



The Athletic Center at Cordillera Rules

Basic Gym Rules:

- Property owners MUST check in at the front desk with their Cordillera ID card to use the facility.
- Guests of property owners need to be accompanied by the owner.
- Children under the age of (18) must be accompanied by an adult.
- Clean shoes are required indoors.
- Gym attire is required.
- Use equipment at YOUR OWN RISK.
- Wipe off the equipment after use.
- Return equipment as found.
- Use equipment as directed by machine instructions and only for its intended purpose.
- Report faulty or damaged equipment to a staff member.
- Do not use disposable wipes directly on the cardio equipment screens.
- Management assumes no responsibility for any injury that may occur.
- Know your physical limitations.
- No food in the fitness area.
- No alcoholic beverages in the fitness area.
- No glassware in the fitness area.
- Lids are required on beverage containers.
- Refrain from phone call conversations in all exercise areas.
- Lockers are for daily use only.

Pool Rules:

- Lap Pool Hours are 7:00AM-12:00PM. Open Swim is 12:00PM-6:00PM.
- Children under the age of (15) must be accompanied by an adult.
- No Lifeguard on Duty. Swim at your own risk.
- Reservations are required for lap swimming through Pick Time.
- Open Swim is first come first serve.
- Maximum capacity (40) people.
- The “30-30 Rule” is an effective rule of thumb for member safety: evacuate the pool if the flash-to-bang count is under 30, do not return until 30 minutes have elapsed since the last thunder or lightning.
- No food or drink in the pool area.
- No alcoholic beverages in the pool area.
- No glassware in the pool area.
- No diving, running or rough play.
- No dogs in or around the pool area.
- Swim attire is required.
- Swim diapers are required for all children that are not toilet trained.
- Be cautious of noise when there is a Yoga Class in session.
- Have fun! But please obey our Pool Rules.

Hot Tub Rules:

- Hot Tub Hours are 8:00AM - 6:00PM
- Maximum capacity (8) people
- Use is RESTRICTED for children the age of (5) years and younger
- Children under the age of (15) must be accompanied and supervised by an adult.
- No food or drink in the hot tub area. (Only water)
- No alcoholic beverages in the hot tub area.
- No glassware in the hot tub area.
- No diving, running or rough play.
- No dogs in or around the hot tub area.
- Swim attire is required.
- Do not enter if the temperature is over 104°.
- Pregnant women and people with health-related illnesses should consult a physician before using hot tubs.
- Be cautious of noise when there is a Yoga Class in session.
- Property owners and guests will NOT have access to the Hot Tub during non-staffed hours.

Pickleball Court Rules (open in summer):

- Pickleball Court Hours 8:00AM - 7:00PM
- Property owners MUST check in with the front desk with their Cordillera ID card to use the court.
- Reservations are required for pickleball courts through Pick Time.
- Tennis Court is first come first serve.
- Property owners are permitted to reserve one court per household per hour.
- Guests of property owners need to be accompanied by the owner.
- Drop-in is meant for open play, please make sure to rotate in people during the games.
- No guests during Drop-in play.
- No food or drink on courts. (Only water)
- No alcoholic beverages in the pickleball court area.
- No skateboarding or roller blading on pickleball court.
- No dogs on the courts.
- Tennis attire is required. (No shoes, No shirt, No pickleball or tennis!!)
- Non-scuff shoes are REQUIRED to play. <https://www.court16.com/proper-footwear>
- Please be respectful of all other patrons using the courts.

Fitness Class Rules:

- Maximum class capacity (15) people.
- Reservations are required for fitness classes through Pick Time.
- Children under the age of (18) must be accompanied by an adult.
- Property owners are permitted to have 2 guests with them per class.
- Yoga Room: (Should be a fun and relaxed message)
 - Ground In, Shoes Off.
 - Get Unplugged: Keep cell phones outside.
 - Embrace the Quiet.
 - Be On Time: To not disrupt the flow.
 - Stay Till The End: If you must leave early exit before Savasana.