

Swimming Pool & Spa Rules

NO LIFEGUARD ON DUTY - SWIM AT YOUR OWN RISK

- ◆ Members/Guests/Tenants must sign in and show GVR membership card to monitor on duty. A Guest card **must** be obtained for any individual who is eighteen years of age or older prior to using any GVR facilities. This policy applies to a Guest even if the member is accompanying a Guest to the facilities.
- ◆ Please shower each time to remove suntan and body lotions before entering pool/spa.
- ◆ Appropriate swim wear required at all times. T-shirts and hats may be worn for protection from the sun.
- ◆ Persons with contagious diseases, infections, or open wounds may not use the pool/spa.
- ◆ Children under 18 years must be supervised by an adult. Each child 6 years and under must be supervised by an accompanying adult in the water. No diapers are allowed. Disposable swim pants are authorized.
- ◆ No water toys or inflatable devices are permitted.
- ◆ U.S. Coast Guard life vests are authorized and provided.
- ◆ 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, and horseplay on pool deck are prohibited.
- ◆ No food, glass, aluminum, or open containers are allowed on pool deck. Drinks in re-sealable containers are permitted in ramada areas. Alcohol is NOT permitted.
- ◆ Pools will be closed by monitor or staff when thunderstorms are present or there is ice on the deck.
- ◆ Serious health risks can be associated with spa use. It is recommended that users consult with their physician prior to use. Children under 18 years are not permitted in spa at any time. For your safety – Limit your time in spa to 5 minutes. CAUTION: Get out of the spa if you feel dizzy.
- ◆ Smoking is not permitted within the pool area.

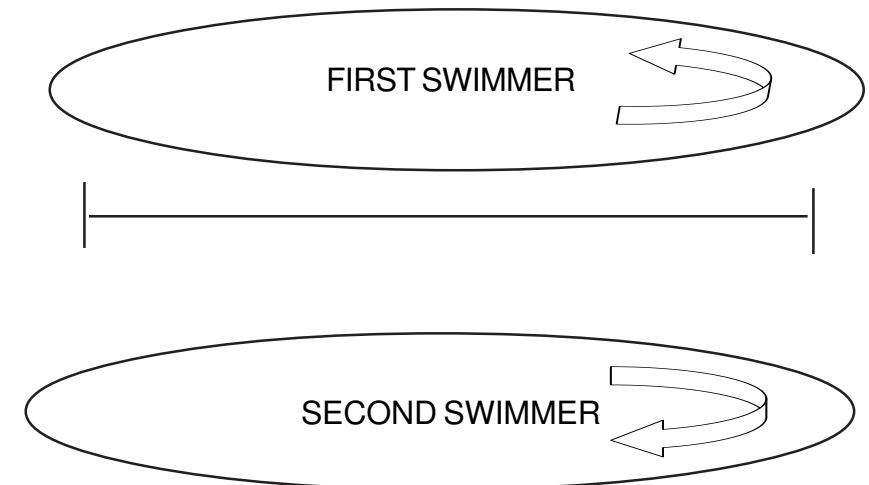
Children's swim hours

11 am to 1pm and 4pm to 6pm daily.

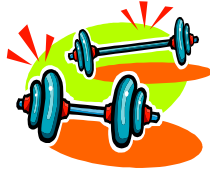
The Family Swim Program at West Center is offered from 1pm to 4pm daily during designated holidays.
(See *Keeping Current* for holiday schedules)

Etiquette for Pools and Lap Lane Use

- ◆ Pool monitors are authorized representatives of GVR.
- ◆ Users of GVR facilities are responsible for knowing and following the established Swimming Pool / Spa Rules and Regulations.
- ◆ Black tile on bottom designates the center of the lane.
- ◆ Two (2) swimmers can share a lane. If you wish to share a lane, please **ask** the current swimmer before you enter the pool to make sure they are willing to share the lane.
- ◆ When sharing lanes, please avoid wide arm strokes (ie., elementary backstroke, butterfly, etc.)
- ◆ Continuous lap swimmers have priority over water walkers in lap lanes. (This includes children during children's hours.)
- ◆ Pools are closed during scheduled Swimnastics and Water Fitness classes. Check with any Major Social Center office for scheduled times and dates.
- ◆ Your cooperation makes swimming a positive experience for everyone.



Fitness Center Guidelines and Rules



Green Valley Recreation, Inc.

Guidelines:

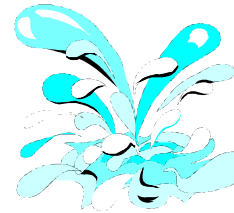
- ◆ For your protection, consult a physician before beginning a fitness routine.
- ◆ It is recommended that members attend a Fitness Room Orientation. Check with any Major Social Center office for scheduled times and dates.

Rules:

- ◆ Members/Guests/Tenants must sign in and show GVR membership card to monitor on duty before using facilities. A Guest card **must** be obtained for any individual who is eighteen years of age or older prior to using any GVR facilities. This policy applies to a Guest even if the member is accompanying a Guest to the facilities.
- ◆ Children under 13 years are not permitted in fitness rooms. Children 13-17 years must be accompanied and supervised by a GVR card holder.
- ◆ Appropriate clothing and footwear are required at all times:
Acceptable: Athletic footwear is required at all times, i.e., sneakers, tennis shoes, walking shoes. Comfortable clothing such as jogging suits, shorts, t-shirts, slacks, and tank tops should be worn.
Not Acceptable: Sandals, hiking boots, thongs, shower shoes, heels, etc. No swim suits.
- ◆ Replace weights and other equipment in their correct location.
- ◆ No food is allowed in the fitness room. Non-alcoholic beverages are permitted in resealable, non-spillable plastic bottles.
- ◆ Limit your time on aerobic equipment to 25 minutes. Check the sign-in board. **If** no one is waiting for your equipment, you may put your name on the board and begin another 25 minute workout session. You must yield the equipment at the end of your 25 minute workout (which include a 5-minute cool down) - **if** someone is signed up for the equipment.
- ◆ **Wipe off machines before and after use.** Paper towels and disinfectant are available or you may bring your own towel.
- ◆ On-duty GVR Fitness Monitors are authorized GVR representatives assigned to manage the fitness centers.

USE EQUIPMENT AT YOUR OWN RISK

Guidelines for Pools / Spas and Fitness Rooms



Pool & Spa Hours

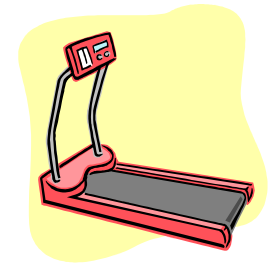
Summer Hours (Mar. 12 - Oct. 15)

*6:00am to 9:00pm

Winter (Oct. 16 - Mar. 11)

7:00am to 7:00pm

***Pools open at 5:30am**



Fitness Room Hours

Monday - Sunday

5:30am to 9:00pm

*Canoa Hills

*Desert Hills

*East Center

*Las Campanas

*Santa Rita Springs

**We would like to extend a warm welcome to our
GVR Members and Guests. Enjoy your visit!
Please feel free to use our facilities, but review
and observe the information in this pamphlet.
Thank you!**