

## **HOTEL, HEALTH CLUB & SPA**

## JUNIOR (GYM KIDS) CLUB RULES

JUNIORS AGED 8 – 15 YEARS ARE ONLY PERMITTED TO USE THE GYMNASIUM FOR A 45 MINUTE PERIOD BETWEEN 10AM & 4.45PM.

\*VACATED BY 4.45PM

UNDER NO CIRCUMSTANCES SHOULD JUNIORS BE IN THE GYMNASIUM UNSUPERVISED OR AT UNDESIGNATED TIMES

JUNIORS AGED 8 -15 YEARS ARE ONLY PERMITTED TO USE THE CROSS
TRAINERS, ROWERS AND BIKES
THEY MUST NOT USE ANY OTHER EQUIPMENT OTHER THAN
SPECIFIED ABOVE

JUNIOR MEMBERS BETWEEN THE AGES OF 5 – 7 YEARS ARE ONLY ALLOWED TO USE THE SWIMMING POOL

ALL JUNIOR MEMBERS/CHILDREN MUST VACATE THE POOL BY 7.30PM
\*PLEASE NOTE THE LAST GATE ENTRY FOR A JUNIOR IS 7PM

JUNIOR MEMBERS/CHILDREN ARE ONLY PERMITTED TO USE THE POOL AND NOT THE STEAM ROOM, SAUNA, OR THE SPA (HOT TUB)

ALL JUNIOR MEMBERS/CHILDREN MUST BE SUPERVISED AND ACCOMPANIED BY A PARENT OR GUARDIAN AT ALL TIMES IN THE POOL AND IN THE GYMNASIUM

ALL MEMBERS MUST ABIDE BY THE CLUB RULES AT ALL TIMES. FAILURE TO DO SO MAY RESULT IN YOU BEING ASKED TO LEAVE THE CLUB.

IF YOU HAVE ANY QUESTIONS, PLEASE DONT HESITATE TO ASK A MEMBER OF THE HEALTH CLUB TEAM.

Declaration by Parent/Guardian  I have read and understood the junior (Gym Kids) rules:	
Signature	Memhershin No