

Please can we remind you of the Club rules.

- No outdoor shoes are permitted poolside. Please wear overshoes or bring a pair of flip flops.
- Please shower before entering the Pool or Spa Bath.
- Limit time in the Spa Bath to 2 sessions or 15 minutes in total if you are sat without the jets on.
- Please shower after using the Sauna or Steam Room & before re-entering the Pool or Spa Bath.
- No gym bags or coats in the Gym. Please leave these in the lockers in reception.
- Leave all belongings in the lockers provided when you are not in the changing room. This is to allow space for other members.
- To use the Gym you will need to either have an induction or sign an induction waiver.

Thank you for your understanding and cooperation