



SPORTSPLEX

AQUATICS CENTER

Member Handbook

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Opelika, AL 36801

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334-705-5568 (fax)

www.opelika.org/opr
opelikasportsplex.com

Table of Contents

| | |
|-------------------------------------|------|
| Welcome..... | p. 1 |
| Hours of Operation..... | p. 1 |
| General Membership Information..... | p. 2 |
| 1. Membership | |
| A. Procedures | |
| B. Family Memberships | |
| C. Dependents in Family Membership | |
| D. Cancellation of Membership | |
| E. Membership Transfer | |
| F. Membership Changes | |
| G. Billing Procedures | |
| H. Insufficient Funds | |
| 2. Guest Registrations | |
| 3. Member Suggestions | |
| 4. Lost and Found | |
| 5. Smoking Policy | |
| 6. Solicitation Policy | |
| 7. Special Events | |
| 8. Website/ Social Media | |
| 9. Photo/Video Policy | |
| Features and Services..... | p. 5 |
| 1. Game Room | |
| 2. Tot Watch | |
| 3. Concessions | |
| 4. Locker Rooms | |
| 5. Pro Shop | |
| Aquatics..... | p. 7 |
| 1. Pool | |
| A. Hours | |
| B. Policies | |
| 2. Splash Park | |
| A. Hours | |
| B. Policies | |
| 3. Hot Tub | |
| A. Policies | |
| 4. Steam Room | |
| 5. Healthy Swimming Tips | |

Charter Foundation Adult Activity Center.....p. 10

- 1. AAC Information**
- 2. Features and Services**
- 3. Travel Policies**

Fitness Department.....p. 12

- 1. Cal James, Sr. Weight Room**
- 2. Cycling Studio**
- 3. EAMC Cardiovascular Area**
- 4. Group Fitness**
- 5. Indoor Track**
- 6. Outdoor Track**
- 7. Massage Therapy**
- 8. Personal Training**
- 9. Programs**
 - A. Fitness Assessments**
 - B. Metabolism Testing**

Gymnasium.....p. 14

- 1. Information**
- 2. Policies**

Outdoor Playground.....p. 15

- 1. Information**
- 2. Policies**

Racquetball Courts.....p. 16

- 1. Information**
- 2. Policies**

W. James Samford Soccer Complex.....p. 16

- 1. Information**
- 2. Policies**

Welcome

The Opelika SportsPlex and Aquatics Center’s main goal is to improve the health and well-being of the Opelika and regional community. We seek to provide the highest quality supervised and professionally managed programs in fitness, health education and recreation. Our commitment to facilitate and support the development of the whole person is our top priority, such that individuals of all ages enjoy the physical, psychological and emotional aspects of wellness.

We are pleased to have you as a member of the Opelika SportsPlex family, and we hope you enjoy using our state of the art facility. This handbook has been prepared to help orient you to our many services and assist you with any questions you may have.

All information contained in this handbook is subject to change at the discretion of the City of Opelika Parks & Recreation Department.

SportsPlex Hours of Operation

| | |
|----------------|---------------------|
| Monday- Friday | 5:00 a.m.-9:00 p.m. |
| Saturday | 8:00 a.m.-5:00 p.m. |
| Sunday | 1:00 p.m.-5:00 p.m. |

Children under the age of 12 must be accompanied by an adult, who must remain in the building during the entire time the children are present. An exception to this rule will be made for children under age 12 who are enrolled in a supervised activity or class (such as a camp, clinic or special program) provided the class instructor or activity supervisor has been given emergency contact information for the responsible adult.

General Membership Information

1. Membership

A. Procedures

Upon filling out a membership application, all members will be registered in our secure RecTrac Database. RecTrac allows members to enter the center by a typing their member number on a keypad at the Front Desk. During membership registration all members must have their photo taken and saved to the RecTrac Database before participating in any activities.

B. Family Memberships

Family memberships consist of a spouse and children. Relatives shall not be considered part of the family unit for purposes of membership. Biological Parents and/or Mother in law – Father in law will not be considered for Family Membership.

