Pool Rules:

1. Only healthy individuals, who do not show any symptoms of illness, may work in the pool, and this applies to visitors as well!

2. Individuals with infectious diseases, contagious or repulsive skin conditions, and those suffering from conditions with seizures are not permitted to enter the pool area, as well as those with open wounds.

3. The use of changing rooms is limited to a certain number of people.

4. Showering before/after swimming is mandatory.

5. During classes, the pool may only be used in the presence of a supervising teacher.

6. For other uses, the presence of a pool master is mandatory.

7. EATING and CONSUMING ALCOHOL are PROHIBITED in the entire pool area!

8. Using shower gel outside of the shower area and in the pool is PROHIBITED!

9. Bringing fragile objects (glasses, bottles) into the pool is PROHIBITED!

10. Using the pool without showering beforehand is PROHIBITED!

11. Behaving in a manner that violates public decency is PROHIBITED!

12. Individuals who cannot swim are PROHIBITED from using the deep end of the pool!

13. Bringing a dog or any other animal into the entire pool area is PROHIBITED!

14. Jumping into the pool from points other than the starting blocks is PROHIBITED!

Dear Guests!

Only healthy guests may use the swimming pool!

Thank you for your understanding!

IT IS PROHIBITED TO ENTER THE POOL AREA WITH OUTDOOR SHOES!

We kindly ask our guests to leave the swimming pool 30 minutes before closing time!

Wearing a swimming cap and swimming trunks is mandatory!

Dear Guests!

Before using the swimming pool, please make sure to shower and rinse your feet!

Thank you for your understanding!

SAUNA USAGE REGULATIONS

The sauna can be used by everyone at their own risk!

The sauna can be used upon purchasing an entrance ticket!

Showering before and after using the sauna is mandatory!

In case of emergency, please use the emergency alarm in the sauna!

Reasons prohibiting sauna use:

> Cardiovascular diseases;

> Open wounds;

> Acute inflammation;

> Infectious diseases.

The use of essential oils in the sauna is strictly prohibited!

Please leave your slippers outside the sauna!

Towel usage is mandatory!

The sauna can only accommodate a maximum of 6 people at a time!

Jumping into the pool immediately after using the sauna is strictly prohibited!

The ideal time for staying in the sauna is a maximum of 8-12 minutes!

Children under 14 years old can only use the sauna under parental supervision!

Eating and drinking in the sauna area are strictly prohibited!

The sauna's opening hours depend on the pool's time schedule!

The sauna room is equipped with a thermometer, humidity meter, and a 15-minute hourglass to help comply with the regulations.

Failure to comply with the sauna rules will result in exclusion!

Thank you in advance for adhering to the sauna usage rules, and we wish you a pleasant relaxation!