

# Terms and Conditions



## Apex Leisure Centre Usage:

- The Apex leisure centre is for private residents use only.
- Residents must use the main entrance only on Melliss Avenue to enter and exit the Apex Leisure Centre.
- Emergency exits and doors are clearly marked and should not be interfered with for any reason other than an emergency.
- You must read and comply with the health and safety notices posted throughout the Apex Leisure Centre.
- All residents must complete and sign a health and lifestyle form and a rules and regulations form and have an induction before using the facility. Inductions can be booked at the Apex Leisure Centre reception.
- The Apex Leisure Centre is open 6am to 10pm Monday to Friday and 8am to 8pm on weekends & Bank Holidays.
- Management reserve the right to change opening times or close all or part of the Apex Leisure Centre for repairs, maintenance, alterations or as they see fit without prior warning.
- Under no circumstances will residents be allowed to use the facility under the influence of drugs or alcohol.
- Smoking is not permitted in any area of the Apex Leisure Centre.
- Verbal or physical abuse towards other residents or staff will not be tolerated. In these instances residents will be asked to leave the Apex Leisure Centre and may have their usage suspended.
- Pets (other than guide dogs) are not allowed into the Pool, Sauna, Jacuzzi or surrounding areas, gym, studio, treatment rooms or changing rooms.
- The use of photography is not permitted in any part of the Apex Leisure Centre.
- You should conduct yourself in a quiet and well-mannered fashion when in or about the Apex Leisure Centre and in a manner that will not disturb or impair the use and enjoyment of others.
- You must tell us of any changes to your address or contact details.
- You must inform us of any changes from when you joined to your medical health including if you become pregnant.

## Key Fobs

- Once an induction has been completed your key fob will be activated for the Apex Leisure Centre.
- Resident's key fob will be activated for the Apex Leisure Centre for the duration of their tenancy.
- It is not permitted to borrow, lend or use another residents' key fob.
- New, additional or replacement key fobs will be chargeable per key fob. (Please request prices from reception)

## Guests and Visitors

- Residents over the age of 18 can bring **1 Adult Guest** when using the gymnasium/studio and **1 Adult Guest & 1 Child Guest** when using the pool area within the Apex Leisure Centre.
- Guests must sign in and out of the building at reception at all times.
- Residents must accompany their guests at all times, the resident is responsible for their guest while they are in the Apex Leisure Centre
- Residents may not leave the Apex Leisure Centre prior to their guest departure.
- Management reserve the right to refuse guests.

## Gymnasium:

- You are responsible for using the Apex Leisure Centre facilities and equipment, including adjusting levels and settings.
- If you are unsure or unfamiliar with any equipment you should seek instruction before use.
- Please respect other residents and the environment by wiping down equipment after use.
- All equipment should be replaced after use.
- The use of mobile phones and pagers is not permitted in the gym.
- Anyone under the age of 16 is not permitted to use the gym.

## Studio:

- Class timetables and instructors are subject to change from time to time without notice.
- No food is permitted in the studio.
- No personal belongings are permitted in the studio.
- The use of mobile phones and pagers is not permitted in the Studio.
- In order to avoid disturbing classes, residents are asked to arrive in good time for the start of the class. Instructors have the right to refuse entry after 10 minutes of the class starting.
- An instructor has the right, at any time, to ask you to leave the class if you are jeopardising the safety or enjoyment of others.

## Pool, Jacuzzi & Steam Room:

- Children under the age of 14 must be accompanied by a competent adult (over the age of 18) swimmer at all times.
- Children under the age of 16 must vacate the pool by 7pm.
- Children under the age of 14 are not permitted to use the Jacuzzi or Steam Room.
- Food or drink is not permitted in the pool, Jacuzzi, and sauna, changing rooms or surrounding areas.
- Residents are asked to shower before entering the pool, Jacuzzi or sauna.
- Shaving or exfoliating is not permitted in the pool, Jacuzzi, steam room or surrounding areas.
- Residents are asked not to dry clothing or towels in the Sauna. This is a fire hazard.
- The use of mobile phones and pagers is not permitted in the pool, spa or sauna.
- Heads should never be submerged in the spa.
- Residents are advised there is no lifeguard on duty in the pool area.
- The pool will be closed the first Monday of every month for cleaning.
- Please be aware, for your safety there are two CCTV cameras filming in the pool area.
- Prams/Buggies are not permitted on the pool side at any time.

#### **Dress Code:**

- Appropriate clean gym clothing and footwear must be worn at all times in the gym and studio.
- Appropriate swim wear must be worn in the pool, spa and steam room.
- Babies must wear suitable swim nappies or swim nappy covers when in the pool.
- Residents are asked to wear non marking sole trainers in the studio.
- Footwear is not permitted in the pool area. Shoe covers are provided and must be worn.

#### **Lockers:**

- Lockers are made available subject to availability.
- The Apex Leisure Centre does not undertake that the use of a locker will guarantee that no theft or damage to your property will occur.
- Lockers are available for use only whilst in the Apex Leisure Centre.
- Management reserve the right to remove any items left in lockers over night. If not claimed after 1 month, the contents will be given to charity.
- Management reserve the right to charge a replacement fee for any lost locker keys.
- Keys for lockers must not be taken away and items left over night will be removed from the lockers. This is to make sure that all residents have usage during their visit.

#### **Personal Training**

- Any External Personal Trainers need to make themselves known to the Apex Leisure Centre Supervisor. The Resident is solely responsible for the Personal Trainer while on site.
- External personal trainers will need to be approved by Apex Leisure Centre Staff.
- External personal trainers have to sign the agreed paperwork prior to accessing the leisure centre
- The Apex Leisure Centre Supervisor will need to see copies of qualifications and liability insurance of external personal trainers before training residents in the centre.

#### **Sun beds:**

- Safety goggles must be worn at all times when using the sun bed.
- Strictly – No under 18's are permitted to use the Sun bed at any time.
- Residents are advised never to use more than 2 sun bed tokens at one time. No more than 120 Sessions is the recommended usage per year.
- Residents who may have experience an adverse reaction to natural sunlight or tanning treatment should not use the sun bed.
- Residents with sensitive skin should limit their treatments and build up slowly.
- Sun beds should not be used during pregnancy.
- Sun bed tokens are £6 each for 5 minutes.
- Important Note: A record card must be filled out on every occasion when using the sun bed.

#### **Liability / Data Protection:**

- The Apex Leisure Centre or the Apex Leisure Centre staff accepts no responsibility for any loss or damages to residents or their guests personal property brought into the Apex Leisure Centre.
- It is necessary for the purpose of providing you with the advice and support in relation to our facilities to hold certain data concerning your identity, contact details and general health on files. By signing the induction form you are expressly consenting to the Apex Leisure Centre having authority to keep this data for the duration of

your membership to assist us in providing you with the best possible service. By signing the rules and guideline form you are not affecting any of your rights under the Data Protection Act 1998.

- For security reasons you must agree to a digital photograph of you and your associates being held on the database.