C. Dependents in Family Memberships

- 1) A dependent child means a natural or adopted child 22 years old and under that is residing in the family household.
- 2) A child over 19 years of age will be treated as a qualifying dependent child only if such child is enrolled as a fulltime student for eight or more months during the calendar year at a college, university, technical, trade or mechanical school.
- 3) A dependent child who enters an institution of higher learning for any type of postgraduate studies may apply to the Opelika Park Board for a variance.
- 4) A child loses his or her status as a dependent child if such child marries, moves out of the principle family residence or attains the age of 23 years without a post graduate variance.
- 5) A child of any age who is permanently and totally disabled and who is living in the family residence will be treated as a dependent child for purposes of membership.

D. Cancellation of Memberships

Members have the right to cancel their membership with written notification to the SportsPlex. One month advance notification is required.

E. Membership Transfer

Memberships are not transferable under any circumstances.

F. Membership Changes

Please see a staff member at the Front Desk if you need to make any status changes to your membership. You may reach the Front Desk at 334-705-5560.

G. Billing Procedures

For your convenience, we offer three different types of payment plans for your membership dues.

1) Bank Draft

On or about the tenth (10th) of each month we will process an electronic draft from your personal checking or savings account.

2) Annual Payment

You may pay your entire year's dues at one time.

3) Payroll Deduction

This method is available for City of Opelika employees.

H. Insufficient Funds-

Member Bank Draft (Adopted by the Opelika Board of Parks and Recreation 3-9-10)

- 1) All memberships of the Opelika SportsPlex and Aquatics Center will be canceled immediately upon the first notice of insufficient funds from the bank.
- 2) To reinstate membership in good standing, members must come to the business office at the SportsPlex and pay their membership debt in full to include all bank penalties. Payment must be made in cash, valid credit card, cashiers check or money order.
- 3) Any member who has an outstanding debt from his bank draft and/or bank penalties will not be allowed to rejoin the SportsPlex until this is paid in full.

2. Guest Registrations

Guests are always welcome in the SportsPlex.

The following guest fees and policies apply:

- A.** All guests must pay \$10.00 per day.
- B.** Guest fees do not cover charges associated with fee-based programs.
- C.** All guests must sign a waiver and provide identification at the Front Desk upon entering the center.
- D.** When visiting the Aquatics Center, a separate waiver must be filled out each year. This form can be found at www.opelikasportsplex.com or at the SportsPlex Front Desk.

3. Member Suggestions

Your opinion matters to us. When you have a suggestion, complaint, compliment or input about the facility, staff or programs, please drop a comment card in one of the suggestion boxes in the atrium by the stairs or at top of the stairs by the track.

4. Lost and Found

To safeguard the assets of our members any lost items that are found should be turned in to the Front Desk. Items will be stored for 30 days. Any item not claimed within this period of time will be donated to a local charity. To claim a lost item, please visit the SportsPlex front desk. You will be required to show identification and give a complete description of the item.

5. Smoking Policy

For your health, the Opelika SportsPlex & Aquatics Center building and grounds are a smoke-free environment. Smoke-free areas include the entrance to the Sportsplex, parking lot, outdoor track, soccer fields and amphitheater.

6. Solicitation Policy

No solicitations or promotion of products, services or events are permitted on the Opelika SportsPlex & Aquatics Center premises without prior written approval from the management.

7. Special Events

Occasionally the Opelika SportsPlex & Aquatics Center will host special programs and events in areas of the facility. Announced special events and programs will have precedence over facility usage. Please refer to our Front Desk and program schedules for a listing of these events and the facilities they will occupy.

8. Website/ Social Media

Visit us online at www.opelikasportsplex.com, Facebook (Opelika Parks and Recreation) or Twitter (@OpelikaParks) for current information including daily schedules & cancellations.

Visit our YouTube page (OpelikaParks) to see videos of events and programs.

