



GYM ETIQUETTE

- In the interest of other guests please wipe down equipment after use.
- No Children **under 16** in the training area
- Closed training shoes must always be worn.
- Please dispose of chewing gum in bins provided.
- Please return weights to the rack after use
- Please turn off TV, Lights and Air Conditioning when you leave.
- If you require assistance at any time during your visit to fitness, please dial "0" for reception.

SWIMMING POOL

Weekdays: 0700-2130

Weekends: 0800-1930

- The pool is not lifeguarded although responders are available in the event of an emergency. Please ensure you read the pool rules before using the pool facilities. We do not accept responsibility for the loss of, or damage to, property on these premises, unless caused by our negligence.

All children under the age of 18 may not use the pool unless supervised by a parent or guardian (18 or over)

- Children under the age of 16 may only use the pool between the hours detailed in the table above.
- Children under the age of 8 may not use the Steam room facility.
- The max number of children under 16 who may be supervised by an adult is 2.

Weak & non-swimmers should be restricted to areas of the pool with water depth less than 1.2m:



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