

MEMBERSHIP DEFINITIONS

ADULT:	Applicable to everyone over the age of eighteen
JOINT:	2 adults at same address living as partners (monthly subscription must be paid from one bank account)
STUDENT:	16-21 yrs old with valid student ID
JUNIOR:	13-15 yrs must have at least one parent or guardian as an active adult member.
CHILD:	4-12 yrs must have at least one parent or guardian as an active adult member.
INFANT:	0-3 yrs old

MEMBERSHIP CATEGORIES:

The memberships that the club honours are:

- Peak Gold Membership:** Full membership; entitles full use of all club facilities, during the all club hours.
- Off Peak Silver Membership:** Entitles full use of club facilities between the hours of Mon - Fri 8.30am - 5.00pm (last entry 4.30pm) & Sat and Sun 4pm till close.
- Over 55 Regal Membership:** Entitles full use of the club facilities between the hours of: Mon - Fri 6.30am - 5.00pm (last entry 4.30pm) & Sat & Sun 4pm till close.
- Student Membership.** Same as Peak Gold membership at discounted rate with valid ID
- Youth (16 - 17 yrs old) Membership.** Same as Peak Gold membership at discounted rate with valid ID
- Corporate Membership.** Same as Peak Gold membership at discounted rate with valid ID.
- Swim/Junior/Child/Infant Membership (0 – 15 years old).** Entitles the use of the club facilities between the hours of Mon - Fri 6.30am - 8.30pm (last entry 8pm)
- Guardian Swim Membership.** Entitles an adult to bring children into the club for swimming lessons only. A guardian may use the club facilities only whilst children are in lessons. A guardian membership will only be granted when there is a current full paying member at the same address.

OPENING HOURS Monday - Friday 6.30am-10.00pm Saturday & Sunday 8.00am-9.30pm

Last entry to the club will be half an hour before closing time. Members will be asked to vacate wet areas 15 minutes prior.

The club will be closed on Christmas Day. Bank Holiday opening hours will be shown at reception 2 weeks prior to the date.

CHILDREN AND JUNIORS

Members & guests aged 0-15yrs inclusive must vacate the club by 8.30pm (last entry 8pm). Children & juniors must be supervised at all times in the club. Children and juniors are not allowed to use the main Fitness Room's under any circumstances. Members under 18 may not buy or consume alcohol or play the adult gaming machines.

SMOKING - All areas of the leisure club have a no-smoking policy.

BOOKINGS, ACTIVITIES, CLASSES

All bookings, classes, activities must be paid for before use or participation takes place. For booking procedures please contact leisure reception. All rules and regulations pertaining to any sport or activity must be adhered to by any person intending to participate or actually participating in such activity. Such rules and regulations will either be displayed, obtained verbally or in writing from Club reception.

COACHING: All coaching is controlled by the club and should be arranged with its knowledge and consent. Coaching is undertaken by qualified coaches appointed by the club and no other coaching is permitted unless advance permission is gained from the Club Manager.

DRESS. Members and guests are asked to wear the appropriate clothing for their chosen activity. Aerobic wear, cut off denims and soiled clothing are not permitted in bar areas. T-shirts and cut off denim shorts are not to be worn in the pool. We would ask members to observe where possible to wear non-court marking shoes; i.e. black-soled shoes, in the aerobic studio.

TOURNAMENTS / SOCIAL ACTIVITIES: The Club reserves the right at any time, and without notice, to set aside facilities for tournaments, exhibitions or other social activities.

GUESTS

Only members over 16 years may introduce guests. Members must accompany all guests. The guest must sign in at the Club reception and pay the guest fee in addition to any appropriate activity fee. Once children reach the age of 4 yrs they will be charged a guest fee at a child rate. Members must ensure that their guests abide by the rules of the Club and accept responsibility for their guest's behaviour. A member of the public may have a free trial of the leisure facilities for one day if a valid guest pass is produced, and must abide by the rules of the club at all times. All guest passes must be pre booked with the membership department before use. All guests to the club must complete and pass a pre exercise questionnaire. The Club reserves the right to refuse any person admission as a guest to the club without reason.

