



Fitness Rules & Regulations

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Adobe and Cimarron Fitness Room Rules

- Athletic shoes such as tennis, walking/jogging, aerobic shoes only. No sandals or street shoes, without medical requisition.
- Elastic waist shorts and pants allowed (zipper or button enclosure acceptable). No denim shorts, pants or belts.
- Guests must be 16 years of age or older to use the fitness room.
- No bathing suites allowed.
- No conversations on cell phones or other electronic devices.
- Please refrain from using any cologne and/or lotions with fragrance.
- T-shirts or full-cut tank tops only. No halter tops, muscle shirts (with gaping arm openings), half shirts, or sport bras worn alone. No full-button dress shirts.
- Drink plenty of water. No other beverage or food is allowed.
- Hand towel is required for your personal use.
- Return weights to their proper racks.
- Share the equipment.
- Sign up for most cardio equipment, i.e. treadmills, cross trainers, bikes, NuStep.
- Limit time to 30 minutes (this includes cool down) on each piece of cardio equipment. Cannot be reserved in advance and must sign yourself in.
- Use gym wipes provided to wipe off equipment after each use. Only one wipe is necessary to clean the machine.

**All participants accept that there is inherent risk in all recreation-based programs. Participation is purely voluntary. All participants assume liability for any physical injury and/or risk incurred. The Fitness Center is not responsible for any items lost or stolen.*

Adobe Pool and Hot Tub Rules

- No one under the age of 16 is allowed in pool areas outside of children's hours.
- Children need to be monitored by an adult in the pool area at all times. No lifeguard provided, swim at your own risk.
- Children are allowed in the outdoor leisure pool area from 9:00 AM – 1:00 PM and the indoor pool (open swim area) from 1:00 – 3:00 PM daily.
- Only adults 16 years of age and older are allowed in or around the outdoor lap pool at all times. This includes the sitting area.
- Sun City Grand swim wear is required for any child under 38" tall. This swim wear is available for purchase at the front desk at the Adobe Fitness Center.
- Shirt or top garment must be worn to and from pool and/or hot tub.
- Guests of residents are welcome at our fitness facilities and must follow the policies indicated in our Guest Policy.
- No pool toys permitted except for approved noodles and flotation devices.
- Glass containers or alcoholic beverages are not permitted in the facility.
- No jumping, diving or rock climbing.
- Please shower before entering pools and/or hot tub.
- Please walk; decks may be slippery. Street shoes, including tennis shoes, cannot be worn into the indoor/outdoor pools and/or hot tub. Shoes worn on the street, regardless of type, are not allowed to be worn in the pools and/or hot tub.
- Persons with inflamed eyes, colds, nasal or ear discharge, skin or body infections or cuts shall be excluded from the pool and/or hot tub.
- No band-aids are allowed in pool and/or hot tub.
- Please restrict use of indoor/outdoor hot tub to 15-minute intervals.
- Persons with cardiac-related conditions should consult a physician before using hot tub.
- No refunds or credits will be given in the case of a pool closure.
- Smoking is permitted in designated area only.
- Use of cellular phones is permitted at outside pool area or lobby area.

**All participants accept that there is inherent risk in all recreation-based programs. Participation is purely voluntary. All participants assume liability for any physical injury and/or risk incurred. The Fitness Center is not responsible for any items lost or stolen.*

Adobe Indoor Walking Track Rules

- Athletic shoes such as tennis, walking/jogging, aerobic shoes only. No sandals or street shoes, without medical requisition.
- No cellular phone usage on walking track.
- Refrain from wearing any scented perfume or aftershave.
- Guests must be 16 years of age or older to use the track.
- Guests of residents are welcome at our fitness facilities and must follow the policies indicated in our Guest Policy.

