

Rules and Regulations of Fitness Centre

(up-dated on 1st January 2022)

GENERAL

1. The YMCA of Hong Kong (hereinafter called “YMCA”) provides facilities in the Fitness Centre for its members (hereinafter called “Member”) and authorized persons only. Users of the Fitness Centre must be 16 years old or above and physically fit to use the facilities in the Fitness Centre. YMCA and its staff accept no responsibility for any death, injury, loss or damage of users’ property arising from use of the facilities.
2. Upon application for membership, applicants must complete a Membership Application Form based on true and correct personal details. YMCA reserves the right to suspend, terminate or refuse any new or renewal membership application at its sole discretion without prior notice. All membership fees paid are non-transferable and non-refundable.
3. Regular and Non-Peak members must maintain a valid membership continuously, members may renew the membership before or within one month after the membership expiry; once the membership is discontinued, members will have to apply again and register in a waitlist for rejoining.
4. Members must observe the rules and regulations of all the facilities including Wellness Centre, Indoor Swimming Pools, Jacuzzi, Sauna, Climbing Wall, Badminton Courts, and Squash Courts and follow the instructions of the YMCA staff.
5. Members should consult with a doctor before starting any activities in the Aerobic Conditioning Room, Swimming Pools, Jacuzzi, Sauna Room and other facilities.
6. Users must present a valid Fitness Centre membership card or relevant identity document upon check-in at the Fitness Centre, YMCA staff have the right to refuse the user who fails to present appropriate identification to enter the Fitness Centre. Users must return the locker key and the towel to the Services Counter before leaving the premise, loss, or forget to return the locker key may lead to a handling fee of HK\$60 per day.
7. The Fitness Centre membership card remains the property of the YMCA, in case of loss or damage of the card, an application for card replacement is needed and accordingly a handling fee of HK\$60 will be charged. YMCA will not reissue or extend the term of validity for any lost, damaged or expired fitness pass, gift coupon, complimentary coupon or admission ticket.
8. Additional padlocks are free provided to members at the 1/F Services Counter upon request, loss of padlock or its key may lead to a charge of HK\$60 each; in case of a private padlock removal Services is needed by the member, a handling fee of \$100 will be charged.
9. Non-peak members should have check-in of the Fitness Centre after the non-peak time slot begin, stop activities at each venue or facility when the non-peak hours end, and return the locker key (if any) to the 1/F Services Counter within 30 minutes after the end of non-peak hours.

FITNESS CENTRE

10. For the safety of other members, please do not move the exercise machines in the Fitness Centre. Users must exercise in accordance with the safety guidelines on the equipment (if applicable). Please put the equipment back in place after use, do not use personal sports equipment in this center.
11. Members must wear appropriate sportswear and sports shoes when exercising, barefoot or naked is not allowed, swimmers must wear a swim cap in the swimming pool.
12. Fitness Centre staff are solely responsible for the selection of in-house music, television program, and volume control.
13. Please maintain a quiet environment in the Fitness Centre, do not uproar, swearing, abusive or foul language. Smoking, eating, chewing gum, and gambling in the Fitness Centre are prohibited.
14. Beginners should consult the instructor before doing cardio exercises. Please co-operate with and be considerate of other members. In the case that all cardio training machines are occupied, please use no more than 20 minutes.
15. No personal coaching, product, or service sales activity is allowed without written approval from the Fitness Centre manager.

CHANGING ROOM AND SAUNA ROOM

16. Each member will receive a bath towel upon check-in to the Fitness Centre. The bath towel is strictly for drying the body after bathing. Do not put it on the floor, or use it to clean personal items (such as shoes or slippers, etc.). Please return it to the Services Counter after use.

17. Members should take good care of their personal belongings on their own, and do not bring or store valuables in the Fitness Centre. YMCA accepts no liability for any loss or damage to member property.
18. To be considerate, be sure to draw the shower curtain when taking a shower; do not spit in the shower, please dry yourself before returning to the changing area; do not wash clothes in the sink or dye your hair in the changing room, and do not use the hairdryer for selfish or indecent purposes.
19. Do not take photo, video or use a mobile phone inside the Changing Room.
20. Hair treatment, hair dyeing, or using aromatherapy products inside the sauna room is not allowed. Remember to take all your personal belongings with you before leaving the sauna room and keep the sauna room door close.

AEROBICS AND WELLNESS CLASS

21. Regular and Non-Peak Fitness members may join the YMCA Aerobics Dance and Wellness Classes on a free of charge basis (except Special Events for Adult Classes). Seats are limited and available on a first-come-first-served basis.
22. Admittance pass applies to some popular classes on the first-come-first-served basis, please see the latest Quarterly Class Schedule for details, members should confirm the attendance by obtaining an admittance pass at the Fitness Centre Services Counter in person with the following order:

Fitness Centre Members	– 30 minutes prior to the class started
Other staff members	– 5 minutes prior to the class started
23. The YMCA reserves the right to have the final decision on change or cancellation of the classes without prior notice, no make-up class or refund will be arranged.
24. The YMCA reserves the right to reschedule aerobics and wellness classes quarterly without prior notice.

BADMINTON AND SQUASH COURT

25. Complimentary squash and badminton are available for Regular and Non-Peak Fitness members from 0830 – 1730, Monday to Friday (except Public Holidays and Summer Prime Time).
26. With a valid Fitness Centre membership card, Regular and Non-Peak members may make a booking in person or by phone at the Member Services Counter one day in advance. A maximum of 1-hour per member per booking can be made. Each member may only book court facilities for 1 hour for him/herself and another member respectively per day.
27. Each member may bring up to 3 guests; guests should register at the 1/F Services Counter before using the court facility.
28. The Badminton and Squash Court Summer Prime Time is effective from July 1 to August 31 each year. For those members who would like to make a court booking within the said period, please join the YMCA membership and make booking and payment at the G/F Member Services Counter.
29. Once the booking is made, no transfer/cancellation can be accepted. If members did not show up at the specified time, he/she is still responsible for the payment of venue.

CLIMBING WALL

30. For those members with climbing experience, they may use the Climbing Wall facilities free of charge after passing a climbing skill assessment (HK\$100 assessment fee).
31. For those members without climbing experience, they may use the Climbing Wall facilities free of charge after completion of an Introductory Course (HK\$280 course fee).

The YMCA of Hong Kong has the right to ask any person who breaches any rules or regulations to leave the Fitness Centre. Breaching of the rules or regulations two or more times by the same member may lead to immediate termination of membership without any compensation.

In the event of any inconsistency between the English version and Chinese version of these rules and regulations, the English version shall prevail.

The YMCA of Hong Kong reserves the right of amending the rules and regulations of the Fitness Centre without prior notice.