

## WAVE SERVICES

### JUICE AND COFFEE BAR

...Enjoy a healthy smoothie, snack or a hot/cold latte.

### SWIM LESSONS

...Year-round private and group rates available.

### PERSONAL TRAINING

...Certified professionals offer hourly and package rates.

### CHILDREN'S DEPOT

...Fun and fitness for all ages,  
hourly rates and punch cards available.

### BACK TO BALANCE MASSAGE

...Relax and rejuvenate with the caring hands  
of our certified massage therapists.



## ON-SITE AMENITIES

### AN SALON

... a full-service Salon and Day Spa

### PROFESSIONAL THERAPY ASSOCIATES

... premiere rehabilitation  
for all your physical therapy needs

### BRIDGE PILATES

...Pilates studio equipped with state-of-  
the-art STOTT™ equipment



## Guest Handbook



Date \_\_\_\_\_

Name (Print) \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone # ( ) \_\_\_\_\_

Emergency contact name \_\_\_\_\_ Phone # \_\_\_\_\_

Would you like to receive our e-newsletter?  YES  NO

E-mail \_\_\_\_\_

The Wave and their agents assume no liability for persons who undertake physical activity at The Wave, and if any person is in doubt about increasing their physical activity you should consult your doctor prior to physical activity.

**EXPRESS ASSUMPTION OF RISK:** I, the undersigned, hereby expressly and affirmatively state that I, or any child under my care, wish to participate in exercise and/or activity at The Wave. I am aware that it is the recommendation of The Wave to speak with your doctor by phone or in person to discuss exercise guidelines or limitations BEFORE you start utilizing The Wave.

I realize that my participation involves risks of injury, including, but not limited to strains, sprains, heart attack, stroke or even death. I also recognize that there are many other risks of injury, including serious disabling stroke or even death. I also recognize that there are many other risks of injury, including serious injuries that may arise due to my participation in these exercises or activities. I understand it is not possible to specifically list each and every individual injury or risk. However, knowing the material risks and appreciating, knowing, and reasonably anticipating that other injuries and even death are a possibility, I hereby expressly assume all of the delineated risks of injury, all other possible risk of injury, and even risk of death, which could occur by reason of my participation.

\_\_\_\_\_  
Initial          Initial

**RELEASE OF LIABILITY:** Any questions I had were answered to my full satisfaction. I understand the potential risk of illness, injury or aggravation of pre-existing conditions. I consent to emergency treatment, including the administration of whatever medication deemed necessary by emergency medical personnel for my care, or any child under my care, in the event of injury or illness. I understand the performance of any exercise is my responsibility and NO EXERCISE IS MANDATORY. With this understanding I release The Wave, its agents, and employees from liability associated with my own negligence in participating in my exercise program.

\_\_\_\_\_  
Initial          Initial

Printed Name \_\_\_\_\_ Birth Date \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

Printed Name \_\_\_\_\_ Birth Date \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

Child's Name \_\_\_\_\_ Birthdate \_\_\_\_\_

Child's Name \_\_\_\_\_ Birthdate \_\_\_\_\_

Child's Name \_\_\_\_\_ Birthdate \_\_\_\_\_



We want to **thank you** for choosing The Wave. Whether you are a fitness enthusiast or a family looking for fun, we are glad you're here. Here are a few essentials to ensure your visit is a safe and enjoyable one.

**Winter hours:**

**M-F 5:00 AM - 10:00 PM. Sat. & Sun. 7:00 AM - 8:00 PM.**

**Summer hours (Effective between Memorial Day and Labor Day):**

**M-F 5:00 AM - 9:00 PM. Sat. & Sun. 7:00 AM - 8:00 PM.**

- ◆ No Phone Zone in all locker and exercise areas.
- ◆ Heat stroke warning: State law states that children under 5 years of age are not allowed in the hot tub or dry sauna.
- ◆ All guests 14 and older are welcome to utilize all areas of the facility.
- ◆ Children 12 and 13 may utilize the Fitness/Cardio areas under direct hands-on supervision of a parent or guardian.
- ◆ Children 13 and under must be **supervised** by a responsible **adult** in all areas **except** children 8-13 in the Children's Activity Pool when lifeguards are on duty. (see the Service Desk for schedule)
- ◆ Slide/Activity Pool – When the slide pool is in operation and lifeguards are in attendance, children 8 years of age or older may be left unattended. Children between 5-7 years of age (deemed water safe) using the waterpark must have a responsible person (adult or baby-sitter) in the waterpark. Children under 5 must be accompanied by a responsible adult (18+) at all times.
- ◆ Men's and women's locker rooms available for guests 14 and older.
- ◆ No overnight locks. Locks removed nightly.
- ◆ Large family change rooms and boy's and girl's locker rooms are available for families with children under 14.
- ◆ Water wings and other similar toys are not an approved personal flotation device and are not allowed to be used as such.

**1250 Baker Avenue  
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www.whitefishwave.com**