



SOL ANDALUSÍ

VITAL CENTER

La Alquería. 29130 Alhaurín de la Torre
(Costa de Sol)
Tel. +34 952 96 30 96
Fax +34 952 41 63 79
Reservas@solandalusi.com

www.solandalusi.com

SWIMMING POOL INDOOR RULES



- ✚ Capacity 95 people
- ✚ Access denied wearing street clothes or with bags, they must be left in the changings rooms.
- ✚ It is obligatory the use of cap and swimsuit
- ✚ It is obligatory to shower before entering the pool
- ✚ It is obligatory the use of appropriate footwear (gym shoes with rubber sole)
- ✚ It is prohibited to swim with any cream, oils, soaps or bodylotions neither in the "before entering shower"
- ✚ It is prohibited the practice of any competitions, ball plays or races, without the centre authorisation.
- ✚ It is prohibited the use of any radio or t.v. machines that could disturb others
- ✚ Diving is not allowed at any time
- ✚ Children must be accompanied by a responsible adult
- ✚ Inner tubes, floats, balls or other flotation devices will not be permitted in the pool without the autorisation of the lifeguard
- ✚ No food or drinks allowed in the pool

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RULES OF USE OF THE GYM

- ✚ Appropriate sport clothing and shoes required
- ✚ Clothes and personal objects are to be left in the changing room
- ✚ The use of a towel is compulsory in the gym
- ✚ It is not allowed to use radios or any other music equipment which could bother the other clients.
- ✚ All equipment must be cleaned the once finished using them.
- ✚ All equipment must be available to other users once you finish using it.
- ✚ Cap or other hats are not permitted in the gym
- ✚ Accessories such as bracelets, rings, or any other which could cause wounds, are not allowed to be used in the
- ✚ People under 16 years of age are not allowed to enter the gym; people between 16 and 18 must be accompanied by an adult responsible for them.
- ✚ Clients must show an appropriate behaviour within our facilities.

REGULATIONS FOR THE SAUNA



- ✚ THE USE OF SWIMSUIT IS OBLIGATORY
- ✚ THE USE OF TOWEL IS OBLIGATORY
- ✚ DRINKING, EATING AND SHAVING ARE NOT ALLOWED
- ✚ BE DRY FOR COME INTO THE SAUNA
- ✚ THE INSIDE TEMPERATURE SHOULD NEVER BE MORE THAN 85°
- ✚ ON CASE OF USING THE SAUNA, HAVE A COLD SHOWER FROM FEET TO HEAD.