

CSPG/BVC Option for Women's Membership

Onetime Joining Fee:	\$75.00 Waived
Month to Month Payments	\$99.00

Add On Options

- Locker **\$25/month plus GST**
- Squash **\$29/month plus GST (Includes Interclub fee)**

Included in the Membership

BVS Fitness Centre

- Access to Bow Valley Square co-ed Fitness Centre from 6am-9pm
- Complimentary fitness classes in BVS Fitness Centre
- Paid Registered Classes in the BVS Fitness Centre
- Towel Service/Steamer/ Various hair tools and products
- Personal Training in the BVS Fitness Centre
- Supervised staff in the BVS Fitness Centre M-F from 6am to 6pm

The Bow Valley Club

- Access to Bow Valley Club registered paid fitness classes in the Fit Pit
- Personal Training in the Fit Pit with BVC Seasoned Trainers; Tammy White, Brenda Keller, Sherry Garrido, Riaz Basrai and Ras Sahota.
- Social Membership included giving you access to the Formal Dining Room (M-F 11am-2pm) and Courtside Grill (M-F, 7am-8pm)
- No food and beverage minimum spend on your account
- Meeting Room space available for booking with minimum rental fee and F&B minimum.
- Access to all BVC ticketed and non-ticketed special events throughout the calendar year.
- Women's only Speaker Nights
- Annual Wine Club Membership for your own personal wine selection. \$120/year for 6 bottle storage and \$180/year for 12 bottle storage.
- Discounted Rates on Wine Purchases at BVC Wine Events
- FREE member and guest parking in the Bow Valley Square Monday through Thursday. 2 FREE MAX HOURS from 830am-430pm and M-F 4:30 pm until 8:30 am Sat/Sun all day and holidays.

BVC Added Member Benefits

- Access to National and International Reciprocal Clubs
- Access to Calgary/BC Golf Partners
- 20 % off Nightly stays at Vacation Properties with Bellstar Resorts
- 10% off Purchases under \$100 and 15% off purchases over \$100 at Nutrition House Bow Valley Square
- 15% off Services at Medi Derm Spa, BVS location only (NO discount on products)
- 15% off Fannie May Chocolates Bow Valley Square
- 15% off X Factor Indoor Golf
- 15% off Downtown Vision Care on ophthalmic products (frames, lenses, sunglasses and contact lenses)
- 15% off Nightly stays at any Microtel Inn & Suites (Corporate Group rates available)
- 10% off Wine & Spirits at Cork Bow Valley Square

All memberships are subject to an annual fee increase.

Cancellation & Hold Policy

All cancellations and holds are processed at the end of the month and do require one full month written notice directed to the Membership Department.

We do allow temporary suspension on BVC accounts for a **\$45** admin fee and the hold is good for up to one year with no automatic reinstatement fee.

Guest Pass Policy.....

We encourage our members to bring guests to the club.....

Dining Room Reservations and Massage Bookings

Any one of our front desk staff can book you a dining room reservation by calling our main line at 403.265.9074. Our Dining Room is open Monday – Friday from 11am to 2pm. No reservations are required for the Courtside Grill and all guests are welcome.

At the BVC we have massage and wellness services by our team of certified massage therapist. You can book a massage at any time by calling our main line at 403.265.9074

Membership Department

Jag Sahota
Direct: 403.705.5076
Email: membership@bowvalleyclub.com

Front Desk

Liz Poole
Direct: 403.265.9074
Email: frontdesk@bowvalleyclub.com

Squash Professional

Ken Cross
Direct:
Email: kcross@bowvalleyclub.com

Fitness Director

Ras Sahota
Direct
Email: rsahota@bowvalleyclub.com

Squash- Add on Option to Membership

Monthly Dues \$29 plus GST

Included in the squash option:

- Onetime 30 minute Squash Assessment with Pro (value \$25)
- Squash Interclub Team Fee
- All Squash Balls
- 3 Guest Passes/year

For non-squash members we offer "Pay and Play"

Cost is \$10 per member and this charge will be billed to your account automatically, if you are playing with non-member, you will also be charged \$25 per guest, or must present a valid guest pass before going on court.

All memberships are in a one year contract for the first 12 months and a month to month contract thereafter.

BVC SQUASH POLICIES

- All members have access to on-line court booking 5 business days in advance.
- Each member is allowed one prime time court reservation per day. (Prime time is Mon-Fri 11am-115pm and 4pm-615pm)
- Tournament and Interclub League bookings will have advanced access to Court booking.
- It is the responsibility of the person who booked a squash court to cancel it, if it is not going to be used.
- Squash Balls are provided to our members at no charge for use in the Bow Valley Club. The balls are the property of the Bow Valley Club and as such, taking balls from the Club is not acceptable.
- Indoor court shoes with non-marking soles (outdoor running shoes not permitted)
- All athletic clothing is to be clean, neat and tidy.
- Eye protection is recommended for all squash players.
- For Men, sleeveless shirts or standalone spandex, cycling, beach shorts or tight fitting shorts are not permitted.
- For Ladies, tops must fully cover mid-section and standalone spandex shorts are not considered appropriate.
- All guests must be signed in at the front desk and adhere to BVC policies while in the Club. Guest fee is \$25.

Head Squash Professional

Ken Cross

- NCCP Level 3 Squash Canada Teaching Professional
- 24 years of squash teaching and coaching experience.

Direct Line: 403.262.3228

Email: kcross@bowvalleyclub.com