Social Media Use Policy: <http://bit.ly/2r6AZFO>

9. Photo/ Video Policy

Patrons of the Opelika SportsPlex & Aquatics Center have an expectation of privacy during their workout routines. Pictures or videos of anyone without their permission is strictly prohibited and may be cause for immediate removal or suspension from all recreation facilities.

Features and Services

1. Game Room

The SportsPlex game room is a great space for children first grade and up. The Game Room features popular activities for children.

2. Tot Watch

Tot Watch is for children of SportsPlex members ages 6 weeks-6 years.

A. Fees

Tot Watch is free for all SportsPlex members.

B. Hours of Operation

| | |
|----------------|---|
| Monday- Friday | 8:00 a.m.-12:00 p.m. 4:00 p.m.-8:00 p.m. |
| Saturday | 8:00 a.m.-12:00 p.m. |
| Sunday | 1:00 p.m.-5:00 p.m. |

C. Policies

- 1) All children must be signed in by a parent.
- 2) Maximum stay is two hours.
- 3) Children are not allowed to be left in Tot Watch unless the parent is present in the SportsPlex & Aquatics Center. Parent must be available for emergency page.
- 4) Please label all items that accompany the child to tot watch.
- 5) Tot Watch participants will not be allowed to bring food, milk or unlabeled drinks into the Tot Watch.
- 6) Staff members do not change diapers.
- 7) Staff members do not administer medications.
- 8) Children who are ill will not be permitted in Tot Watch. If a child appears to be ill in any way after being left in the nursery, the attendant will ask that the parent take the child home. Children with any of the following symptoms may not be brought into Tot Watch:
 - Fever within the last 24 hours
 - Diarrhea within the last 24 hours
 - Open sores
 - Runny nose (except in the case of allergies)
 - Abnormal fatigue or irritability
 - New medication started in the last 24 hours

3. Concessions

Concession hours vary with the seasons. Please see the posted schedule for current concession stand hours.

4. Locker Rooms

Locker rooms and showers for both men and women are located off the atrium and in the Aquatics area. Pool locker rooms include a steam room and “wet wring” machines for your use. When using the lockers please follow the following guidelines:

- A.** Please leave valuables at home. The Opelika SportsPlex cannot be responsible for lost or stolen items. The Front Desk will not hold keys, purses, phones or other personal items
- B.** Lockers are available to members for daily use. You may bring a lock or purchase one from the Front Desk. Please clean out your locker and remove your lock at the end of the day.
- C.** Please follow posted rules for using the steam room. These guidelines are for your safety and the consideration of other members.
- D.** Please help us keep our locker room clean and comfortable

5. Pro Shop

The Pro Shop is located at the Front Desk. Many items are available for purchase or loan through the SportsPlex Pro Shop.

Aquatics

Our modern aquatic facility houses an eight-lane, twenty-five-yard multi-purpose pool, with zero depth entry area, Splash Park and a hot tub. The SportsPlex aquatics staff is professionally trained and certified.

1. Pool Information

A. Hours

| | |
|-----------|----------------------|
| Monday | 9:00 a.m.-8:00 p.m. |
| Tuesday | 9:00 a.m.-8:00 p.m. |
| Wednesday | 9:00 a.m.-6:00 p.m. |
| Thursday | 9:00 a.m.-8:00 p.m. |
| Friday | 9:00 a.m.-8:00 p.m. |
| Saturday | 10:00 a.m.-4:45 p.m. |
| Sunday | 1:00 p.m.-4:45 p.m. |

