



**TANNING INFORMATION & POLICIES**

Tanning customers may either purchase multi-visit tanning cards or pay for single visits. There are two types of cards available for purchase: a 10-visit punch card and a 20-visit punch card. Both cards have no expiration date. There are member and non-member prices for each option.

|               | Member | Non-Member |
|---------------|--------|------------|
| Single Visit  | \$4    | \$6        |
| 10-Visit Card | \$25   | \$35       |
| 20-Visit Card | \$40   | \$60       |

When purchasing tanning for the first time, you must complete an information and consent sheet. Each time you come in for a tanning appointment, you must have your tanning card punched or pay the single visit fee and initial your personal usage sheet at the front desk prior to actually tanning.

Tanning appointments may be scheduled in person at the front desk or by phone. Appointments may be scheduled up to one-week in advance.

A customer may tan only once per day. For your safety, tanning sessions are limited to a maximum of 20 minutes per session. We recommend that you tan no more than 4 times each week.

Only indoor tanning products (lotions, accelerators, etc.) may be used in the tanning bed. Outdoor products damage the acrylic lining of the bed and hinder the tanning process. The Civic Center does have a limited selection of appropriate products available for purchase at the front desk.

Eye protection must be worn at all times. The Civic Center does have goggles available for purchase at the front desk.

Tanning customers must be 14 years of age in order to use the tanning equipment. Any person between the ages of 14 and 18 must have parental/guardian consent prior to using the equipment. Under no circumstances are children younger than 14 years of age permitted in the tanning room.

**SAFETY INFORMATION**

Untanned persons should not tan on consecutive days during their first week of tanning. Tanning normally appears after the first few sessions and maximizes after approximately four weeks. Tan once or twice per week thereafter to maintain appearance. Persons already having a base tan may begin at higher levels corresponding to the extent of their base tan.

Recommended exposure times in minutes:

| Skin Type: | Skin Reactions to UV Exposure:  | Examples:   | Level 1<br>(1 <sup>st</sup> to 3 <sup>rd</sup><br>Sessions) | Level 2     | Level 3 | Level 4 |
|------------|---|---|---|-------------|---------|---------|
| I          | Always burns easily and severely. Tans little or none and peels.          | People most often with fair skin, blue eyes, freckles. Unexposed skin is white.                         | Not   | Recommended | For     | Tanning |
| II         | Usually burns easily and severely. Tans minimally or lightly, also peels. | People most often with fair skin; red or blonde hair; blue, hazel, brown eyes. Unexposed skin is white. | 4   | 8           | 12      | 16      |
| III        | Burns moderately and tans about average.                                  | Normal average caucasian. Unexposed skin is white.  | 6   | 10          | 15      | 20      |
| IV         | Burns minimally, tans easily and above average with each exposure.        | People with white or light brown skin, dark skin, dark brown hair, dark eyes.                           | 8   | 12          | 16      | 20      |