

OPERATING RULES
Fitness Centers and Gymnasium



A. General

1. Residents must swipe their Laguna Woods Village resident ID cards and have the appropriate Fitness Center Release, Waiver of Liability and Indemnity Agreement on file prior to using the equipment rooms. Guests must complete and sign a Fitness Center Release Waiver of Liability and Indemnity Agreement prior to using the equipment rooms.
2. Appropriate attire and closed-toe/heel shoes are required.
3. Only registered service dogs trained to perform a task directly related to a person's disability are permitted; no other pets/animals are permitted.
4. Outside personal trainers and instructors are not permitted.
 - a. Physical therapists may aid clients for a limited time upon fitness supervisor approval.
 - b. Caregivers are allowed to assist residents with fitness supervisor approval.

B. Fitness Centers

1. Guests under 16 years of age are not permitted to use the fitness centers. The maximum number of guests per resident is two. Residents must always accompany their guests. Guests must sign in upon arrival at the facility.
2. Except for Clubhouse 5, fitness centers are only open when fitness staff is on duty.
3. Fitness staff may restrict activity and/or use of the exercise equipment for any participant whose health or safety is in question or if the participant is monopolizing equipment. Work in and share equipment while resting in between sets.
4. Cardio equipment time limits are set by fitness center staff.

C. Gymnasium

1. Guests under 12 years of age are not permitted to participate in a gymnasium activity and may not disrupt any of the activities in progress. The maximum number of guests per resident is two. Residents must always accompany their guests. Residents and guests must sign in upon arrival at the facility.
2. Participants must follow proper rules of etiquette for each sport or class and demonstrate good sportsmanship.
3. Using any type of powder and/or liquid on the gymnasium floor or on the bottom of shoes worn in the facility is not permitted.
4. Gymnasium programs must end at least 10 minutes prior to the hour to accommodate setup of athletic equipment, chairs, etc., for the next program.

5. Residents and guests must clean up the area after use and return all equipment to the proper place.
6. Saddleback College Emeritus students must follow college registration process and rules when attending college classes.
7. Open gym time is on a first-come, first-served basis. Scheduled activities take priority.
8. Club meetings and events do not have priority use. Club tournaments and events must be approved by the Recreation and Special Events Department to take priority at the facility. Please reference the Recreation and Special Events Department policy for tournament guidelines.

D. Indoor Pickleball

1. When courts are full, sign-up board (Brad's Boxes) will be used to establish who gets the next available court. A player finishing a game may not sign up for another game until the first game is completed and the player has vacated the court.
2. When there are more than 12 players waiting, shorten games to seven points and 10 minutes.
3. Last players must take down nets and stanchions and put them away.

E. Volleyball

1. Times are designated for advanced play and all-skill-level play. Players attending the advanced play time are expected to be able to play at a high level to allow for game flow and player safety.
2. Advanced players wishing to play during all-skill times should consider the safety of the other players when participating.
3. If a game is on the court, those players can complete their game before other players can take the court.
4. All play is based on a drop-in basis and players are encouraged to include all players who arrive to play at that time.

Note: The Recreation and Special Events Department reserves the right to review and adjust the operating rules to accommodate the needs of the community. All GRF policies and procedures apply to the use of the amenities. GRF is authorized to take disciplinary action against a member found in violation of the operating rules. Register a complaint by contacting the Security Services Department at 949-540-1400 or the Compliance Division at compliance@vmsinc.org or 949-268-CALL.