B. Policies

- 1) Adults/guardians must be at least 19 years of age.
- 2) Adults/guardians of children 6 or younger that cannot pass a swim test must wear a bathing suit and actively participate in the water with their children at all times. Adults/guardians of children ages 8 and under must remain in the aquatic area at all times.
- 3) Members are required to take showers before entering the pool.
- 4) The Aquatics Center does NOT provide towels for member or guest use.
- 5) Proper swim attire is required. Infants who are not toilet trained must wear swim diapers while in the pool.
- 6) Members with open sores, or any infectious disease, such as athlete's foot are not permitted in the pool or pool area.
- 7) No food, drinks, glass containers or ice are allowed on the pool deck.
- 8) Profanity, improper behavior, and vulgar language are prohibited.
- 9) Acts of horseplay are prohibited. No running, diving, dunking or flipping into water are allowed. During free swim, only US Coast Guard approved life jackets are permitted in the pool. For your child's safety, No Arm 'Floaties' allowed.
- 10) Members must sit out of the pool 10 minutes before entering the hot tub. Members must sit out of the hot tub for 10 minutes before entering the pool.
- 11) The SportsPlex is not responsible for lost or stolen items.
- 12) There are designated lanes available for lap swimming only. Lanes may not be open during swim team practice. Please check the Aquatics calendar for these instances.
- 13) Swimmers must dry off and wear shirt and shoes before entering the lobby or fitness areas.
- 14) Male children over the age of five are not allowed in women's lockers rooms. Female children over the age of five are not allowed in men's locker rooms
- 15) Pool equipment is for exercise only.
- 16) All rules will be enforced to ensure the safety of our members and guests. Participants violating rules or displaying inappropriate behavior will be asked to leave.

2. Splash Park Information

A. Hours

The Splash Park will be open May 1st-September 30th, weather permitting.

| | |
|-----------|----------------------|
| Monday | 9:00 a.m.-8:00 p.m. |
| Tuesday | 9:00 a.m.-8:00 p.m. |
| Wednesday | 9:00 a.m.-6:00 p.m. |
| Thursday | 9:00 a.m.-8:00 p.m. |
| Friday | 9:00 a.m.-8:00 p.m. |
| Saturday | 10:00 a.m.-4:45 p.m. |
| Sunday | 1:00 p.m.-4:45 p.m. |

B. Policies

- 1) Adults/guardians must be at least 19 years of age. Adults/guardians of children ages 8 and under must remain in the aquatic area at all times
- 2) Members are required to take showers before entering the Splash Park.
- 3) The Aquatics Center does NOT provide towels for member or guest use.
- 4) Proper swim attire is required. Infants who are not toilet trained must wear swim diapers.
- 5) Members with open sores, or any infectious disease, such as athlete's foot are not permitted in the pool area.
- 6) Acts of horseplay are prohibited. No running.
- 7) The SportsPlex is not responsible for lost or stolen items.
- 8) Swimmers must dry off and wear shirt and shoes before entering the lobby or fitness areas.
- 9) All rules will be enforced to ensure the safety of our members and guests. Members violating rules or displaying inappropriate behavior will be asked to leave.

3. Hot Tub Information

A. Policies

- 1) Hot tub use is for therapeutic/rehabilitation services and adults only.
- 2) Minimum age for use of the hot tub is 16 years
- 3) There is a 15-minute time limit for hot tub use.
- 4) Please ask for assistance from a lifeguard or other member of the pool staff when using the lift to enter and exit the hot tub.
- 5) Hot water amplifies the effects of certain prescription drugs, and the result can be dangerous. Consult your physician before using the hot tub.
- 6) Persons with heart disease, diabetes, high or low blood pressure, or any other serious illness should not enter the hot tub without first consulting with and obtaining the advice of a physician.
- 7) Pregnant women should not enter the hot tub without first consulting with physician.

4. Steam Room

A. About

The steam rooms are located in both pool locker rooms. Please follow the posted guidelines when using these facilities.

