

健康舞室規章及守則

1. 健康舞室服務時間由早上七時三十分至晚上十時正。
2. 健康舞室最多只可容納八人使用(由會所管理公司舉辦之訓練班除外)。
3. 賓客必須由住戶陪同方可使用。
4. 十二歲以下之小童必須由監護人陪同方可使用健康舞室。
5. 使用者不可於已租用之時間前進入健康舞室內等候，以免影響使用中之住戶。超時使用健康舞室不足一小時須當作整小時收費。
6. 如有發現使用者之身體狀況不適合進行運動，會所職員有權終止其使用健康舞室。
7. 凡身體不適、飲酒後、患有高血壓或心臟病等人士均建議暫停使用健身室。
8. 請勿在健康舞室內飲食。
9. 嚴禁在健康舞室內吸煙。
10. 請保持健康舞室整潔及不可隨意搬移健康舞室內設施。
11. 使用者必須穿著整齊及適當之運動衣服及不脫色膠底運動鞋，不可在健康舞室內穿著皮鞋、拖鞋或高跟鞋。
12. 未經會所管理公司同意，嚴禁於場內進行私人教授。
13. 若使用者直接或間接損毀場地、遺失租用之設施或其他物品，會所管理公司有權向使用者索取因上述引致之一切損失作為賠償。
14. 使用者並非適合使用所有設施或器材，或參與所有活動。使用者需自行檢查及確保其身體狀況適合進行運動或參與活動。使用者必須自行負責自身安全，若於健康舞室範圍發生意外而導致損失、受傷或死亡，會所管理公司概不負責。
15. 使用者必須自行負責其財物之安全，會所管理公司概不負責個人財物之遺失或損毀。
16. 會所管理公司有權隨時預留場地作維修、清潔、比賽、訓練班及安排活動之用。而上述預留將被優先處理。
17. 使用者必須遵守會所管理公司職員之指示，會所管理公司保留修改上述規章及守則之權利，恕不另行通知。

Aerobics Room Rules & Regulations

1. The Aerobics Room is in service daily from 07:30 to 22:00.
2. The maximum capacity of the Aerobics Room is eight. (Except the training course held by The Club Management)
3. Guests may only be permitted to use the Aerobics Room when accompanied by the resident.
4. Children below the age of twelve must be accompanied by the guardians when using the Aerobics Room.
5. To avoid disturbance to the existing users, users must not enter the Aerobics Room before the actual booking time. For overtime use of Aerobics Room less than one hour will be rounded up as an hourly charge.
6. Club staffs are authorized to stop user from training if he/she is judged physically unfit.
7. Persons after consuming alcohol or suffering from high blood pressure, heart disease and/or physically unfit are advised not to use the Aerobics Room.
8. No eating and drinking in the Aerobics Room.
9. Smoking is strictly prohibited in the Aerobics Room.
10. Users must not litter or relocate the equipment inside the Aerobics Room
11. Users should put on appropriate sports attire and wear non-marking sport rubber-sole shoes.
12. Private coaching is prohibited in the Aerobics Room unless prior approval has been obtained from the Club Management.
13. Users should be responsible for the loss or damages of the equipment and/or facilities of the Aerobics Room either directly or indirectly caused by the users. Users will be held liable and required to pay the repair costs, and, if so demanded by the Club Management, the full replacement costs of the equipment/facility so damaged. In addition, the Club Management has the right to claim for damages from the users.
14. Not all of the equipment and/facilities and/activities are suitable for everyone and if in doubt, Users should consult their own medical advice. By using the equipment and/or facilities and/or participating the activities/programs, Users are deemed to have acknowledged that they are physically fit to use such equipment/facilities or participate in activities/programs. Users should be responsible for their own personal safety. The Club Management will not be responsible for death or injury to any person arising out of or in connection with using the Aerobics Room.
15. Users should be responsible for safety of their own property. The Club Management will not be responsible for loss or damage to any property of anyone using the Aerobics Room
16. The Club Management may from time to time reserve the facility for maintenance, cleansing, tournaments, coaching sessions or activities/events. Such reservation will take priority over individual booking by residents.
17. Users must comply with the instructions given by the Club staff. The Club Management reserves the right to amend the rules and regulations without prior notice.