

HEALTH CLUB RULES

1. Members must register with their Membership Card at Health Club Reception.
2. Children's Hours – 9.00am to 6.00pm Monday to Sunday. This applies to all guests up to 18 years of age.
3. For safety reasons, all children up to the age of 16 years must always be accompanied and supervised by an adult.
4. Guests under the age of 18 years may not use the steam room, sauna or exercise equipment.
5. Swimming caps must be worn.
6. Management are not responsible for loss or damage to property. Please use lockers provided.
7. Food is not to be consumed at the pool side. No glass is allowed in changing areas or pool deck.
8. No diving, running, ducking or shouting.
9. Health appraisal forms must be completed and signed prior to using the exercise machines. These are available at the Health Club Reception.
10. In the interest of hygiene, please shower before entering the pool.
11. The Health Club opening hours are
Monday to Friday from 7.00am to 9.00pm
Saturday and Sunday from 8.00am to 9.00pm
12. Phone / Cameras are strictly not permitted in the changing rooms, gym and swimming pool areas.
13. No outdoor shoes on the pool deck.
14. Please wear flip flops or non-slip shoes in all wet areas.