



Point Member Benefits:

- Access to The Dr. Ken Cooper Fitness Center 7 days a week: 7am-9pm
- Wellness Classes
- Technology Classes
- Workshops, Clinics, and Specialty Classes.
- Weekly Movies!
- Discount on Massage Services on Campus
- Free Membership to Osher Lifelong Learning Institute (OLLI) by UNT.
- Use of the CCY Rehab Pool and Aquatics Classes

Are you age 55 or better?

Engage your body, mind, and spirit by joining The Point!



More Information :

📍 4847 W. Lawther Dr.
Dallas, TX 75214

📞 214-841-2831

🌐 www.ccyoung.org

DATE : _____

PERSONAL INFORMATION (REQUIRED)

CCY will not share information outside CC Young. Your information is used to keep you posted on activities at CCY or Osher Lifelong Learning Institute at UNT.

Full Name : _____
 Date Of Birth : ____/____/____ Gender : ☐ Male ☐ Female
 Address : _____
 Street City State Zip
 Preferred Phone Number : _____ E-Mail : _____
 Photo ID (license/State) : _____ Occupation (Former) : _____
 Country, born : _____ Status : ☐ Single ☐ Married ☐ Divorced ☐ Widowed

EMERGENCY CONTACT DETAILS

Contact Name : _____ Phone Number : _____
 Relationship : _____ Email Address : _____

RULES AND PHOTO RELEASE

- I will wear the provided photo identification badge while at CC Young.
- If I feel sick and am running a fever, I will not attend any activities at The Point.
- I will follow health and safety protocols as determined by CC Young, The State of Texas and HHSC.
- I will abide by CC Young's smoke-free campus policy.
- In the case of bad weather, The Point's policy is to cancel all events & activities if Dallas ISD closes for the day.
- I am aware that children must be directly accompanied by an attending adult at all times.
- Absolutely no running in the building is allowed.
- I agree to follow The Point Fitness Center Guidelines & Regulations. (next page)
- I agree to complete a fitness orientation (provided Wednesdays at 9am) prior to working out in the fitness center or attending a class.
- I agree that I am responsible for use of the fitness center equipment and I participated in the programming according to my doctor's directives. As a member, I will pursue any questions regarding my ability with my medical doctor. CC Young (not The Point as an entity therein) accepts NO liability with regard to this matter. I understand, indicated by my signature below, that CC Young (The Point) reserves the right to request evidence of doctor's approval or prescription at any time deemed necessary in consideration of the best interest of my health. I am willing to provide my Primary Doctor's name and phone number.

Primary Doctor : _____ Doctor's Phone # : _____

- Photo & Video Release: I am of legal age and have the right to contract in my own name. For valuable consideration received, I hereby grant to CC Young, the absolute and irrevocable right and permission in respect to the video footage or photographs that have been taken of me or in which I may be included with others, to copyright the same, in their own name, or otherwise, to use, re-use, publish and use in conjunction with any printed matter, in any and all media now or hereafter known and for any other purpose whatsoever and to use my name in conjunction therewith if CC Young so chooses. I hereby release and discharge CC Young from any and all claims and demands arising out of or in connection with the use of the photographs or videos, including without limitation any and all claims for libel or invasion of privacy. This authorization and release shall also inure to the benefit of the heirs, legal representatives, licensees and assigns of CC Young, as well as the person(s) for whom the photographs were taken.

I understand and agree to the above:

Sign Name : _____

OFFICE USE ONLY

AOD Number : _____
 Payment Type : _____
 Membership Dates : _____ to _____

FITNESS CENTER GUIDELINES



AQUATICS CENTER GUIDELINES & REGULATIONS

- Use of the Aquatics Center is limited to CC Young Residents and Point Members.
- Individuals must complete the Aquatics 101 orientation and safety class in order to attend a pool class or use open pool time.
- Class space will be limited to 8 participants.
- Please be respectful of other participants. If you cannot make the class, call and cancel to allow another to reserve a spot.
- You must arrive NO SOONER than 15 minutes prior to the start of the class.
- If you arrive more than 15 minutes ahead of your scheduled time, please wait in the Bistro lobby. The gym space is for therapy patients.
- Locker and dressing room space is limited.
- Please DO NOT leave your items in the dressing room. There are lockers located at the pool deck entrance for your convenience.
- If you have walker or assistive device, please place along the wall to keep the walkways clear.
- No outside shoes are allowed on the pool deck. If you need pool shoes, we can provide those for you.
- Towels will be provided for you.
- Swimsuit wear is required; shorts & t-shirt are also acceptable.

