Cedar Court Hotels Health Clubs

Health Club Rules

- Maximum of 2 guest per member
- No alcohol is to be brought into or consumed in the Health Clubs
- Spitting & Chewing Gum are not permitted in the Health Clubs
- No glass of any kind in any area of the Health Clubs (except spectacles)
- Under 16's must be accompanied by a responsible adult over the age of 18 at all times
- Child ratio, one adult to two children
- Intimate behaviour is not permitted in any area of the Health Clubs
- Outdoor/dirty footwear is not permitted in any area of the Health Clubs
- Shouting and foul language are not permitted within the Health Clubs
- Physical or verbal abuse to clients or staff will result in immediate expulsion from the Health Clubs
- Guests & visitors may be refused entry during busy times
- Damage or misuse of any equipment is unacceptable behaviour
- Appropriate clean swimwear must be worn at all times in all wet areas of the Health Clubs
- Boys over the age of 6 are not permitted in the ladies changing area
- Girls over the age of 6 are not permitted in the male changing area
- Under 16's are not permitted in the Gymnasium/Sauna/Steam Room & Hot Tub/Jacuzzi
- Appropriate clean sportswear & trainers must be worn at all times in the gymnasium
- 15 minute time limit per cardio machine except when quiet and no one else wishes to use it
- You must wipe down each machine after use with the paper towel provided
- For Health & Safety reasons bombing & diving is not permitted in any of the pools
- For Health & Safety reasons balls and inflatable's are not permitted in the pool (except during classes under instruction)
- Children under the age of three must wear a swim nappy when using the pool & baby pool
- There is a £150.00 fine for Pool & Baby Pool contamination (i.e. Faeces, Vomit & Blood)
- Shaving is only permitted in the Changing Rooms
- For Health & Safety reasons you must shower before and after use of the Pools, Sauna, Steam Room & Hot Tub/Jacuzzi
- Please refrain from pouring water on the Sauna coals as it will break the Sauna Elements
- For Health & Safety reasons please restrict yourself to staying in the Sauna/Steam Room & Hot Tub/Jacuzzi for a maximum of 15 minutes
- Under 18's are not permitted on the sunbed
- To allow time for showering and dressing please exit the Poolside/Sauna/Steam Room/Hot Tub/Jacuzzi & Gymnasium 15 minutes prior to closing