



General Gym Rules and Regulations:

- Athletic shoes are required in all exercise areas, no bare foot training
- Only non-marking shoes to be worn on the squash and tennis courts
- No Skate boarding, roller blading or cycling on the tennis courts
- No shirtless training is permitted
- Members are required to bring and use their own towels during training
- Members are asked to wipe the equipment after use
- Bookings to play squash and tennis is essential (bookings can be made at the gym office or on notice board)
- Entry of gym area and use of gym equipment is not permitted by minors under the age of 16
- Minors between 12 – 16 only allowed in the gym to use the Squash courts with adult supervision
- Minors under 12 years may only be allowed in the pool under adult supervision
- The use of the gym is not permitted by non-gym members
- Non members or friends of home owners are permitted to pay a R50 day pass to use the gym / Health Club
- Pool memberships are no longer in use
- Members not adhering to the rules will be subjected to penalties as set out in the Estate Rules Transgression Chart (ERT) published on the website www.valdevie.co.za.