Fitness Formula are not responsible for personal items left in common areas. Anyone in violation of the above rules, deemed unruly by the pool staff, under the influence of alcohol or exhibiting erratic behavior will be required to leave the pool premises immediately and may suffer loss of membership without privilege of refund. My signature below states that I have read and agree to abide by the 2011 Pool rules.

PLEASE NOTE: If the high-rise construction work overlooking the North Pool extends into the early part of the pool season, there will be a need for special pool hours to ensure your safety. During such construction period, the North Pool facilities will be closed until 4:30 pm on weekdays but will maintain regular hours of operation on Saturdays and Sundays. Water aerobics classes will be held at the South Pool during the construction period, and then transfer back to the North Pool. The hours of operation at the South Pool will not be affected. Notices of any schedule changes will be posted.

Signature _____

Date _____



FITNESS FORMULA CLUBS OLD TOWN

1235 N. LaSalle St., Chicago, IL 60610 . 312.640.1235 . www.ffc.com