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Cimarron Pool and Hot Tub Rules

- Cimarron Fitness Center is adult only. Must be 16 or older to use Cimarron Fitness and/or pool areas. No lifeguard provided, swim at your own risk.
- Shirt or top garment must be worn to and from pool and/or hot tub.
- Guests of residents are welcome at our fitness facilities and must follow the policies indicated in our Guest Policy.
- No pool toys permitted except for approved noodles and flotation devices.
- Glass containers or alcoholic beverages are not permitted in the facility.
- No jumping, diving or rock climbing.
- Please shower before entering pools and/or hot tub.
- Please walk; decks may be slippery. Street shoes, including tennis shoes, cannot be worn into the indoor/outdoor pools and/or hot tub. Shoes worn on the street, regardless of type, are not allowed to be worn in the pools and/or hot tub.
- Persons with inflamed eyes, colds, nasal or ear discharge, skin or body infections or cuts shall be excluded from the pool and/or hot tub.
- No band-aids are allowed in pool and/or hot tub.
- Please restrict use of indoor/outdoor hot tub to 15-minute intervals.
- Persons with cardiac-related conditions should consult a physician before using hot tub.
- No refunds or credits will be given in the case of a pool closure.
- Smoking is permitted in designated area only.
- Use of cellular phones is permitted at outside pool area or lobby area.
- Guests of residents are welcome at our fitness facilities and must follow the policies indicated in our Guest Policy, which is referenced in this document.

**All participants accept that there is inherent risk in all recreation-based programs. Participation is purely voluntary. All participants assume liability for any physical injury and/or risk incurred. The Fitness Center is not responsible for any items lost or stolen.*

Guest Policy

Guests of residents are welcome at our fitness facilities. Holders of valid membership cards must accompany all guests when checking in and must present their guest card or pay the guest fee.

If a resident is not available to check in a guest, the following procedure must be followed. In advance of guest stay, a resident, with a valid membership card, must fill out a [Guest Approval Form](#) authorizing guests to come in unaccompanied. This form can be used for visits up to 30 days each calendar year and cannot be extended. People residing in your home do not qualify for this service. Adult guests using our facilities unaccompanied must present photo ID when checking in.

Guest fee is \$5 per adult guest and \$3 per guest under 16, per day. A receipt is given as the fee allows use of both fitness centers throughout the day for adults. Children are restricted to Adobe only during children's hours listed below.

Guests 16 years of age and older may use all fitness facilities including: pools, fitness rooms and walking track. Guests are also invited to take part in any of our scheduled aerobic classes. Fee is \$2 for all non-specialty classes.

Guests under 16 years of age are allowed in the outdoor leisure pool at the Adobe Fitness Center between 9:00 AM - 1:00 PM daily and the indoor pool at Adobe between 1:00 PM - 3:00 PM daily. Please check out the Adobe Pool and Hot Tub Guidelines for children guidelines.

The Cimarron Fitness Center is age restricted. No children under 16 years of age are allowed.

**All participants accept that there is inherent risk in all recreation-based programs. Participation is purely voluntary. All participants assume liability for any physical injury and/or risk incurred. The Fitness Center is not responsible for any items lost or stolen.*

Fitness Center:

1. The Fitness Centers are part of the Association Facilities. Only holders of valid activity cards and guests with a valid guest card or pass may use the Fitness Centers and are required to register at the Monitor Stations each time they use the facilities. When using the Fitness Centers with a spouse, each person must show his/her current activity card.
2. Sponsoring activity cardholders must accompany all guests when checking in and must present their guest card or pay the guest fee. Any exception to this check-in procedure requires approval by a member of the Fitness Staff. The guest must sign a written waiver before using the facility.
3. Residents/guests supply their own locks at both the Adobe Spa and Cimarron Fitness Centers. Locks left on lockers at the end of the day will be removed, and contents of that locker will be discarded.
4. Fitness orientations are available to all persons using the Fitness Centers (sometimes referred to herein as "participants"). The orientations are designed to:
 - a. Familiarize participants with policies and procedures of the Fitness Centers.
 - b. Orient participants to the proper use of exercise equipment.
 - c. Introduce participants to any available fitness classes and personal training.
5. Activities in the Fitness Centers' areas are not fully supervised. Therefore, all persons using equipment and participating in activities in the Fitness Centers do so entirely at their own risk. A fitness trainer is available for counseling by appointment. Persons with known medical problems or who are unsure of their physical condition are advised to consult with their physician(s) before engaging in exercise activity.
6. Indoor activities currently available at the Fitness Centers:
 - a. Fitness Equipment
 - b. Exercise Classes (both land and water) (Fee)

- c. Personal training (both land and water) (Fee)
- d. Swim lessons (Fee)
- e. Indoor Walking Track (Adobe fitness center only)

Persons under the age of sixteen may not use the weight machines, walking track, or fitness equipment and may only use the pool during scheduled children's hours.

