

Rules & Regulations

Fitness Center

- Children under the age of 18 years may not use any of the weight or exercise equipment.
- Proper attire required. A shirt and appropriate shoes are required to use the cardio and weight rooms.
- Children under the age of 18 years must be supervised by an adult age 21+ / per four children.

Pool

- Closed for free swim during scheduled Aqua Aerobics classes.
- One lap lane will be available at all times for lap swimming.
- All children under the age of 18 years MUST be accompanied by an adult (over 21) at all times.
- Pool capacity limit: 35 people at one time within the pool area. A waiting list will be implemented once the limit is reached; at which point guests will be contacted once space is available.
- Maximum time limit for pool use: 1 hour
- All guests must shower before & after using the pool.
- Appropriate and clean swimwear is required (no pants, shirts, jeans).
- Children under the age of 16 years of age may not use the sauna or the whirlpool.
- Children who wear diapers are required to wear a swim diaper for health and safety reasons.
- NO glass or breakable items allowed.
- NO pets allowed.
- NO running or roughness allowed.
- NO Smoking.
- **Atlantis reserves the right to remove/refuse admittance to any person failing to comply with rules.**

NOTE: Family swims with children less than 18 years of age are only available from 12:00 P.M. to close.

Group Exercise Classes

- Class payment may be made by: cash, credit card or billed to your guest room.
- All classes are on a first come, first serve basis.
- Limited to 20 participants per class.

***Hours of operation & fitness classes are subject to change.
Please contact the Atlantis Front Desk at Ext # 6880***