

Fitness Area Services **Squash Rules & Regulations**

These rules also apply to Basketball

- 1. All members and guests must register before entering the fitness center/tennis area. Each member must show and scan his/her membership ID.**
2. Reservations for courts may not be made more than 48 hours in advance and will be accepted on a first-come, first-served basis. League players may schedule up to 96 hours or 4 days in advance.
3. No reservations shall be for more than one hour (60 minutes).
4. A player may make only one court reservation per day. A member may make reservations for only themselves and their family.
5. Reserved courts will be held only 10 minutes past the reservation time when others are waiting.
6. The member is responsible for canceling, in advance, a reserved court that will not be used. An indoor fee will be charged for “no-shows” on indoor courts. Please note the following:
 - a. Morning courts must be canceled no later than 5:00pm on the day before the reservation.
 - b. Afternoon and evening courts must be canceled before 8:00am of the reservation day.
 - c. The same cancellation policies apply for lessons.
7. Court times begin and end promptly on the hour.
8. Adults will have priority for court reservations.
9. The Sports/Fitness Manager and Fitness Supervisor will have the final authority on all reservations and other racquet sports/fitness center rules.
10. Players shall wear appropriate clothing when using the courts, which includes wearing a shirt at all times.
11. Only smooth-soled court shoes may be worn on the courts (no hard-soled running shoes or black soled shoes are permitted at any time). A \$100 court cleaning fee will be charged if black-soled shoes are worn.
12. Proper eye protection must be worn at all times by junior players and is strongly recommended for adults.
13. Non-playing individuals are not permitted on the courts during matches.
14. No food or drink is permitted on the courts at any time.
15. Loud boisterous conduct or profanity will not be tolerated on the courts.
16. Smoking is not permitted in the Racquet/Sports Fitness Center.
17. Only alcoholic beverages sold at the Club are allowed on the Club property. It is illegal to bring alcoholic beverages onto the Club property or to remove alcoholic beverages from the Club property.
18. All accidents, regardless of how minor, must be reported to the Supervisor on duty. If appropriate, an accident report must be filed with Cheyenne Mountain Resort Security.

Member Squash Play Schedule

Monday – Thursday	6:00am – 9:00pm
Friday	6:00am – 7:00pm
Saturday and Sunday	7:00am – 7:00pm
Christmas Eve & New Year’s Eve	Opening – 1:00pm
Christmas Day	CLOSED
New Year’s Day	8:00am – 3:00pm
Easter Sunday	7:00am – 3:00pm
Memorial Day, Labor Day	6:00am – 4:00pm
Independence Day	Opening – 3:00pm
Thanksgiving	7:00am – 1:00pm



Weightroom and Cardiovascular Rules and Regulations

- 1. All members and guests must register before entering the fitness center/tennis area. Each member must show and scan his/her membership ID.**
2. Members, their spouse/significant other and dependent children, who qualify for membership privileges as stated in the Club Rules & Regulations, may use the facility without charge. Guests must be accompanied by their member sponsor and will be charged accordingly.
3. Equipment is available on a first-come, first-served basis.
4. When others are waiting for the cardiovascular equipment including exercise bikes, treadmills and stair climbers, there is a 30 minute workout time limit.
5. All equipment, free weights and dumbbells shall be returned to their original storage place and should not be taken from the weight room.
6. Please do not use the exercise equipment for resting and/or break times.
7. Proper attire will be required, which includes: shirt and closed toed shoes at all times. **NO JEANS OR SANDALS ALLOWED**
8. Loud, boisterous conduct or profanity will not be tolerated.
9. No food or drink (water is permitted) is allowed in the Weight or Cardiovascular areas at any time.
10. All accidents, regardless of how minor, must be reported to the Supervisor on duty. If appropriate, an accident report must be filed with Cheyenne Mountain Resort Security.
11. Only alcoholic beverages sold at the Club are allowed on the Club property. It is illegal to bring alcoholic beverages onto the Club property or to remove alcoholic beverages from the Club property.
12. You must be at least 16 years of age to use the exercise equipment. Children ages 12 – 15 years old may use the equipment during Junior Fitness Programs. Children 12 – 15 years old who are **JUNIOR FITNESS ENDORSED** may use equipment during all hours of operation.

Fitness Center Guest Information

1. A guest is an individual who is accompanied by a member for the purpose of using the Fitness Center or other Club facilities.
2. An adult guest is charged \$12.00 per day and a junior guest (ages 5 to 17) is charged \$8.00 per day. This fee gives the adult guest use of the locker rooms and workout facilities, but does not include indoor court use or access to other programs. Juniors under age 18 may not use Jacuzzi or steam rooms.
3. Non-member guest are limited to six (6) visits during the summer (Memorial Day – Labor Day) and may not exceed a total of twelve (12) visits during the year.
4. A reciprocal guest is a bona fide member of a reciprocating club outside El Paso and Teller counties. Reciprocal guest visits must be arranged in advance at the Club Office.

Junior Fitness Program Rules

1. Juniors (ages 12 – 15) may use the Weight and/or Cardiovascular areas when participating in an organized junior program. Junior Fitness Certified children may use equipment during all hours of operation. *See Fitness Center front desk for more information regarding the Junior Fitness Certification.

Non Certified Junior Fitness Hours Tues. & Thurs. 3:30pm – 5:00pm

2. Junior Fitness Endorsed Children must retest every year.
3. All junior members certified to use the facility must first check in with an instructor and must ask for assistance when working with free weights.
4. Junior members under age 12 may not use the Weight and/or Cardiovascular areas unless participating in Little Soldiers Fitness program.

