



CC YOUNG POINT MEMBERSHIP PROGRAM

MEMBERSHIP PILLARS



Physical

Events and activities that prioritize movement, nutrition, and rest to feel vibrant and energized.



Intellectual

Events and activities that prioritize staying sharp through lifelong learning, creative pursuits, and curiosity.



Emotional

Events and activities that prioritize cultivating resilience and self-compassion to navigate the life's ups and downs.



Social

Events and activities that prioritize fostering meaningful connections and a true sense of belonging.



Spiritual

Events and activities that prioritize finding inner peace and aligning daily life with your values and purpose.



Vocational

Events and activities that prioritize gaining fulfillment through passions, hobbies, and personal strengths.



Environmental

Events and activities that prioritize living mindfully and caring for the world and spaces around us.

JOIN THE POINT

ARE YOU AGE 55 OR BETTER?

Engage your body, mind, and spirit at The Point!

\$540+tax per membership year!
Calculated based on \$45+ tax per person per month, prorated.

Membership Year Runs April 1 to March 31.

EXCLUSIVE BENEFITS

- Fitness Center
- Wellness & Aquatics Classes
- Life Long Learning
- Special Interest Groups

More Information :

4847 W. Lawther Dr.
Dallas, TX 75214
214-841-2831
www.ccyoung.org

ABOUT CC YOUNG & THE POINT

About CC Young For over 100 years, CC Young has served senior adults on a lush 20-acre campus across from White Rock Lake in East Dallas. As a non-profit Continuing Care Retirement Community (CCRC), it holds a 5-Star Quality Rating from CMS for skilled nursing, home health, and hospice services.

Services Offered

- On-Campus Care: Independent Living, Assisted Living, Memory Support, Long-Term Care, Respite Care, Short-Term Rehabilitation, Aquatics & Outpatient Therapy, and Inpatient Hospice.
- Community Services (On & Off-Campus): Home Healthcare, Hospice & Palliative Care, and Private Duty Care (licensed in 13 North Texas counties).

The Point: Life Enrichment Hub Located at the center of campus, The Point is a 20,000-square-foot holistic wellness center with a lively "student union" vibe. Together with the Pavilion, it offers programming in:

- Creative Arts & Education: Expressive arts, lectures, and lifelong learning.
- Recreation & Fitness: Social events, games, aquatics, and wellness classes.
- Spiritual Growth: Opportunities for fellowship and reflection.

Programs at The Point are open to both CC Young residents and community members aged 55+through **Point Membership**.



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, ZumbaGold, 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.

General Point Membership Rules

- Point Members will be provided a photo identification badge and are expected to wear it while at CC Young.
- If members feel sick and/or are running a fever, they are expected to not enter The Point and follow health and safety protocols as determined by CC Young, The State of Texas and HHSC.
- Members will abide by CC Young's smoke-free campus policy.
- Members will follow that The Point's **Inclement Weather** Policy that states the building will close when Dallas ISD closes for bad weather.
- Members will be aware that children must be directly accompanied by an attending adult at all times.
- Members will follow The Point Fitness Center Guidelines & Regulations.
- Members will agree to complete a fitness center orientation prior to working out in the fitness center.
- Members will complete a 1 on 1 orientation prior to attending aquatics activities.
- Members will sign **Addendum A**, Activities Release and Waiver of Claims, as part of this membership.
- Members will sign a photo & video release statement.

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.

THE POINT FITNESS CENTER RULES & REGULATION CONTINUED

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.





Membership Dates : to **03.31.2027**

ADDENDUM A
Point Membership Program
Activities Release and Waiver of Claims

I, _____ (“**Point Member**”) understand that this Activities Release and Waiver of Claims (“**Release**”) is a required prerequisite for participation in The Point Membership Program (“**Point Membership**”) and all activities offered as part of Point Membership (each, an “**Activity**” and collectively, the “**Activities**”). The Activities are described in the monthly Lifestyle Guide, copies of which are available in hard copy at The Point or digitally on CC Young’s website. Some examples of Activities include use of fitness facilities and participation in fitness classes. Each Point Member must review the description of any Activities prior to participation to ensure comprehension of the specific requirements for participation, and to learn about the risks associated with each such Activities.

1. In consideration for Point Membership and participation in the Activities, and for other good and valuable consideration, I hereby **RELEASE, WAIVE, DISCHARGE AND COVENANT NOT TO SUE** CC Young Memorial Home d/b/a CC Young (“**CC Young**”) and its Board of Directors, officers, servants, agents, and employees (the “**Releasees**”) with regard to any and all liability, claims, demands, actions and causes of action whatsoever arising out of or related to any loss, damage, or injury, including death, that may be sustained by me, or to any property belonging to me, **WHETHER CAUSED BY THE NEGLIGENCE OF THE RELEASEES**, or otherwise, while participating in Activities, or while in, on or upon the premises where an Activity is being conducted.

2. To the best of my knowledge, **I CAN FULLY PARTICIPATE IN THE ACTIVITIES. I AM FULLY AWARE OF THE RISKS AND HAZARDS CONNECTED WITH THE ACTIVITIES**, including but not limited to the risks associated with physical exercise and exertion as a senior and with any health conditions I may have, and I hereby elect to voluntarily participate in the Activities, and to enter the premises and, if applicable, travel to the Activities, and engage in the Activities knowing that the Activities may be hazardous to me and my property. **I VOLUNTARILY ASSUME FULL RESPONSIBILITY FOR ANY RISKS OF LOSS, PROPERTY DAMAGE OR PERSONAL INJURY, INCLUDING DEATH**, that may be sustained by me, or any loss or damage to property owned by me, as a result of being engaged in an Activity, **WHETHER CAUSED BY THE NEGLIGENCE OF RELEASEES** or otherwise.

3. I further hereby **AGREE TO INDEMNIFY AND HOLD HARMLESS** the Releasees from any loss, liability, damage or costs, including court costs and attorney’s fees, that may incur due to my participation in said activity, **WHETHER CAUSED BY NEGLIGENCE OF RELEASEES** or otherwise.

4. It is my expressed intent that this Release shall bind the members of my family and spouse (if any), and my heirs, assigns, personal representatives, and subrogees, and shall be deemed as a **RELEASE, WAIVER, DISCHARGE AND COVENANT NOT TO SUE** the above Releasees. I hereby further agree that this Release shall be construed in accordance with the laws of the State of Texas.

5. **I UNDERSTAND THAT CC YOUNG WILL NOT BE RESPONSIBLE FOR ANY MEDICAL COSTS OR ANY OTHER RELATED CHARGES ASSOCIATED WITH ANY INJURY OR ILLNESS I MAY SUSTAIN DURING ANY ACTIVITIES.** I also understand that I am urged by CC Young to consult with my physician before participating in any Activities and to obtain and maintain adequate insurance to cover any personal injury to myself which may be sustained during any Activity

6. I further agree to become familiar with the rules and regulations of The Point related to the Activities and not to violate said rules of any directive or instruction made by the person or persons in charge of any Activity and that I will further assume the complete risk of any Activity done in violation of any rule or directive or instruction.

This Release is intended to be interpreted and enforced to the fullest extent allowed by law. If any portion of this Release is deemed unlawful or unenforceable, it shall not affect the enforceability of other provisions, and the remaining provisions shall continue in full force and effect.

IN SIGNING THIS RELEASE, I ACKNOWLEDGE AND REPRESENT THAT I have carefully read the foregoing Release, understand it and sign it voluntarily as my own free act and deed without inducement.

POINT MEMBER

Signature _____

Date: _____