CHANGING ROOMS

No children are allowed in the changing room of the opposite sex once they have reached their 7th birthday, however if the child is tall for his age and is under 7 it is at our discretion to prevent access into the ladies changing rooms. If you have a child 7 years or older, parents or guardians are encouraged to use the family changing facilities.

TOWELS

Towels are available at your own responsibility to hire for members and guests use and must be returned after use. Membership cards can be retained at reception in exchange for a towel. Towels will be charged for, see reception for details.

LOCKERS

For security reasons members and guests are asked to store personal belongings and valuables in the lockers provided. See Liability. If for any reason a locker key is lost a £2.50 charge is taken for a replacement. Keys for the use of the lockers are on a coin return basis. Lockers are provided on a daily basis & items left overnight will be removed and placed in LOST PROPERTY; a fee may be charged to recover items

FITNESS ROOM: Members and their guests are particularly advised not to undertake strenuous physical activity for which they might be medically unfit. All members and guests use the equipment and facilities entirely at their own risk & the Club does not accept responsibility for any harm or injury to any member or guest however caused. Members and guests who have any reservations as to their physical condition are advised to have a medical check up before embarking on any exercise. All members wishing to use the fitness rooms and classes should undergo a Fitness Evaluation and a one-to-one induction in the fitness room.

Guests may not use the gym unless they have undertaken a fitness evaluation or have signed a pre-exercise disclaimer form. Children 15 and under are not allowed to use the main fitness room.

Appropriate footwear, t-shirts or aerobic wear must be worn at all times. Access to the Fitness Room may be limited in the

event of classes or prior organised sessions. Details of these will be posted on the club notice boards. Fitness Evaluation Exercise Programmes and Inductions will be by appointment.

FAMILY / CIRCUIT GYM

All adult members can use the family / circuit gym area. All children must be 10 years & older to use the family gym : between the ages of 10 – 15 must be fully supervised by an adult member. Children between the ages of 16-17 can use gym independently. Children 9 and under have no access to the family gym at any time. All children must have a indu appointment before using any of the equipment.

CLASSES

All adult members can attend classes within their membership times. Members who wish to attend any classes must en arrive 5 minutes before the class is due to start, no members will be able to join a class late. Children 16 & older can u: on instructor's discretion. Members can be asked to book in advance to attend classes. A charge may be incurred for at any stated class.

EQUIPMENT

Apart from the purchases of retail products, no item may be removed from the club, buildings or grounds. Any person removes, damages or destroys any property of the Leisure Club or Hotel shall be responsible and liable for the replacem repair of such property at his or her sole expense & shall indemnify the Company against any costs or expenses howeve by the Company in repairing or replacing such property. Prosecution will follow in certain cases.

SWIMMING POOL

Members and their guests use the swimming pool area at their own risk and the club does not accept any responsibility harm or injury to any member or guest however caused. No running or potentially dangerous activity is allowed. Child 13yrs old must be supervised in the pool by an adult at all times, except while participating in swimming lessons. If any child vomits or soils within the pool a £75 charge will be enforced for cleaning. For reasons of health and hygien mandatory for all members and guests to shower before entering the pool. Radios, lilos, any balls and anything which t its absolute discretion considers to be detrimental to the use of the pool & its environs are not permitted. Members & g must correctly wear conventional swimming costumes only. For the safety of members, snorkels and flippers are prohib the pool area. The pool may be reserved at certain periods for special events in part or as whole. Prior notice will be di: the club notice boards.

RELAXATION AREA - SAUNA / STEAM / JAPANESE BATH ROOMS

Children under the age of 16 are not permitted to use these facilities. Members & guests must shower after using the s steam rooms & before using the pool. These facilities are mixed so all members should ensure that swimming costume towels are worn in these areas. Shaving is not permitted in these areas - membership may be terminated immediately. ' these facilities is at members and their guest's own risk and the Club does not accept any responsibility for any harm o however caused.