B. Policies

- 1) Separate steam rooms are provided for male and female members and these are located in the pool locker rooms.
- 2) All users must be 15 years of age or older to enter the steam room. Children under the age of 15 must be accompanied by a parent. It is strongly advised that no children under the age of 8 use the steam room.
- 3) If you have been exercising a recovery period of at least 10 to 15 minutes is recommended, before using the steam room.
- 4) When using the steam room, limit your stay in the steam room to ten minutes at a time to avoid excessive dehydration. Long exposures may result in nausea, dizziness or fainting.
- 5) After using the steam room, allow your body temperature to gradually return to normal before continuing to exercise, or before entering the pool or hot tub.
- 6) If you are pregnant or have health issues such as Heart Disease, High Blood Pressure, Asthma, Respiratory or any form of communicable disease; use of the steam room is NOT recommended unless approved by your doctor or physician.
- 7) Do not exercise in steam room.
- 8) Please shower before and after using the steam room. Participants must shower before entering the pool or hot tub.
- 9) You should always wear a towel or bathing suit while in the steam room.
- 10) Do not prop the steam room door open.
- 11) Do not turn the steam unit higher than 6.

5. Healthy Swimming Tips

- A. Do not swim when you have diarrhea.
- B. Do not swallow the pool water
- C. Practice good hygiene. Shower with soap before swimming and wash hands after using the bathroom.
- D. Parents should have kids take frequent bathroom breaks or check diapers often. Please do not wait to hear "I have to go".
- E. Change diapers in a bathroom, not poolside. Germs can be spread in and around the pool
- F. Wash your children thoroughly (especially the rear end) with soap and water before they go swimming.
- G. Wash your hands after using the rest room or changing diapers. Germs from your body end up in the water.

The Aquatics Center does NOT provide towels for member or guest use.

Charter Foundation Adult Activity Center

For information you may contact Valeri White, LBSW, the Director of the Adult Activities Center and Daymaker for Seniors at vwhite@opelika-al.gov

1. AAC Information

- A. The Adult Activity Center area is for active older adults (62 years of age and up) who want to participate in a wide variety of activities.
- B. Each month, there will be a calendar with current activities and registration deadlines.
- C. The hours at the center will be based on the activities scheduled.

2. Features and Services

- A. Exercise Classes
- B. Computer lab & classes
- C. Game Room Billiards, Shuffleboard, and much more
- D. Educational opportunities
- E. Support Groups
- F. Travel opportunities: day trips, overnight trips

3. Travel Policies

Each month you will have the opportunity to register for a wide variety of travel opportunities. These trips will be an opportunity to enjoy great food, friends, and have a ton of fun! We are pleased that you are interested in participating in our senior programs and services.

These rules and guidelines are meant to provide direction and address any confusion regarding the policies of Opelika Parks and Recreation and the City of Opelika. Failure to adhere to these policies will result in cancellation of privileges. Any problems, questions, or concerns regarding these policies should be directed to the Director of Senior Programs at 705-2492 or the Director of Opelika Parks and Recreation at 705-5560.

- A. Must be members of the Charter Foundation Adult Activity Center or Opelika SportsPlex Senior members.
- B. All members who will be traveling must be independent and able to care for themselves on the trips.
- C. Members must independently maintain bodily functions and proper hygiene. Staff and volunteers are not able to provide support for hygiene needs. Members with personal sanitation problems (e.g. body lice, untreated open wounds, contagious diseases, and incontinence), noticeable dirty clothing and/or offensive body odor will not be allowed to participate in travel.
- D. Members must be able to feed oneself without assistance from staff.
- E. Members must be able to self-medicate. Staff is not permitted to administer medications.
- F. Members must not display violent or aggressive behavior, which could be interpreted as a threat to participants or others.
- G. Members must be at a mental, emotional, or physical functioning level to participate in scheduled activities.
- H. Members must arrive at each departure neat, clean, and odor-free and appropriately dressed.

- I. Unless otherwise stated, registration for day trips will be held on the 1st business day of each month.
- J. Registration must be made in person (for a maximum of two people).
- K. Fees are due at the time of registration.
- L. **Trips are non-refundable**, but members may find a substitute for your “spot” off of the waiting list or on your own (members only). That person will reimburse you personally, not the SportsPlex.
- M. As all trips involve several others, please make sure to arrive early. Staff will leave at the designated time for all trips.
- N. There is no assigned seating in the vans. Members cannot save a seat for someone. Please board together if you would like to try to sit together. There are a few who have medical reasons for needing certain seats, which staff will try to accommodate, but there are no guarantees.
- O. If you choose to leave the group leader’s care during any day or overnight trip, members are responsible for their own mishaps.