There is a minimum of a \$2 fee for each participant attending an instructor-conducted land or aerobics class at Sun City Grand to offset the cost of the instructor. Monies will not be returned to participants once they have registered for S:\MEMBERSH\Rules & Regs 2016 12 the class. Specialty classes may cost more than the \$2 fee; please visit our website at www.grandinfo.com or the Fitness Centers for specialty class fees.

7. The following facilities for outdoor activities are presently available:

- a. Tennis Courts
- b. Bocce Ball Courts
- c. Swimming Pools (Children's Pool Hours at Adobe Spa Leisure Pool and Indoor Pool Only)
- d. Lawn Bowling
- e. Pickleball Courts
- f. Pet Park

8. To the extent available, equipment for a Fitness Center activity may be checked out and the monitor will hold the participant's activity card until the equipment is returned.

9. All persons using the Fitness Centers must abide by the following dress code regulations:

a. T-shirts and/or full cut tank tops must be worn at all times. No muscle shirts, halter tops or sports bras. Sports bras must be covered. No bare midriff.

b. Elastic drawstring shorts and/or pants are acceptable. No denim shorts or pants. No belts or buttons.

c. Athletic shoes and socks must be worn at all times, unless otherwise specified by a valid medical release. **NO SANDALS WILL BE PERMITTED.**

d. No “cut off” shorts or shirts. Please note: All residents must carry a hand towel for personal use, as they are not provided by the centers. Everyone using any piece of equipment in the Fitness Centers must wipe off the equipment after use with a gym wipe provided at each center.

10. For the health and safety of all Adobe Spa and Cimarron Fitness Center participants, any individual with a special or contagious medical condition must inform one of the Fitness Instructors of their condition prior to use of the facilities. Examples of such medical conditions would include, but not be limited to, skin disease, catheters or feeding tubes, leprosy, or any communicable disease(s). The individual with the condition will be required to fill out a strictly confidential medical information sheet. The Fitness Instructor will review the information and determine what activities and/or accommodations would be appropriate for the individual prior to use of the Facilities.

D. Swimming Pools/ Spas/Saunas: S:\MEMBERSH\Rules & Regs 2016 13

1. The swimming pools, spas and saunas are part of the Association Facilities. Only holders of valid activity cards and their guests may use the swimming pools, spas and saunas and are required to register at the monitor station prior to entering the pool, spa or sauna area. Each resident is required to present his/her activity card to the monitor.

2. All guests must present a guest card or pass, or pay the guest fee and must be accompanied by their sponsoring activity cardholder when checking in. Any exception requires approval by a member of the Fitness Staff. The guest must sign a written waiver before using the facility. Guests under sixteen years of age must be accompanied by and must be under the direct supervision of their sponsoring activity cardholder or an adult guest at all times during their visit to a swimming pool. Guests must be at least 16 years old to use any of the spas or sauna. No one under 16 is allowed to use any spa or sauna.

3. Sun City Grand swimwear will be required for any child who is not at least 38” in height whenever that child is going to use the indoor or the outdoor leisure pool. There are measuring devices at the front desk of the

Adobe Spa to check the height. The swimwear is for sale at the front desk. The monitors will be checking to assure the swimwear is being worn. Children (guests under 16) may use the Adobe outdoor leisure pool from 9 a.m. – 1 p.m. and they may use the indoor pool from 1 p.m. – 3 p.m. Hours may be extended for Spring break or at the discretion of the General Manager. Children may not use the outdoor lap pool. There is a wall that divides the Adobe outdoor pool areas. Children will not be permitted beyond the dividing wall. Children are not permitted in the pool at any time at the Cimarron Center.

4. No one under the age of 16, including infants, will be permitted in the Adobe leisure pool area outside of specified children's hours. For the safety and convenience of all swimmers strollers, baby carriers and other items which could obstruct or interfere with access to and from the pool area will be restricted to designated areas and may be prohibited at times. Children ages four and older are not allowed in the locker room of the opposite sex. Participants may bring small baby pools to the outdoor leisure pool and may fill them with pool water. However, when the baby pool is to be emptied, the water must be dumped on the lawn near the fence perimeter rather than back into the pool. Dumping the water back into the pool creates a health hazard.

