

**Stonebridge**  
**Tennis, Fitness and Pool**  
**Rules and Regulations**  
**(Recreation)**



**TENNIS, FITNESS and POOL  
RULES & REGULATIONS  
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The Tennis Office is located in the Fitness Center facility. The entrance is on the east side of the building towards the courts.

**Tennis Office Phone - (239) 592-6641**  
Clubhouse Administrative Office - (239) 594-5200  
Email - Tennis@Stonebridgecountryclub.com

**EMERGENCY ASSISTANCE: 911**

**The emergency telephone is located on the east side of the building under the awning next to the Tennis Office entrance.**

**The Automatic External Defibrillator (AED) is located in the Fitness Center on the wall adjacent to the Women's Restroom.**

**The Tennis and Fitness Center  
Stonebridge Country Club  
2116 Winding Oaks Way**

## **I. Forward**

- A. Establishment and Amendment of Rules and Regulations. The Stonebridge Country Club Community Association Rules and Regulations are established by the Board of Directors under the authority of the Declarations, Article X, Section 3; and Bylaws, Paragraph 8.
- B. The Stonebridge Rules and Regulations currently consist of the following:
- C. Club Rules and Regulations;
- D. Golf Rules and Regulations
- E. Tennis, Fitness, and Pool Rules and Regulations
- F. The Board may, from time to time, adopt and amend these Rules and Regulations subject to any limits contained in the Declarations.
- G. This document covers the Rules & Regulations regarding the use of the Tennis, Fitness, & Pool facilities.
  - 1. The Club Rules and Regulations define the terms Family Guest(s), House Guest(s), and Day Guest(s) used throughout these Rules & Regulations. (See Stonebridge Club Rules & Regulations, Section IV, Guests.)
  - 2. These Rules & Regulations are subject to change from time to time by recommendation of the Tennis and Fitness Committee, and upon a majority vote of the Board of Directors.
  - 3. If any of these Rules & Regulations conflict with the governing Master Association Documents, the Master Association Documents shall take precedence. (See Stonebridge Club Rules & Regulations, Section I, SCCCA Rules & Regulations.)
- H. It is the intent of the Officers and Directors to administer these Rules & Regulations so that everyone obtains maximum use and enjoyment of these facilities. Enforcement will reside in the Director of Tennis, the General Manager, or their designee; the Board of Directors has the right to suspend privileges for any user who does not comply.
- I. It is the duty of those using this facility to know these Rules & Regulations, and to cooperate with the Officers, Directors, and team members in the enforcement thereof.
- J. When an owner transfers his/her membership to a tenant/lessee, he/she relinquishes all rights of membership, except the right to vote, and therefore cannot participate in any activities in the Tennis, Fitness, Fitness Classes or Pool areas unless invited as a guest. (See Stonebridge Club Rules & Regulations, Section II. E. Tenant (Lessee) Membership.)

## **II. Tennis Rules**

Stonebridge has five lighted Har-Tru (soft) courts available to Members. The tennis courts are available for play from 8:00a.m. until 10:00p.m. Members using courts when the Tennis Office is open must register with the tennis staff at the Tennis Office or Tennis

Activity Center. Players using courts after office hours or on weekends must check the court reservation sheet on the tennis bulletin board for their court assignment, or to determine the availability of an open court. The Tennis Office is located in the Fitness Center adjacent to the tennis courts. Office hours are posted. The Tennis Activity Center is located under the canopied area adjacent to the Tennis Office. Players gather there for organized events and use the tennis sign-up area to pre-register for round robins, clinics, and special events. Use of the tennis courts and facilities at Stonebridge Country Club will be subject to the control of the Director of Tennis. USTA rules apply.

Tennis fees will be established by the Board of Directors upon recommendation of the Tennis and Fitness Committee, and are subject to change from time to time. All fees will be posted on the Tennis Bulletin Board.

#### A. Court Reservations

Member tennis activities such as round robins, clinics, social events, and interclub leagues, take priority over reservations for private games. Court reservations for private games with other Members can be scheduled for 1 ½ hour time periods. A member can reserve one (1) court for a private game. The Director of Tennis may allow reservations for more than one court for groups of Members who wish to play at the same time. For Guest reservations, see Section G below. Members should make court reservations prior to playing, but may play without a reservation on a “first come-first serve” basis by checking-in with the Tennis Staff to determine if a court is available. Players using a court without a reservation shall give up the court if players who have a reservation arrive at their designated time. The courts are not available for non-member league play.