CALL TO SCHEDULE YOUR
AQUATICS 101 CLASS TODAY
972-638-8795

- Use of the Fitness Center equipment is limited to CC Young Residents and Point Members.
- New CCY residents and Point Members must complete a fitness orientation prior to working out in the fitness center or attending a class.
- All are responsible for safe use of the fitness equipment and participation in the classes according to doctor's directives.
- CCY Residents and Point Members are required to wear a CCY-issued ID badge.
- All are required to sign in each time you use the Fitness Equipment, and when attending any class.
- Please limit your workout time to 30 minutes if others are waiting for a fitness machine.
- For your safety, please remove any loose jewelry prior to using fitness machines.
- Proper gym attire must be worn at all times.
- Shoes are to be worn in all areas except in the Fitness Center classroom.
- Please be courteous and considerate of others at all times by not wearing strong perfume or cologne.
- Kindly do not bring food or drink other than water (in a bottle with lid) into the Fitness Center.
- Please bring your own towel. No towels are provided.
- Please wipe off equipment seating and handles after use.
- Please report any equipment damage, excessive wear or failure to The Point team.
- Children are not allowed in the Fitness Center Gym.

Individuals are expected to adhere to these guidelines in order to continue to use the space or equipment.



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☎ 214-841-2831 (Office)
🌐 www.ccyoung.org

POINT MEMBERSHIP GUIDELINES

KEEP FOR YOUR RECORDS

Who can join The Point? Anyone in the general public who is age 55 and better.

What is the cost? The 12-Month Point Membership is \$23 a month paid annually at \$298.77 (12 x \$23= \$276 + current tax of \$22.77), per person. Full payment is due at time of registration via Debit card/Credit Card, (MC/Visa/AE)/ cash or check (made to CC Young.) All memberships begin April 1 of each year. Membership rates for those who sign up after April are based on the remaining months of membership.

What are the Point Membership Benefits? Membership is not a requirement to attend many of the programs, events, and classes held on a complimentary basis at The Point. There are certain benefits, however, for those who choose to pay and become “Members” of The Point.

- The Point is open daily from 7am until 9pm, giving you access to Dr. Don R. Benton Meditation Chapel, Point Café, Art Gallery, Fitness Center, Game Zone and Library.
- The Point publishes a Lifestyle Guide that gives full details of all activities and events each month. You can pick up a copy in The Point or visit our website: ccyoung.org/amenities/lifestyleguide
- All Point Members will be provided with a photo identification badge. This ID badge is to be worn at all times when on CC Young Campus.
- Use of the Fitness Equipment in the Dr. Ken Cooper Fitness Center is for exclusive use of CC Young Residents and Point Members. See Lifestyle Guide for opportunities to meet one-on-one with CCY Wellness or Rehab team members for questions you might have.
- Wellness Classes at The Point, Aquatics Classes at The CCY Rehab Pool located in The Vista. See The Point's Lifestyle Guide for full details on classes.
- Senior Tech Technology Classes. A variety of classes are offered for every level of experience. Classes are designed for seniors. Learn at your own pace – no test, no worries, just have a desire to learn!
- Workshops, Clinics, and Specialty Classes are offered such as Acting Fun, Arts & Crafts, and language classes. Specific offerings will vary.
- NEW! Free membership to the Osher Lifelong Learning Institute (OLLI) by UNT. OLLI is a lifelong learning program that offers non-credit courses and events designed by and for adults age 50 and better. A catalogue of classes taught at CC Young and by passionate instructors at CC Young will be provided along with OLLI membership benefits including access to a library of The Great Courses.
- Discount on Massage Services. Point Members receive discounted pricing for massage on campus. \$65 for a 60 minute massage; \$95 for a 90 minute massage. Massage appointments may be made by calling 972-755-4259.
- Point Members are automatically added to CC Young's and UNT OLLI 's mailing lists and members will receive information Special Promotions and more.

Health Information: It is the Point Member's responsibility to secure approval from their physician for physical fitness activities and to participate or exercise according to their doctor's directives. Unless there is a scheduled class, there is no supervisor/trainer in the fitness center. Exercising is at your own risk. (Please see the Guidelines and Regulations on other side.)