5. Use of the pools, spas and saunas is at the user's own risk. Lifeguards are not provided. The spa and sauna facilities are not supervised and are not generally equipped to accommodate persons with disabilities. Flotation devices and a rescue hook are available for emergency purposes only.

6. All persons are required to shower prior to entering a pool or spa. Showering after using the pool or spa is recommended to remove residual chemicals and minerals. S:\MEMBERSH\Rules & Regs 2016 14

7. Appropriate swim attire must be worn. Cut-offs are not permitted. Street shoes, including tennis shoes cannot be worn in the pools and spas. Pool shoes are permitted if not worn on the street.

8. Running, horseplay, jumping or diving into the pools is not permitted.

9. Loud or foul language and loud sound-producing equipment will not be permitted. Water classes may use equipment necessary to conduct their programs.

10. For safety reasons, chairs, lounges, tables and other items, which could obstruct or interfere with access to and from the pool or spa are restricted to designated areas.

11. Food and beverages may be consumed at the outdoor pool in areas provided with tables and chairs. No food or drink is permitted in the pools and is prohibited in the indoor pool areas. Glass containers and chewing gum are not permitted. Tobacco products may only be used in areas designated by signs and ashtrays. No alcohol is permitted in the pool area.

12. Inflatable flotation devices exceeding 38" X 38" are not permitted in any pool or spa at any time. Also not permitted, regardless of size, are vehicle inner tubes, air mattresses, surfboards, and floating lounges. Approved flotation devices measuring 38" X 38" or less are allowed from June 1 through September 30 in the Cimarron pool only. The "hammock chair" is allowed year round, but only at the Cimarron pool. Small kickboards, water shoes (not worn on the street), fins, flippers, noodles, single noodle with netting, snorkels and masks are permitted in both the Adobe outdoor pool and the Cimarron pool year round.

13. Lane ropes, wave suppressors, ramps and stair rails are to assist and guide pool users. They are not designed to support a person's body weight. They must be used only for their intended purpose.

14. Lap lanes in the indoor and outdoor activity pools are reserved for lap swimming only. Please use therapy area for rehabilitation and open swim for aquatic exercise and or water walking. Please sign up for a lap lane as required and as posted. During water classes, certain areas of the pool may be closed. When the class is small in number, the lap lanes will remain open. Lap lanes are removed as class size increases.

15. For safety reasons, during rain, thunder and lightning storms or other inclement conditions, Association staff may clear and close all pools including indoor until such inclement conditions pass. However, the Association is not responsible for monitoring weather conditions, and each person in the pool area should immediately exit the pool area if lightning or thunder is observed. S:\MEMBERSH\Rules & Regs 2016 15

16. Any person failing to abide by stated policy or safety rules as stated herein and/or as posted will be asked to leave the pool area. The judgment of Association staff with respect to safety, decorum or sanitation will prevail.

17. Any person with a cold, infection, skin condition or cut etc. is prohibited from using the pool, spa and sauna facilities. Persons with inflamed eyes, colds, nasal or ear discharge, skin or body infections or cuts shall be excluded from the pool. No band aids are allowed.

18. Extended exposure to hot water and vapors may be detrimental to the health of some persons with certain medical problems, particularly individuals with heart conditions. Maximum recommended use of the spa is 15 minutes. If in doubt, consult your physician prior to the use of the spa facilities.

19. The General Manager may issue and post additional rules for each pool, sauna and spa, which may override or change any rules contained herein or which are posted in the Adobe or Cimarron Fitness Centers.

20. Sauna (Cimarron Center only)

- a. Persons with medical conditions should consult with a physician prior to using the sauna.
- b. If feeling discomfort, immediately exit the sauna.
- c. Pregnant women should not use the sauna at any time.
- d. No person under the age of 16 should use the sauna at any time.
- e. Maximum use of the sauna is 15 minutes for any one individual.
- f. It is recommended that one sit on a towel while in the sauna so that burning of body areas does not occur.
- g. Do not place or throw any material on heating unit.