Fitness Department

For more information about the Fitness Department please contact Lisa Gallagher, Director of the Fitness Center at lgallagher@opelika-al.gov

1. Cal James, Sr. Weight Room

Policies

- A. All members must go through a "Member Orientation" by a member of the Fitness staff before using equipment. Please schedule your appointment at the Front Desk.
- B. Free weights and dumbbells must be returned to their racks after use. Remove plates from bars and return them to their appropriate racks when you are finished with them.
- C. Immediately after use, please wipe down equipment using the solution and cloth provided. (Please apply spray to cloth and not directly on the equipment.)
- D. Use proper form. To avoid injury, we recommend you use a spotter when training with free weights.
- E. Members must be 15 years or older to use the Weight Room.
- F. Members 10-14 are allowed to work out under the direct supervision of a parent. Parents should be attentive and within 4 ft. of the child at all times.
- G. Members under 10 are not allowed in the Weight Room area.
- H. Shirts and athletic shoes that completely cover the feet are required during exercise. No sandals, please.
- I. Please refrain from wearing perfume or cologne while training at the SportsPlex.
- J. Report any injuries or equipment problems to a SportsPlex staff member immediately.

2. Cycling Studio

Experienced instructors guide participants in controlling fly wheel resistance, and monitoring revolutions per minute (RPM) and heart rate. Participants control the resistance and pedal speed of their bikes, so the classes are suitable for riders of all abilities.

Policies:

- A. Arrive ten minutes early for proper set-up and adjustments to the bike
- B. Ask your instructor to help you with bike adjustments to fit your leg and torso length and to demonstrate proper foot position, and riding techniques if it is your first class.
- C. Inform the instructor if you have a medical condition or injury that will affect your workout.
- D. We recommend that you bring water to cycling class.

3. EAMC Cardiovascular Area

Policies

- K.** All members must go through a "Member Orientation" by a member of the Fitness staff before using equipment. Please schedule your appointment at the Front Desk.
- A.** Use equipment in a controlled manner
- B.** If you notice equipment in need of repair, please tell a Fitness Instructor or other SportsPlex staff person immediately.
- C.** During peak hours please use equipment for a maximum of 45 minutes.
- D.** Immediately after use, please wipe down equipment using the solution and cloth provided. (Please apply spray to cloth and not directly on the equipment.)
- E.** Members must be 15 or older in order to use the cardio area.
- F.** Members 10-14 are allowed to work out under the direct supervision of a parent. Parents should be attentive and within 4 ft. of the child at all times.
- G.** Members under 10 are not allowed in the Cardio Area.
- H.** Shirts and athletic shoes that completely cover the feet are required in the Cardio Area. No sandals, please.
- I.** Please refrain from wearing perfume or cologne while working out at the SportsPlex.

4. Group Fitness

A wide variety of exercise options are available in the group fitness room, indoor cycling studio and pool. Please check the Front Desk or www.opelikasportsplex.com for current schedules

Policies:

- A.** Please inform your instructor of any injuries/limitations of which he/she should be aware.
- B.** Wear proper footwear. Please ask an instructor for help in determining the correct shoe for your activity.
- C.** If you must leave class early, please notify your instructor before class. Stretch and cool down properly.
- D.** Children 10-14 years of age should be accompanied by an adult in Group Fitness classes.
- E.** Classes change monthly. Classes are subject to cancellation due to lack of attendance. Please check the group fitness schedule for current classes.
- F.** Please refrain from wearing perfume or cologne during your workout.

5. Indoor Track

The indoor track is a three-lane, 1/12th mile, rubberized track. Walkers and joggers have the right of way on the track. When crossing the track, please yield to those using it. To prevent injuries, please observe the directional signage to determine which way to walk or jog each day. Walkers are asked to keep to the inside lane and joggers the outside.

