



# Valley International Country Club's Pool and Gym Rules

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## Pool Rules

Hours: Monday – Sunday 8:00am – 8:00pm

- No children without adult companion
- No outside food or drinks
- No climbing on waterfall
- No glass containers
- No horse playing or running
- No diving
- Bathers wearing diapers **MUST** have protective coverings
- Persons failing to follow rules will be removed from premises

## Gym Rules

Hours: Monday – Friday 6:00am – 9:00pm, Saturday 9:00am – 5:00pm, Sunday 12 Noon – 5:00pm

- Return weights to rack after use
- Sanitize equipment after use
- Use a spotter when lifting – no exceptions
- Do not drop the weights
- No food or drinks besides bottled water
- Turn off lights and air when leaving
- Appropriate gym dress – includes clean clothing and athletic shoes (no dress shoes, boots or sandals)
- No horseplay
- Be considerate of others
- Not responsible for personal items that are lost, stolen or damaged
- Workout at your own risk