



# **ACTIVE LIFESTYLE GUIDE 2024**

## **WELCOME**

The Active Lifestyle Department is here to help all homeowners get involved. We have information on activities, clubs, classes, and entertainment. We also manage all activity rooms and schedule reservations for the Ramada at Sisk Park. We keep a directory of club contacts and instructors, post upcoming activities and produce a monthly event calendar. Cottonwood Palo Verde (CWPV) event tickets are purchased at Homeowner Services during business hours or online. For more information please call the Active Lifestyle Director at (480) 384-4069 or the Active Lifestyle Specialist at (480) 384-4065 or visit our website at [www.cottonwoodpaloverde.com](http://www.cottonwoodpaloverde.com).

**Facilities available at Cottonwood and Palo Verde Country Clubs are available to all CWPV homeowners, guests, renters and associate members at no charge.**

- Activity/Meeting Rooms
- Jacuzzi Spas
- Library
- Pickleball Courts
- Racquetball/Handball Courts
- Ramada with BBQ Grills
- Swimming Pools
- Tennis Courts
- Sisk Park has a 9-Hole Putting Course, Basketball Hoop, Volleyball Court, Horseshoe Court, Bocce Ball Courts and Ramada
- Fitness Activity Center
- San Tan Ballroom for concerts and activities for all Sun Lakes Residents

**DEPARTMENT PHONE NUMBERS:**

Catering & Sales	Josh Orndorff	895-0339
CW Food & Beverage Manager	Jennifer Todisco	895-3550
PV Food & Beverage Manager	Jennifer Todisco	895-1981
Fitness Center	Neil Hicks	895-5001
Golf Pro Manager – Cottonwood	Jon Griglak	895-9449
Golf Pro Manager – Palo Verde	Greg Tokash	895-5621
Homeowner Services	Staff	895-9606
Receptionist	Staff	895-3550
Active Lifestyle Director	David Guthrie	384-4069
Active Lifestyle Specialist	Lynda Schug	384-4065

NOTE: Please read the Board Policy for the latest requirements and regulations for the amenities listed below. Chapter 8-02A Facility Use Regulations Other Amenities and Chapter 8-03 Facility Use Policy – Phase I, Phase III and Renaissance Residents

**ACTIVITY/MEETING ROOMS (Open daily from 7:00 a.m. to 11:00 p.m.)**

Located at the Cottonwood Clubhouse there are (8) eight activity/meeting rooms available to reserve for classes, clubs, groups, organizations and individuals on a space available basis.

**BICYCLING**

Bicycles must stay to the right, travel with traffic and use lights after dark. The use of earphones while bicycling is discouraged. Bikes are allowed to travel on

the walking paths around the lakes but **pedestrians have the right-of-way. Bikes are not allowed on the golf cart paths.**

### **BILLIARDS (Open daily from 7:00 a.m. to 11:00 p.m.)**

We have (4) four Billiard tables located in Billiards Room (A-5) in the Cottonwood courtyard across from the Library. Located on the back of your homeowner's card is the SPA # to enter the Billiards Room. Persons under the age of 19 years must be accompanied with a CWPV homeowner.

### **BOCCE BALL (Open daily from 6:00 a.m. to 11:00 p.m.)**

There are (4) four Bocce Ball courts located at Sisk Park with lighting for evening play. Bocce balls are stored in a cabinet on the East side of the Ramada.

### **CARD ROOMS (Open daily from 7:00 a.m. to 11:00 p.m.)**

There are (2) two Card Rooms - Ladies Card Room (A-2) & Men's Card Room (A-3) located in the Cottonwood courtyard next to the Library. There are card tables and official Poker Tables with a Texas Hold'em Poker Table in the Men's Card Room on a space available basis.

### **COMMON AREAS & FISHING LAKES**

The Common areas are for biking, walking, jogging, pet walking, or other activities limited to CWPV homeowners only. All pets must be leashed when outside the owner's yard and all pet waste must be picked up and removed from common areas.

There are six fishing lakes at Cottonwood: Winston Lake #5 located on Chestnut Drive and Lakes #6, #7, #8, #9 and #10 located at the main five lakes. The types of

fish in these lakes are Grass Carp (White Amurs), Large Mouth Bass, Catfish and Israeli Carp (Mirror Carp).

- Fishing is catch and release only and a license is not required.
- No fishing is allowed on golf course lakes.

### **FITNESS ACTIVITY CENTER (Open Mon-Fri 6am-7pm & Sat-Sun 6am-6pm)**

Located in the fitness center are Jacuzzi hot tubs, saunas, exercise equipment, showers and day lockers. There are limited day lockers available in both Men's and Women's areas. Please bring your own padlock. No one under 19 years of age is allowed in the Fitness Center. There is a charge for visitors or guests.

#### **Facilities Dress Code**

Tennis, jogging or aerobic shoes with non-marking soles must be worn. Generally acceptable exercise or workout shirts, shorts and pants must be worn in the exercise areas. Clothing with zippers or belts that may cause damage to equipment is prohibited.

