

C Club Leisure Centre Etiquette

The “C Club” Leisure Centre where leisure and pleasure go hand in hand.

Children

- Children must be over **16 years** to use the gymnasium.
- In the interest of safety, all children under the age of 10 years must be accompanied by an adult at all times.
- Children under 10 years **MUST** be accompanied by an adult at all times.
- Children under 10 years using the opposite sex changing rooms are advised to use the changing cubicles provided.

Safety

- The steam room, sauna and Jacuzzi can not be used by anyone under the age of 16 years.
- The above facilities should not be used for more than 10 minutes at a time.
- We *recommend that you shower before and after use.*
- In the interest of safety and security please use the lockers provided. The lockers work on a €1 coin
- Return bases.

Swimming Pool

- *Swimming hats* must be worn in the pool at all times. Hats, goggles, armbands and a range of swimwear are on sale at reception.
- *Lifeguards* must be obeyed at all times and misconduct of any nature will not be tolerated, for example, no running or bombing is permitted.
- It is imperative that all members use the foot sprays and *shower before* and after using the pool.
- *No footwear* such as shoes or runners are allowed on the poolside (plastic covers can be provided).
- We recommend the use of *flip flops* in changing rooms and on the poolside
- Please allow one hour after eating before using the club's facilities.

Gym

- All users must fill a *health-screening questionnaire* before entering the gym.
- *Suitable attire* must be worn, for example shorts or a tracksuit and proper running/walking shoes.
- Never attempt to use any of the equipment without supervision and instruction from the leisure staff.
- Please do not raise the TV volume, use the ear phones that are provided but if preferred you can connect your own.
- Access to the gymnasium can be gained by entering the code on the key pad outside the door. The code