6. Outdoor Track

A 1 mile, asphalt walking and running track circles the SportsPlex for members' use. Please observe the posted signage regarding rules and regulations for the track. Please call 334-705-5560 with any questions or concerns.

7. Massage Therapy

A. Policies

Massages are by appointment only. Please arrive 15 minutes before your appointment to prepare for your massage. A 24-hour notice is required for cancellations.

8. Personal Training

A. Benefits

The SportsPlex trainers have the experience and education to provide you with the best fitness experience possible. People of all ages have met their fitness and wellness goals through personal training.

B. Policies

Arrive on time. A 24-hour notice is required for cancellations.

9. Programs

A. Fitness Assessments

1) Information

After this ½ hour assessment you will receive a detailed report including weight, body fat, lean mass, blood pressure, heart rate, flexibility, strength and cardiovascular fitness.

B. Metabolism Testing

1) Information

Take charge of your weight by establishing your unique caloric need while at rest. This information is a valuable tool when deciding what you should be eating.

Gymnasium

**For more information on programming details, contact Melissa Martin,
Youth Sports Director at (334) 705-5560.**

1. Information

The SportsPlex offers a double basketball court with a maple hardwood floor. The court is also convertible for volleyball play. Court time will be posted in the area.

2. Policies

- A.** Free court time is on a first-come, first-served basis. The court may be restricted for leagues, tournaments or classes as necessary.
- B.** Basketballs and volleyballs are available in the gym area. Please return them to the appropriate racks when finished.
- C.** No disruptive behavior or profane language will be tolerated.
- D.** Proper attire and gym shoes are required. Attire worn inappropriately will result in expulsion from the gym.
- E.** Shirts must be worn outside the gym.

Outdoor Playground

1. Information

The SportsPlex Playground has three structures. The preschool structure is designed for children ages 2-5. The obstacle course structure is designed for children ages 5-12. The global Motion structure is designed for children ages 2-12.

2. Hours

- A. Summer Hours
 - Monday-Friday 9:00 a.m.-8:00 p.m.
 - Saturday 10:00 a.m.-4:45 p.m.
 - Sunday 1:00-4:45 p.m.
- B. Winter Hours
 - Monday-Friday 9:00 a.m.-Dark
 - Saturday 10:00 a.m.-4:45 p.m.
 - Sunday 1:00-4:45 p.m.

3. Fees

All guests, including adults, must pay the guest fee.

- A. Summer Fees
 - May 1-Sept. 30
 - \$4 per person (includes playground and Splash Park)
- B. Winter Fees
 - Oct. 1-April 30
 - \$2 per person

4. Policies

- A. Adult supervision is recommended at all times. Adult/guardians must be at least 19 years of age. Adults/guardians of children 8 and under must remain in the playground area at all times.
- B. No food, gum or drinks are allowed on or near the play area.
- C. No rough play. No running, pushing or shoving.

Racquetball Courts

1. Racquetball Information

- A. The SportsPlex has two racquetball courts.
- B. Racquetball Hotline hours are Monday-Friday from 8:00 a.m.-8:15 a.m.
Call (334) 705-5569 during these hours for a reservation.
- C. During other hours reservations may be made by calling (334) 705-5560.
- D. Courts are reserved in 60-minute time slots beginning on the hour.

2. Racquetball Policies

- A. Shirts, shorts/pants, athletic shoes and protective eyewear must be worn at all times
- B. Children 12 and under must be accompanied or supervised by a responsible adult, at least 18 years of age.
- C. Courts are reserved in 1-hour increments—these times will be enforced.
Max of two slots can be reserved per person/group, per day.
- D. Players only allowed in courts.

W. James Samford Soccer Complex

1. Information

The Opelika Sportsplex has five Olympic size soccer fields, including one championship field, with two sets of restrooms and two concession stands.

2. Policies

- A. First priority is given to recreation programs for field use.
- B. No pets are allowed on the soccer fields.