Fitness Center Locker Rooms

1. In order to check out a locker key, a member must present their membership card at the Fitness Center registration desk.
2. Lockers are issued on a first-come, first-served basis at the time of registration.
3. The Club shall not be responsible for loss or theft of personal property.
4. China or glass containers are not permitted in the locker room areas.
5. Running, rough play and personal conduct which endangers the safety of any person will not be tolerated.
6. No food or drink will be allowed in the locker rooms.
7. No juniors (under age 18) are allowed in steam room or Jacuzzi pools.
8. Members/guests are responsible for keys issued to themselves, their families and their guests.
Lost Key Charge: \$10.00
9. All accidents, regardless of how minor, must be reported to the Supervisor immediately.

10. Children ages 6 years and older must use the gender appropriate locker rooms.

Massage

Contact the Fitness Center registration desk for fee information and to schedule appointments. Cancellation penalties will apply for any appointment not properly canceled within 24 hours of scheduled appointment.

Aerobic Classes Available

Please check the website at www.ccofcolorado.com/calendarofevents or contact the Fitness Center at 538-4085 for class schedule information.

Fitness Center & Cardiovascular Hours

Monday - Thursday	5:30am - 10:00pm
Friday	5:30am - 8:00pm
Saturday - Sunday	7:00am - 8:00pm
Holiday hours:	
Easter Sunday	7:00am - 2:00pm
Memorial Day	5:30am - 5:00pm
Independence Day	Opening - 4:00pm
Labor Day	5:30am - 8:00pm
Thanksgiving	5:30am - 2:00pm
Christmas Eve	Opening - 2:00pm
Christmas Day	Closed
New Years Eve	Opening - 2:00pm
New Years Day	8:00am - 5:00pm

Kid's Korner Rules and Guidelines

1. The ages allowed in the Kid's Korner are from 6 months to the 8th birthday.
2. The maximum time limit for one stay is three (3) hours. We suggest that reservations be made 24 hours in advance.
3. Cancellation Policy: Hourly rate will be charged per child if you do not cancel prior to you reservations (4 hour notice to avoid charge!)
4. Please provide diapers, food and other necessities for your child.
5. We are not responsible for personal belongings left in the Kid's Korner.
6. Children who are ill should not be in the Kid's Korner at any time or under any circumstances.
7. Four children and one infant or 7 children per employee at any time.
8. Parents must remain on property if using the Kid's Korner – Childcare Center.

Kid's Korner Hours

Monday thru Thursday	8:00am – 3:00pm 5:00pm – 7:00pm
Friday	8:00am – 2:00pm
Saturday	8:00am – 3:00pm
Sunday	CLOSED
Thanksgiving Day, Christmas Day, New Year's Day	CLOSED

Please call the Fitness Center front desk for reservations, 538-4085

Cheyenne Kidz Club

This kids program offers a wide array of supervised daily activities from Arts and Crafts, fishing, swimming and fun field trips. Fun while learning is a key aspect of the Cheyenne Kidz Club, with regular speakers from the Cheyenne Mountain Zoo, the Colorado Police and Fire Departments, and the Division of Wildlife.

The Cheyenne Kidz Club gives children the opportunity to play the day away in a safe, fun, supervised environment while parents can enjoy 18-holes on our Pete Dye designed championship golf course, head into town for shopping or a relaxing massage.

The programs are offered from Memorial Day to Labor Day Monday through Friday from 8am – 5pm and Saturday from 9am – 2pm (**reservations required**) at the following times and prices:

- 8:00am to 12 noon – \$24 per child for Members with a 10% discount for each additional child per family
- 1:00pm to 5:00pm – \$24 per child for Members with a 10% discount for each additional child per family (Afternoon snack included)
- 8:00am to 5:00pm – \$44 per child for Members with a 10% discount for each additional child per family

To make reservations, please call 719-538-4085 and ask for the Cheyenne Kidz Club!

Aquatics Rules and Regulations

- 1. All members and guest must register before entering the swimming/recreation area. Each member must show and scan his/her membership card.**
2. The Aquatics Manager and the staff on duty shall have full authority to regulate use of the pool area and the lake per the Colorado Health Department guidelines.
3. Members, their spouse and dependent children, who qualify for membership privileges as stated in the Club Rules & Regulations, may use the pools without charge. Guests of members must be accompanied by their member sponsor and will be charged the established fee.
4. Children under 12 must be accompanied by a parent or adult guardian at all times.
5. Day use lockers are issued on a first-come, first-served basis at the time of registration for trade of your member card.
6. The Club is not responsible for loss or theft of personal property.
7. Members and guests are encouraged to bring their own towels. **During busy times, only one (1) towel per day, per member will be provided.**
8. Members are responsible for all towels and keys issued to them, their families and their guests. A \$25.00 charge will be assessed for each lost towel and key.
9. Running, rough play and personal conduct that endangers the safety of any person is not tolerated.
10. Swimming accessories and floatation devices are permitted in the pools only by permission of the staff on duty. Floatation devices are not permitted in the lake. Club and personally owned kick boards are for lap swimming use only.
11. China and/or glass containers are not permitted at the Aquatics Facility at any time.
12. Only alcoholic beverages sold at the Club or Cheyenne Mountain Resort are allowed on Club property. It is illegal to bring alcoholic beverages onto Club property or to remove alcoholic beverages from the Club property.