1. Reservations may be made up to one week in advance by notifying the Tennis Office via phone or email, or by signing the Court Request Book at the tennis sign-up area.
2. No standing reservations for private games will be accepted.
3. Members cannot reserve consecutive court times which would include round robins, clinics and/or lessons; however, they may play on an open court if available.
4. A reservation rotation system will be used to reserve courts if there are multiple requests for the same period and limited courts available. Members who were unable to reserve a court at the requested time will go to the top of the list for the following week for that time period.
5. At the end of the reserved period, players must promptly relinquish their court to the next reserving players.

#### B. Round Robin Rules and Format

1. One week prior to the date of a Round Robin match, a player may register on the sign-up sheet. In person sign-ups will be given priority.
2. If a player is on the wait list, they will be automatically signed up first for the next week's Round Robin.

3. Players must play at the levels and time slots they played in the previous year. If they want to play up into the next level, they must first speak with the Director of Tennis or Tennis Coordinator.
4. If a player has not played in a Stonebridge Round Robin before, they must speak with the Director of Tennis or Tennis Coordinator prior to signing up.
5. In case a Round Robin participant must cancel, the player canceling is asked to call the Tennis Office promptly so that a replacement can be found.
6. Playing in Round Robin matches is intended to be enjoyable for all participants. If a player does not appear or give a reasonable cancellation notification, he or she may not be allowed to play in Round Robin matches the following week.
7. Members playing in the round robin will play three rounds of doubles (7 games/no add), not to exceed ½ hour each. At the end of each round the players shall rotate and play with a new partner. The format for changing partners will be either a number rotation system or the winners move up a court (and change partners) and the losers move down a court (and change partners).
8. Players who are consistently winning or losing may be asked by the Director of Tennis to play at a different level

#### C. Tennis Lessons and Clinics

The Director of Tennis and staff are available to provide tennis instructions to Members and Guests. There are several options available, including Private Lessons, Private Lesson Series, and Group Clinics. Team Drill Sessions with several options are also available, including stroke and strategy clinics, coached play with partners, and private coaching. Days and times vary according to interest, and pre-registration through the Director of Tennis or staff is required. Fees are posted on the Tennis Bulletin Board.

Lessons and clinics for non-Members are available per agreement of the Board of Directors/Management and the Director of Tennis. Members shall have priority for court availability, and between January 1 and April 30, non-Members may not participate in clinics or lessons before 1:00 p.m. unless authorized by the Director of Tennis.

#### D. Cancellation Policy

Players who fail to cancel their court reservations a minimum of one hour prior to their scheduled court time, may be charged a cancellation fee.

#### E. Limitations on Court Use

If the demand for courts dictates, the Director of Tennis has the right to limit the number of courts that a member may book in one week.

## F. Court Closures

The Director of Tennis will have the sole discretion to determine the suitability of the tennis courts for play. Courts will be closed when necessary for maintenance operations, when dictated by safety considerations, or by reason of adverse weather conditions.

## G. Guests

1. Court reservations for member playing with Family Guests, House Guests, or Day Guests can be scheduled up to one week in advance for 1 ½ hour time periods. A member can reserve one (1) court for a game with a guest(s); the member must be playing. A member can make a request to the Director of Tennis to host a special gathering of multiple Guests one time between January 1 and April 30. Members must register the names of all Guests; charges will be applied to the account of the member reserving the court. There is no guest fee for Family Guests or for children under 14 years of age, but they must be supervised by an adult. Guest fees are posted on the Tennis Bulletin Board.
2. In the event of walk-on usage of courts by a member and their guest(s) when there is no prior reservation or no staff member on duty, the Honor System is used. Members must notify the Tennis Office when staff is present of their Guests' use of the tennis courts.
3. House and Day Guests will be allowed to play tennis only after 1:00 p.m. unless authorized by the Director of Tennis. They will be limited to three (3) times between January 1 and April 30.
4. Family Guests may participate on occasion in tennis activities such as socials, round robins and clinics as long as their participation does not exclude a member.

## H. Tournament and Inter-Club Eligibility

Participation in Stonebridge Tennis Tournaments to determine Club Champions shall be limited to Owner Members or Invitational Members. Tenant (Lessee) Members are not allowed to participate in the club championship.

Members and Invitational Members are the only players eligible to represent Stonebridge on inter-club teams, and every effort should be made to fill the roster with these Members. If an inter-club team does not have enough players at a designated level, then permission may be granted on a year to year basis by the Director of Tennis to fill the roster with Tenant (Lessee) Members. Family Guests, Day Guests, and House Guests are not eligible to play in Inter-Club Leagues under any circumstances.

## I. Dress Code

The dress code is mandatory for all players. If you are in doubt concerning your attire, please check with the tennis staff.

1. Smooth soled shoes and appropriate tennis attire are required. Running shoes and sandals are not permitted on the courts.



