



## Point Member Benefits:

- Access to The Dr. Ken Cooper Fitness Center 7 days a week: 7am-9pm
- Fitness Assessments
- 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](http://www.ccyoung.org)

**PERSONAL INFORMATION (REQUIRED)**

DATE : \_\_\_\_\_

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 : \_\_\_\_/\_\_\_\_/\_\_\_\_

Address : \_\_\_\_\_  
Street City State Zip

Phone Number : \_\_\_\_\_ E-Mail : \_\_\_\_\_

Car Color, Make &amp; Model : \_\_\_\_\_

Status :  Single  Married  Divorced  Widowed Gender :  Male  Female

Country, born : \_\_\_\_\_ Occupation (Former) : \_\_\_\_\_

**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/or am running a fever, I will not enter 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.
- I understand that The Point is closed when Dallas ISD closes.
- I am aware that children must be directly accompanied by an attending adult at all times.
- I agree to follow The Point Fitness Center Guidelines & Regulations. (next page)
- I agree to complete a fitness center orientation (provided Fridays at 9am) prior to working out in the fitness center or attending a class.
- I agree to complete a 1 on 1 orientation prior to attending aquatics activities.
- I agree to sign Addendum A, Activities Release and Waiver of Claims, as part of this membership.
- 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.

My signature below indicates I understand and agree to the above.

Sign Name : \_\_\_\_\_

**OFFICE USE ONLY**

AOD Number : \_\_\_\_\_

Payment Type : \_\_\_\_\_

Membership Dates : \_\_\_\_\_ to 03.31.2026

# THE POINT FITNESS CENTER RULES & REGULATIONS

## GENERAL

- Use of the Fitness Center equipment is limited to Point Members and CCY Residents.
- Sign-in required each time you use the Fitness Center Equipment.
- Name badge are to be worn at all times.
- All personal items such as backpacks, gym bags, purses, jackets, etc. are to be stored in the designated shelving area (cubbies) and not left on the gym or classroom floor.
- Medical clearance from physician is recommended prior to starting any exercise program.
- Be respectful and considerate to others.
- Limit workouts to 30 minutes or less if others are waiting for a machine.
- Abstain from the use of loud, abusive, vulgar and profane conversation.
- Fitness Center does not permit any conduct that harasses or is bothersome to others including playing of loud music from personal listening devices without headphones.

## EQUIPMENT

- Must be used in the manner intended.
- All weights must be replaced in the designated area on appropriate racks when finished.
- Please wipe down equipment after each use.

## ATTIRE

- Please wear proper (close toed) athletic shoes designed for use in the gym.
- Barefoot workouts are strictly prohibited in gym, with the exception of special class or activity as directed by the class instructor.
- For your safety, please remove any loose items that may get entangled in gym equipment and pose a safety risk (e.g. long necklaces, scarves, etc.) prior to using fitness machines.

## FOOD

- No food is permitted in the Fitness Center; water bottle containers with lids are recommended. A water bottle refilling fountain is located at the Fitness Center entry doors.

## PETS

- Only registered service animals are permitted in The Point gym and fitness classroom.

## CHILDREN

- Children under the age of 16 are allowed in the fitness center if accompanied by an parent or guardian. No one under the age of 16 can use the gym equipment or attend fitness classes.

**CC Young reserves the right to update or modify these policies as needed. Residents, members and staff will be notified in writing in advance of any changes.**

## HEALTH & SAFETY

- If you have the flu, a cold or any other contagious illness, please do not visit The Point or use the Fitness Center.
- Please use the disinfectant towels provided in the fitness center to clean perspiration from benches, pads, handles and weights after use.
- CC Young is a smoke-free campus. Violation of this policy can result in revocation of Point privileges.

## INJURIES

- CCY residents should push their pendants to contact the Urgent Care Nurse for non-emergency assistance.
- A defibrillator can be found in a case mounted on the exterior wall on your left as you enter The Point Fitness Center equipment room (gym).
- A first aid kit is kept in the fitness center cubbies for minor injuries.
- It is important that Injuries be reported to Point Staff immediately so that proper procedures can be initiated.
- In case of an Medical Emergency, DIAL 911 (no need to dial 9 first) from a house phone (weight room and fitness center classroom). Designate someone to stay with injured party, someone to alert Point Staff & someone to meet ambulance.

## GUESTS

- All guests must be registered with Point Wellness Director or Point Administrative Staff. Guests must complete and sign a participation release and indemnification agreement form and wear a guest identification badge when working out.

## LOST & FOUND

- CC Young is not responsible for lost or stolen items. Do not to leave valuable items unattended. Any found items are kept for a period of three months. Items will be donated or disposed of if not recovered in six months.

## HOURS OF OPERATION

- Fitness Center is open for 7am– 9pm daily.
- Consult The Active Senior Lifestyle Guide for a listing of wellness classes.
- Inclement Weather Policy: The Point at CC Young will close, and all regularly scheduled classes, programs & events will be cancelled, if Dallas Independent Schools (DISD) cancels classes due to snow, ice, etc.



# POINT MEMBERSHIP GUIDELINES

KEEP FOR YOUR RECORDS

**ELIGIBILITY:** Anyone in the general public who is age 55 and better.

**COST:** The 12-Month Point Membership is \$45 per month paid annually at \$584.55 (12 x \$45= \$540 + current tax of \$44.55), per person. Full payment is due at time of registration. All memberships begin April 1 of each year. Membership rates for those who sign up after April are pro-rated based on the remaining months of membership year.

**Experience a Vibrant Lifestyle at The Point at CC Young:**

- **Fitness & Wellness:**
  - **Stay Active:** 7-day access to our state-of-the-art Fitness Center, 7am-9pm.
  - **Explore Diverse Classes:** Enjoy a wide range of fitness options, including Tai Chi, Yoga, Zumba, and more.
  - **Refresh in the Pool:** Participate in invigorating aquatic classes or enjoy leisurely open swim time.
- **Lifelong Learning:**
  - **Embrace New Skills:** Discover exciting Senior Tech classes tailored to all experience levels. Learn at your own pace – no exams, no pressure, just a passion for learning!
  - **Expand Your Horizons:** Explore a diverse range of workshops, clinics, and specialty classes, from acting and arts & crafts to language learning.
  - **Unlock OLLI:** Enjoy complimentary membership to the Osher Lifelong Learning Institute (OLLI) by UNT, offering engaging non-credit courses and events for adults aged 50+.
- **Exclusive Perks:**
  - **Indulge in Relaxation:** Receive discounted massage services. Enjoy a 60-minute massage for \$65 or a 90-minute massage for \$95. Schedule your appointment today by calling 972-755-4259.

