

【設施開放之最新通告】

因應新型冠狀病毒在社區之最新情況，由 10 月 10 日(星期六)起，本會所服務最新安排如下：

辦公室：星期一至日 0900 – 2200 票務處：星期一至六 0900 – 2130 / 星期日 1000 – 2100

	泳池	健身室
開放時間	<p>星期一至五</p> <p>第一節 0630-1000 第二節 1100-1400 第三節 2000-2145</p> <p>**星期六**</p> <p>第一節 0630-1000 第二節 2000-2145</p> <p>星期日</p> <p>第一節 1330-1630 第二節 1730-2030</p>	<p>星期一至六</p> <p>第一節 0715-1200 第二節 1300-1600 第三節 1700-2130</p> <p>星期日</p> <p>第一節 1400-1730 第二節 1830-2130</p>
入場人數	48 人 (每泳線 8 人)	30 人
更衣室安排	<ul style="list-style-type: none"> ● 只開放相隔之沖身間及儲物櫃 	<ul style="list-style-type: none"> ● 只開放相隔之沖身間及儲物櫃 ● 桑拿、蒸氣浴及按摩池暫停開放
套票安排	<ul style="list-style-type: none"> ● 到期日為 2020 年 1 月 25 日 至 3 月 25 日，而未曾作任何延期手續，可獲一次順延到期日至 2021 年 3 月 31 日 ● 到期日為 2020 年 7 月 15 日 至 9 月 17 日，有效期順延 6 個月 ● 請到一樓辦事處辦理延期手續 	<ul style="list-style-type: none"> ● 健身室套票、至 FIT 優惠計劃延期： <ul style="list-style-type: none"> ➢ 到期日為 2020 年 1 月 25 日 至 3 月 25 日，而未曾獲作任何延期手續，可獲一次順延到期日至 2021 年 3 月 31 日 ➢ 到期日為 2020 年 7 月 15 日 至 9 月 17 日，有效期順延 6 個月 ● 凡於 2020 年 5 月 22 至 7 月 14 日新辦的健身室准用證，可有順延效期 1 年 ● 請到二樓健身室辦理延期手續
防疫措施	<ul style="list-style-type: none"> ● 每節開放時間之間會安排清潔及消毒場地 ● 取消 4 樓家長席/等候區 ● 進入更衣室前請先以酒精搓手液消毒雙手 ● 任何人身處泳池內須一直佩戴口罩，但在游泳、淋浴、在與另一人保持至少 1.5 米距離的情況下熱身時則不在此限 ● 必須經水濺進入泳池 ● 飲水機暫停使用，請自備飲用水 ● 請遵守工作人員指示及安排 ● 以上安排將視乎實際情況有所修改 	<ul style="list-style-type: none"> ● 每節開放時間之間會安排清潔及消毒場地 ● 進入健身室前請先以酒精搓手液消毒雙手 ● 任何人身處健身室內須一直佩戴口罩，但在淋浴及在與另一人保持至少 1.5 米距離的情況下運動時則不在此限 ● 使用器材後請以酒精消毒 ● 飲水機暫停使用，請自備飲用水 ● 請遵守工作人員指示及安排 ● 以上安排將視乎實際情況有所修改

會友必需戴上口罩及量度體溫後方可進入本會所，如有發燒（體溫在攝氏 37.5 度或以上）、出現呼吸道感染徵狀、喪失味覺或嗅覺病徵、過去 14 日曾前往香港以外國家/地區、或正接受醫學監察的人士，不得進入本會所。

如有任何查詢請致電 2783 3636 與本會所職員聯絡，多謝合作。不便之處，敬請原諒。

【Facilities Updates】

In view of the latest situation of novel coronavirus in community, our service will have the newest arrangements from 18th Sept as below:

Office: Mon to Sun 09:00 - 22:00 **Ticketing Office:** Mon to Sun 09:00 - 21:30 / Sun 10:00 - 21:00

	Swimming Pool	Fitness Room
Service Hours	<p>Monday to Friday</p> <p>1st Session 06:30-10:00 2nd Session 11:00-14:00 3rd Session 20:00-21:45</p> <p>**Saturday**</p> <p>1st Session 06:30-10:00 2nd Session 20:00-21:45</p> <p>Sunday</p> <p>1st Session 13:30-16:30 2nd Session 17:30-20:30</p>	<p>Monday to Saturday</p> <p>1st Session 07:15-12:00 2nd Session 13:00-16:00 3rd Session 17:00-21:30</p> <p>Sunday</p> <p>1st Session 14:00-17:30 2nd Session 18:30-21:30</p>
Capacity	48 persons (8 persons per lane)	30 persons
Changing Room Arrangement	<ul style="list-style-type: none"> ● Alternate shower cubicles and lockers opened 	<ul style="list-style-type: none"> ● Alternate shower cubicles and lockers opened ● Sauna, Steam Room and Jacuzzi remain closed
Package tickets Arrangement	<ul style="list-style-type: none"> ● Package ticket valid date between 25th Jan – 25th Mar, 2020 will be extended to 31st Mar 2021 ● Package ticket valid date between 15th Jul – 17th Sep, 2020 will be extended for 6 months ● Please proceed on 1/F 	<ul style="list-style-type: none"> ● Package ticket valid date between 25th Jan – 25th Mar will be extended to 31st Mar 2021 ● Package ticket valid date between 15th Jul – 17th Sep will be extended for 6 months ● Newly registered Fitness Room User Card (from 22nd May - 14th July, 2020), validity will be extended for 1 year ● Please proceed on 2/F
Infection Control	<ul style="list-style-type: none"> ● Cleansing and disinfecting arrangements between each session. ● 4/F Waiting Area closed ● Clean hands with alcohol-based hand rub upon entry ● any person is required to wear a mask at all times except swimming, or having a shower, or when the person is doing warm-up exercise with a distance of at least 1.5 metres from any other person ● Must walk through the shower bath to the pool deck area ● Please follow the instructions and arrangement of our staff ● Above arrangement may be adjusted according to the actual circumstances 	<ul style="list-style-type: none"> ● Cleansing and disinfecting arrangements between each session. ● Clean hands with alcohol-based hand rub upon entry ● Clean the equipment with disinfectant after use ● any person within the fitness centre is required to wear a mask at all times except when having a shower or when the person is doing exercise with a distance of at least 1.5 metres from any other person ● Please follow the instructions and arrangement of our staff ● Above arrangement may be adjusted according to the actual circumstances

Masks must be worn and body temperature must be measured before entering our Centre. Persons with fever (body temperature higher than 37.5°C), respiratory symptoms, loss of taste or smell, travel to countries /areas outside Hong Kong in the past 14 days, or under medical surveillance are not allowed to enter our Centre.

For any enquiry, please call 2783 3636. Thank you for your cooperation, we apologize for any inconvenience caused.