2. Appropriate Tennis Attire for Women:
  - a. Permitted: Tennis skirts, tennis shorts, or tennis dresses; collared shirts; collarless shirts; or tank tops.
  - b. Not Permitted: Sports bras or bare midriff tops; running shorts or bathing suits; jeans or cut-offs.
3. Appropriate Tennis Attire for Men:
  - a. Permitted: Shorts and shirts must be worn at all times; collared shirts or collarless tennis shirts.
  - b. Not Permitted: Tank tops or sleeveless shirts; running shorts or bathing suits; jeans or cut-offs.
4. Non-tennis tee shirts (collarless souvenir/large logo type) are not acceptable for men or women 14 years and older.

J. Tennis Etiquette

Compliance with proper tennis etiquette should be observed at all times. Excessive noise, racquet throwing, profanity, or abuse of property will not be tolerated. Players should dispose of their used cups, balls, towels in the receptacles provided.

K. Smoking

Smoking is not permitted on the tennis courts nor in adjacent areas.

L. Prohibited Use

Bicycles, skateboards, roller blades, animals (pets), are not permitted on the tennis courts. Bicycles are to be placed in the bicycle racks in the designated areas and not left in walk-ways, door-ways, or on the lawn.

### III. Fitness Center Rules

A. General Information

1. These Rules & Regulations establish uniform requirements for all Members and Guests using the Fitness Center and the exercise equipment. The cardio/weight training portion of the gym offers a variety of the latest up-to-date equipment. Each piece of equipment has easy to use instructions and offers a cross training fitness program that provides strength and balance for any workout. A variety of Fitness and Water Aerobics classes with a creative, broad-based approach are offered to Members on a regular basis. Please check the bulletin board in the Fitness Center for up-to-date information, schedule, and fees.
2. Use of the Fitness Center is a personal choice; therefore use it at your own risk.
3. The Fitness Center is Open 7 Day a Week from 5:00 a.m.-10:00 p.m. The fitness equipment is reserved for "Members Only" between the hours of 7:00 a.m. to 11:00 a.m. from January 1 thru April 30.

## B. Personal Safety

1. The primary access to the fitness and aerobics area is via electronic fob or thumb-print device at the front door. Prior to registering your thumb print for admission to the Fitness Center, every member and guest ("User") must have signed the Informed Consent/Hold Harmless Agreement.
2. Before embarking on an exercise program, all Members and Guests should consult with their physician.
3. Using any equipment or performing any exercise at the Fitness Center is done at your own risk. Stonebridge Country Club Community Association, Inc. is not responsible for any injuries. For reasons of safety and security, users are encouraged not to use the Fitness Center without another person present.
4. Children under fourteen (14) years of age are not permitted in the Fitness Center.
5. Any malfunctioning equipment should be reported immediately to the Fitness Staff or Tennis Department at (239) 592-6641.

**IN CASE OF EMERGENCY, please dial 911**

**The emergency telephone is located on the east side of the building under the awning next to the Tennis Office entrance.**

**The Automatic External Defibrillator (AED) is located in the Fitness Center on the wall adjacent to the Women's Restroom.**

**Your location is:**

**The Tennis & Fitness Center  
Stonebridge Country Club  
2116 Winding Oaks Way**

## C. Fitness Center Etiquette

1. Cell phone usage. Devices must be set to vibrate or another non-audible alert. No cell phone conversations are allowed in the Fitness Center. Email, texting or internet usage is allowed as long as the sound is off or ear phones are used.
2. The Fitness Center is a non-smoking facility.
3. Only personal audio equipment with earphones is permitted.
4. Televisions with earphone access only are provided for the use of the people utilizing the facility.
5. Only water or sports drinks in a closed, non-breakable container are permitted in the workout area. No food or chewing gum is allowed in the Fitness Center.
6. Alcohol, narcotics, steroids, or tobacco products may not be consumed, used, possessed, or displayed in the Fitness Center.
7. Bicycles, skateboards, roller blades, animals (pets), and profanity are not

allowed in the fitness center. Bicycles are to be placed in the bicycle racks in the designated areas and not left in walk-ways, door-ways, or on the lawn.

8. The maximum time on any piece of equipment is twenty (20) minutes when others are waiting.
9. Towels are provided for your use. After completion of your workout, towels should be returned to the towel hamper located at the exit door.
10. Please wipe down the equipment after each use with the cleaning materials provided, and return all equipment to its proper position or location.

#### D. Dress Code

Appropriate fitness attire is required. Shirts and athletic shoes must be worn. No bathing suits, jeans or clothing with metal buttons or studs are allowed.

