



The Athletic Center at Cordillera Rules

Basic Gym Rules:

- All Homeowners and Club Members are required to have and bring with a Cordillera ID Card to use the facility.
- Homeowners and Club Members are required to check in with the front desk during staffed hours.
- Guests of Homeowners and Club Members need to be accompanied by a Member.
- Clean shoes required indoors.
- Gym attire is required.
- Use equipment at YOUR OWN RISK.
- Management assumes no responsibility for any injury that may occur.
- Use equipment as directed by machine and only for its intended purpose.
- Know your physical limitations.
- Wipe off the equipment after use.
- No eating or glass containers in the fitness area.
- Lids required on beverage containers.
- Children under the age of (18) must be accompanied by an adult.
- Report faulty or damaged equipment to a staff member.
- Refrain from phone call conversations in all exercise areas.
- Do not use disposable wipes directly on the cardio equipment screens.
- Return equipment as found.
- Lockers in the locker room are for daily use only.
- All Homeowners and Club Members are permitted to have 3 Guests. (subject to change)

Pool Rules:

- Have Fun! But Please Obey Our Pool Rules.
- Pool Hours 7:00AM – 7:00PM
- No Lifeguard on Duty. Swim at your own risk.
- Maximum capacity (40) people
- Open Swim is first come first serve.
- Lap Hours will be from 7:00AM - 10:00AM (subject to change)
- Reservations are required for lap swimming.
- 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.
- Children under (18) years old must be accompanied by an adult.

- Swim diapers are required for all children that are not toilet trained.
- No diving, running or rough play.
- No dogs in or around the pool area.
- No food or drinks in the pool area.
- No alcoholic beverages.
- No Glassware in the pool area.
- Swim attire is required.
- Be cautious of noise when there is a Yoga Class in session.
- Homeowners and Club Members will NOT have access to the pool during non-staffed hours.

Hot Tub Rules:

- Hot Tub Hours 7:00AM - 7:00PM
- Maximum capacity (8) people
- Use is RESTRICTED to individuals (5) years and younger
- Children under the age of (18) must have adult supervision
- Swim attire is required.
- No Food or Drink.
- No alcoholic beverages.
- No diving, running or rough play.
- No dogs in or around the hot tub area.
- 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.
- Homeowners and Club Members will NOT have access to the Hot Tub during non-staffed hours.

Pickleball Court Rules:

- Pickleball Court Hours 9:00AM - 7:00PM
- Homeowners and Club Members MUST check in with the front desk before play.
- Homeowners and Club Members need a reservation for pickleball courts through pick time, Tennis Court is first come first serve.
- Homeowners and Club Members are permitted to reserve one court per household per hour.
- Guests need to be accompanied by a Homeowner or Club Member.
- 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 drinks on courts. (Only water on court)
- No alcoholic beverages.
- No skateboarding or rollerblading on pickle ball court.
- No dogs on the courts.
- Non-scuff shoes are REQUIRED to play. <https://www.court16.com/proper-footwear>
- Tennis Attire Required. (No shoes, No shirt, No pickleball or tennis!!)

- Please be respectful of all other patrons using the courts.

Fitness Class Rules:

- 15 max for classes.
- Reservations are required.
- Children under the age of (18) must be accompanied by an adult
- Cordillera Homeowners 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.