### **LIBRARY (Open daily from 7:00 a.m. to 8:00 p.m.)**

The Library is located at the Cottonwood courtyard and across from the CW Pro Shop. This is an honor system library with books, movies, audio books, board games and puzzles to check out plus wifi access. When you're done with the items simply leave them in the drop box and we will put them away!

### **PICKLEBALL**

We have seven (7) Pickleball courts at Cottonwood. The Sun Lakes Pickleball Club (SLPCC) members are granted exclusive use of the courts for Monday through Friday.

**Exclusive Club schedule:**

Summer hours are May 1<sup>st</sup> to September 30<sup>th</sup> from 7:00 a.m. to 11:00 a.m.

Winter hours are October 1<sup>st</sup> to April 30<sup>th</sup> from 7:00 a.m. to 2:00 p.m.

The SLPCC also has tournaments throughout the year so the courts will be unavailable during those dates.

**Open play schedule:**

Summer hours are May 1<sup>st</sup> to September 30<sup>th</sup>, Monday to Friday from 11:00 a.m. to 9:00 p.m. Saturday and Sunday from 7:00 a.m. to 9:00 p.m.

Winter hours are October 1<sup>st</sup> to April 30<sup>th</sup> Monday to Friday from 2:00 p.m. to 9:00 p.m. Saturday and Sunday from 7:00 a.m. to 9:00 p.m.

CWPV Homeowners may bring guests to play pickleball only during HOA open play times, on a one-to-one basis.

**Sign-up Process:**

HOA open time (non-club time): Players desiring a court must sign up on the chalkboard is permitted any time on the day of play with their full name, the number of players in their group and start time. If all the courts are in use, reservations for the next available court may be made by signing up on the chalkboard located by the pickleball courts. The court letters have no significance on the chalkboard. One player must stay in the sign-up area. If the full group is not present and ready to play when the court is available, then the court will go to the next group that is present.

Playing time is limited to one hour for singles and doubles. Groups playing prior to a previously scheduled event must leave the court at the start of the event unless there is no one else signed up.

### **Facilities Dress Code**

All Pickleball players using the courts must comply with the HOA dress code and footwear code. Shirts and non-marking tennis shoes or court shoes must be worn at all times. Tank tops, swimwear, midriff exposing tops and cutoffs are not considered proper attire.

Please read the Board Policy for the latest requirements and regulations – Chapter 7-60 Pickleball Court Regulations and Chapter 7-61 Guidelines for Groups Other than Sun Lakes Pickleball Club (SLPCC) desiring to Reserve Court Time on SLHOA#2 Pickleball Courts

To join the Pickleball club or learn more about SLPCC please go to their website:  
<http://www.slpcc.net>

### **PUTTING GREEN AT SISK PARK (Open daily from 6:00 a.m. to 11:00 p.m.)**

The 9-hole putting green is located at 11110 East Drive and the corner of Flame Tree Drive in Palo Verde at Sisk Park.

### **Exclusive Club schedule:**

The Sun Lakes Lady Putters members are granted exclusive use of the putting course for 3 hours a day from 9:00 a.m. to 12 Noon, Monday through Thursday during the months of October 15<sup>th</sup> to May 1<sup>st</sup>.

## **RACQUETBALL / HANDBALL (Open daily from 6:00 a.m. to 11:00 p.m.)**

We have (2) two indoor Racquetball / Handball courts at Palo Verde Clubhouse located on the lower level.

### **Sign-up process:**

The Sun Lakes Racquetball Club maintains a court sign-up board just outside the courts, as well as the club bulletin board with rosters, local racquetball news, and upcoming events and tournaments.

### **Facilities Dress Code**

Shirts and non-marking indoor court shoes must be worn at all times. Shoes worn outside or other shoes that may damage the floors of the courts are prohibited. T-shirts with sleeves, sweatshirts, shorts and athletic shorts are considered to be appropriate attire. All players using the courts must comply with the HOA dress and footwear code.

Please read the Board Policy for the latest requirements and regulations – Chapter 7-70 Racquetball Court Regulations, Chapter 8-02A Facility Use Regulations Other Amenities and Chapter 8-03 Facility Use Policy – Phase I, Phase III and Renaissance Residents

## **SAN TAN BALLROOM**

Located on the west side of the Cottonwood Bar and Grill with entrances from the bar area, west parking lot and the adjacent swimming pool.

There are concerts, plays, and many other types of entertainment and activities held in the ballroom throughout the year open to all Sun Lakes homeowners.



## **SISK PARK (Open daily from 6:00 a.m. to 11:00 p.m.)**

Sisk Park is located at 11110 East Drive and the corner of Flame Tree Drive in Palo Verde. It has a Ramada, gas and charcoal BBQ grills, 9-hole golf putting course, horseshoe court, bocce ball courts, basketball hoop, and volleyball netted area. Equipment for these activities is stored in a cabinet on the east side of the Ramada. Sisk Park is a PET FREE area and Patrol observes and enforces compliance in case of violations.