#### E. Guests

Members are responsible for signing in Family Guests, House Guests and Day Guests and to use the Honor System for paying the appropriate guest fee. Day Guests are permitted three (3) visits per year. There is no guest fee for Family Guests. Guest fees are posted in the Fitness Center.

#### F. Member-Sponsored Classes

The aerobics area may be used for member led classes with no fees. See the Director of Tennis and Fitness for approval and available times.

G. Informed Consent/Hold Harmless Agreement

I \_\_\_\_\_  
(printed name) in consideration of \$10.00 and other good and valuable consideration, the sufficiency of which is acknowledged, do hereby agree to indemnify and hold harmless Stonebridge Country Club Community Association, Inc. ("Association") its officers, directors, agents, and employees from and against any losses, costs, damages, and expenses, including attorney's fees arising out of or resulting from my use of the Association's equipment or facilities at its Fitness Center or my participation in any fitness program sponsored by the Association. I realize that the possibility of certain unusual changes during exercise does exist. They include abnormal blood pressure, fainting, disorders of heartbeat, and heart attack. I hereby acknowledge and accept these risks. To my knowledge, I do not have any limiting physical condition or disability which would preclude my use of the Association's equipment or facilities at its Fitness Center, or my participation in any exercise program sponsored by the Association.

I acknowledge that I have been advised by the Association that there are no attendants or medically trained personnel at the Fitness Center and that I will use the Association's equipment or facilities at its Fitness Center and participate in any fitness program sponsored by the Association at my own risk.

I acknowledge that I have read the Association's Fitness Center Rules & Regulations and that I agree to use the Fitness Center in accordance with those Rules & Regulations.

Dated this \_\_\_\_\_ day of \_\_\_\_\_, 2\_\_\_\_\_

Signature \_\_\_\_\_ Member # \_\_\_\_\_

Name and phone number of person to call in case of emergency:

Name (print) \_\_\_\_\_ Phone # \_\_\_\_\_

## IV. Pool and Spa Rules

These Rules & Regulations establish uniform requirements for all Members and guest using the Clubhouse pool and spa. The swimming pool and spa are an integral and important feature of Stonebridge. The Clubhouse Pool and Spa area is defined as the fenced-in area surrounding the pool and spa directly behind the Fitness Center and adjacent to the Clubhouse. The Pool and Spa hours are 8:00 a.m. to dusk. The bathing capacity is: Pool-25 people; Spa-6 people. The Pool will be unavailable for open swimming during scheduled Water Aerobic classes. From time to time, the deck area is available for scheduling neighborhood functions or private parties.

### A. Safety in the Water and on the Pool Deck

1. The maximum spa temperature is not to exceed 104 degrees. The maximum use should not exceed 15 minutes.
2. Pregnant women, people with health problems, and people using alcohol, narcotics, or other drugs that cause drowsiness should not use the spa without first consulting a physician.
3. Children under twelve (12) years old are not permitted in the spa. Children under twelve (12) years old in the pool fence area must be accompanied by an adult.
4. Diving, running, pushing, dunking, or any dangerous activities are not permitted.
5. Do not swallow the pool or spa water.
6. Bicycles, skateboards, roller blades, animals (pets), and profanity are not permitted in the area. Bicycles are to be placed in the bicycle racks in the designated areas and not left in walk-ways, door-ways, or on the lawn.

### B. Pool and Spa Etiquette

1. Bathers must shower before entering the pool or spa.
2. Children wearing diapers, or anyone with incontinence, are not permitted in the pool or spa without swim diapers or rubber pants.
3. No changing of diapers poolside is allowed. Changing tables are available in pool rest rooms. Please wash hands before going in pool or spa.
4. If you are sick or have diarrhea, do not swim.
5. No glass objects of any kind are permitted in the pool area.
6. No animals are allowed in the pool area.
7. Cell phone usage. Devices must be set to vibrate or another non-audible alert. No cell phone conversations are allowed in the immediate pool area. Email, texting or internet usage is allowed as long as the sound is off or earphones are used.
8. Audio devices may only be used with earphones. For safety reasons, no electrical devices are allowed near the water.

9. All persons using the area are asked to cooperate in keeping the area clean and properly disposing of towels, cans, etc.

C. Smoking

Smoking is not permitted in the Pool and Spa area.

D. Food and Beverages

Food is only allowed to be consumed under the canopy, or on the upper deck behind the Fitness Center and should be disposed of in the appropriate receptacles. Beverages are to be in non-breakable containers at all times.

E. Guests

Members are welcome to bring their Family Guests, House Guests, and Day Guests to the Pool and Spa area. It is the member's responsibility to ensure that Guests adhere to these rules. Members hosting Guests are responsible for the actions and conduct of the Guests.