SPA BATH

Children under the age of 8 are not permitted in the spa for health reasons. Children aged 9-13yrs must be accompanie adult at all times. Children should be restricted to five minutes for health reasons. Members & guests of this age are as wear conventional swimming costumes only. Soaps & shampoos must not be used in this area. Members & guest's use bath at own risk. Expectant mothers should not use spa after 5 months of pregnancy; consult your Doctor for advice.

SUNBEDS

Children under the age of 18 are not permitted to use the sunbeds. **Members and guests should ensure that they familiarise themselves with the sunbed information leaflet and sign and complete the questionnaire issued by the Club reception prior to first session.**

In the interest of safety, goggles must be worn whilst the beds are in operation. The use of these facilities is at the mem: guests own risk & the Club does not accept responsibility for any harm / injury suffered by members / guests however c Expectant mothers should not use the sunbeds.

SAFETY AND HYGIENE

In the interest of safety and hygiene no crockery or glass in any shape or form is allowed in the Leisure Club – membe terminated immediately if found. No pets will be allowed in the club building with the exception of guide dogs. Fire exit clearly marked, are there in the interests of safety and guests and members must not interfere with the doors for any re: block escape routes. In the event of a fire, members and guests are asked to make their way in an orderly fashion to the available exit. Cars must be parked in the specified car park areas only & must not block service and access roads.

LOST PROPERTY

All lost property found on the premises should be handed into the Club reception. No hair brushes, shampoos, soaps, deodorants or similar products will be kept in lost property, they will be disposed of immediately. All other items will club for 14 days and then donated to local charity.

LIABILITY

The Club's Liability for damage or loss to member's property is strictly limited to any damage or loss suffered as a resu negligence of the club, its staff or its agents. With this exception the Club will not accept liability for the safety of merr guests or their personal property brought onto the Club site, unless such property is handed to the Club reception & a s receipt is given (this doesn't include lost property). The Club reserves the right, in its absolute discretion, to refuse to st such personal property of members or guests. Property stored in lockers provided by the Club or its agents are stored at owners risk and no liability for loss or damage will be accepted by the Club. Cars parked in the Club car parks or elsev premises and all the contents in them are left at the owners risk and the Club will not accept any liability for loss or da respect thereof. The Club cannot accept any liability for any accident to any member or guest that may occur on the pr within the grounds of the Club other than liability, which may arise from negligence of the Club, its staff or its agent. . or guest who suffers an accident on the Club premises or in the Club grounds must report the accident, and the circum: under which it occurred, to the Duty Manager immediately following the accident.

GENERAL

No food or drink, alcoholic or otherwise, may be brought into & consumed within the Complex building or its grounds & guests must at all times observe the Club rules, which will be available for inspection at the Club reception. Member must comply with any reasonable directions, which the Club Manager may give to ensure the smooth operation of the t facilities and the convenience of members. All complaints must follow The Galleon Leisure Club complaints procedur dispute or difference, which may arise with regard to the interpretation of these Rules, shall be determined by the Club whose decision shall be final.

The Waterside Hotel and Galleon Leisure Club reserve the right to amend these Rules at any time & without notice to members, but notification of the change will be displayed on the Club notice boards.

ms,

area. Children
the family
ction by

isure they
se classes
tending

who
nent or
er incurred

' for any
ren under

ne, it is
the Club in
uests
bited in
splayed on

auna &
s or
The use of
r injury

ed by an
ked to
the spa

ibers /
:aused.

rship will be
its, which are
ason or
' nearest

be kept by the

alt of
ibers &
igned
tore any
:the
where on the
mage in
omises or
Any member
stances

1. Members
's & guests
Club, the
2. Any
' Manager,

individual