The Sun Lakes Lady Putters members are granted exclusive use of the 9-hole putting course and Ramada for 3 hours a day from 9:00 a.m. to 12 Noon, Monday through Thursday during the months of October 15<sup>th</sup> to May 1<sup>st</sup>.

### **Reserve the Ramada process:**

The Ramada and BBQ grills may be reserved for group functions or parties by calling the Recreation Department at 384-4065 for availability. However, the other recreational facilities, at the park, may not be reserved and are available to all homeowners on a first come, first serve basis.

## **SWIMMING**

### **Adult Pools and Jacuzzi Spas**

There are four (4) adult pools and three (3) Jacuzzi Spas:

#### **Cottonwood Main Pool, Cottonwood Lap Pool (75ft x 20ft) and Jacuzzi Spa**

(Open daily from 6:00 a.m. to 11:00 p.m.)

#### **Palo Verde Country Club Pool and Jacuzzi Spa**

#### **Michigan Pool and Jacuzzi Spa**

(Open daily from 7:00 a.m. to 11:00 p.m.)

These pools are designed for Cottonwood Palo Verde homeowners, renters, associate members and their guests 16 years and older. The pools temperatures range from 82-86 degrees and the Jacuzzi spa temperatures range from 102-105 degrees. The Michigan Pool has (2) two gas BBQ grills and Ramada for your use.

**Club schedule:**

Water Aerobic Classes have use of the Cottonwood Main Pool for 4 hours a day Monday through Saturday.

Summer hours are May 1<sup>st</sup> to September 30<sup>th</sup> from 7:00 a.m. to 11:00 a.m.

Winter hours are October 1<sup>st</sup> to April 30<sup>th</sup> from 8:00 a.m. to 11:00 a.m.

Please observe all rules on signs located on the pool's gate and inside pool area.

**NOTE: Swim at your own risk. There is NO Lifeguard on duty.**

**Children's Pool (Open Daily from 7:00 a.m. to 10:00 p.m.)**

The Children's Pool is located on Brentwood just past the tennis courts on the west side of the parking lot. There also is a Ramada with a gas grill for your use. It is open to all CWPV homeowners, renters and their guests and their children under 16 years of age.

Infants and toddlers must wear disposable diapers designated for swimming.

There is NO lifeguard on duty so adult supervision of all children is mandatory!

Please read the Board Policy for the latest requirements and regulations –

Chapter 8-02A Facility Use Regulations Other Amenities

Chapter 8-03 Facility Use Policy – Phase I, Phase III and Renaissance Residents

## **TENNIS**

We have (5) five tennis courts at Cottonwood and (2) two at Palo Verde. The Cottonwood Tennis Club (CTC) members are granted exclusive use of the Cottonwood courts Monday through Friday.

### **Exclusive Club schedule:**

Summer hours are May 1<sup>st</sup> to September 30<sup>th</sup> from 6:00 a.m. to 12:00 Noon

Winter hours are October 1<sup>st</sup> to April 30<sup>th</sup> from 7:00 a.m. to 2:30 p.m.

The CTC also has tournaments throughout the year so the courts will be unavailable during those dates.

### **Non-club Schedule:**

Summer hours are May 1<sup>st</sup> to September 30<sup>th</sup>, Monday to Friday from 12:00 Noon p.m. to 11:00 p.m., Saturday and Sunday from 6:00 a.m. to 11:00 p.m.

Winter hours are October 1<sup>st</sup> to April 30<sup>th</sup> Monday to Friday from 2:00 p.m. to 8 p.m., Saturday and Sunday from 8:00 a.m. to 8:00 p.m.

CWPV Residents may invite guests based on one guest for singles and two guests per two members for doubles.

Playing time is limited to one hour for singles and 1-1/2 hours for doubles.

### **Sign-up Process:**

During open play time at both the Cottonwood and the Palo Verde courts, players must sign up on the green chalk board. The first team to sign up on the waiting list is entitled to the next available court. At least one player must stay in the sign-up area, and all players must be present at the time of court availability; otherwise, the next full team present is entitled to the vacant court.

To join the Tennis club or learn more about CTC please go to their website:

[www.cottonwoodtennisclub.com](http://www.cottonwoodtennisclub.com)

Please read the Board Policy for the latest requirements and regulations –

Chapter 7-50 Tennis Court Regulations

Chapter 7-51 Guidelines for Groups other than Cottonwood Tennis Club desiring  
to Reserve Court Time on SLHOA#2 Courts

Chapter 8-02A Facility Use Regulations Other Amenities

Chapter 8-03 Facility Use Policy – Phase I, Phase III and Renaissance Residents

## **WALKING**

While walking, please walk facing traffic and not more than two abreast. If walking during darkness, it is advisable to wear light colored clothing with added reflective materials and carry a flashlight.

The golf course and golf course paths are for the sole use of golfers utilizing said facilities. No walking, jogging, bicycling or other similar use is permitted on golf courses or golf courses paths at any time due to safety issues, liability and continuing maintenance of these facilities. These rules apply 24-7, 365 days a year, with the exception of the Christmas Holiday when golf carts are permitted on the cart paths to view the lights during specified hours.