



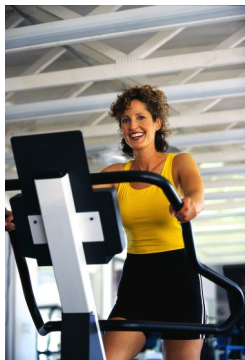
# Green Valley Recreation, Inc.

## Guidelines for Fitness Centers and Pools/Spas

Green Valley Recreation, PO Box 586, Green Valley, AZ 84522 625-3440 www.gvrec.org

### Fitness Center Rules

- For your protection, consult a physician before beginning a fitness routine.
- It is recommended that members attend a fitness center orientation. Check with any major social Center office or *Keeping Current* for scheduled dates and times.
- Members, Guests, and Tenants must swipe in at the attendance reader and be prepared to show their GVR membership card. Guests 18 and older must have a guest card and swipe at the attendance reader.
- Children 12 and under are not permitted in fitness rooms. Children 13-17 years must be accompanied and supervised by an adult and must swipe the **youth guest card** located at the attendance reader.
- Appropriate clothing and footwear are required at all times. Footwear in GVR fitness centers is limited to closed toe shoes. Exceptions are permitted for health and medical reasons. Use GVR equipment and exercise at your own risk.
- No food is allowed in the fitness room. Non-alcoholic beverages are permitted in re-sealable, non-spillable, unbreakable bottles.
- Time on aerobic equipment is in 25 minute intervals. If someone has signed up for the equipment before the end



of a 25 minute interval, the user must yield the equipment at the end of the interval, which includes a 5 minute cool down. If no one is waiting for the equipment, the user may complete another 25 minute interval (even if someone does come in and signs in for the equipment during that interval.)

- Replace weights and other equipment to their correct location
- Members **must** wipe off equipment after use. Paper towels and disinfectant are available. Towels are for personal use only. **PERSONAL TOWELS MAY NOT BE USED TO WIPE OFF EQUIPMENT. MEMBERS MUST USE ONLY PAPER TOWELS AND DISINFECTANT PROVIDED BY GVR.**
- Unsafe use of the exercise facility or equipment should be corrected. However, refrain from giving advice regarding a particular workout routine. Please report any abuse of equipment, such as dropping or banging weights or improper use of equipment.



**Use equipment at your own risk!**

**Fitness Center Hours**  
Sunday through Saturday

5:30 am to 9 pm

### Pool & Spa Hours

5:30 am to 9 pm Summer

7am to 7 pm Winter

CR 5:30 am to 9 pm always

### Children's Hours

**All pools but West Center**

11 am to 1 pm Daily

4 pm to 6 pm Daily

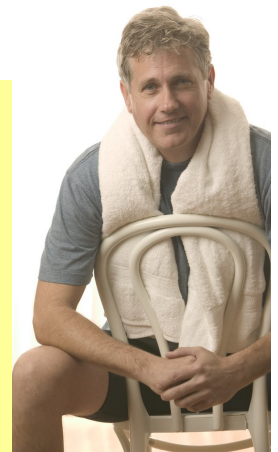
**West Center Pool**

**Children's Hours**

**Summer** Noon—9 pm M-F

**Winter** Noon— 7 pm M-F

**Weekends & Holidays**— All day





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### Pool and Spa Rules

For pool and spa hours, see other side

- Members, Guests and Tenants must swipe in at the attendance reader and show their GVR membership card upon request, before using facilities. A guest card **must**



be obtained for any individual who is 18 years old or older prior to using any GVR facility. This policy applies even if the member accompanies a guest to the facility.

- Please shower each time before entering pool or spa.
- Appropriate swim wear is required at all times. T-shirts and hats may be worn for protection from the sun. Wet suits are permitted.

- Any shoe worn on the deck, or from outside the pool area, is not allowed in the pool. Use aqua shoes only.
- Children under 18 years must swipe the youth guest card at the attendance reader and be supervised by an adult. Each child, six years and under, must be supervised by an accompanying adult in the water.

- No diapers are allowed. Disposable swim pants are authorized and provided.
- U.S. Coast Guard life vests are allowed and provided.
- Persons with contagious diseases, infections, or open wounds or sores may not use the pool or spa.

- No food, alcoholic beverage, glass, open aluminum, or other open containers are allowed in the pool, spa, or on the pool deck. Drinks in re-sealable unbreakable containers are permitted. Aqua socks, goggles, masks, aqua joggers, snorkels, swim fins, noodles and kickboards are permitted when used as swim aids for exercise and rehabilitation. Diving, running, jumping, and horseplay on pool decks are prohibited.



- Animals are not permitted on GVR property. Service animals are exempt from this restriction.
- Pools and spas are closed when thunderstorms are present or when ice is on the deck or can form on the deck.
- Serious health risks can be associated with spa use or vigorous activity in the pool. It is recommended that users consult with their physician prior to use. Members should limit their time in the spa to five minutes and should get out of the spa if they feel dizzy.
- Children under 18 years are not permitted in the spa at any time.
- It is recommended members use the "buddy system." Swimming or using the spa alone is discouraged.

- Smoking is not permitted within the pool areas.

#### ETIQUETTE GUIDELINES FOR LAP LANES

- Lap lanes are open to lap swimmers of all ages. However, lap lanes are available on a first come first served basis. The swimmer must be in the water to have priority in the lane.
- Two swimmers can share a lane, and when busy **should** share a lane. If someone wishes to share a lane, as a courtesy, they should **ask** the current swimmer, who may say no, before entering the pool.
- When sharing lanes, swimmers should please avoid wide arm strokes (i.e., elementary backstroke, butterfly, etc.).
- Continuous lap swimmers have priority over water walkers in lap lanes. Lap swimming is defined as "continuous movement in a horizontal position".
- Lap lanes vary from pool to pool. Most are designated by rope separations. If questions arise call the COA at 343-2440.
- Pools are closed during water aerobics programs and most water fitness classes. Check with the center office, or *Keeping Current*, for scheduled times.

