

Normativa del COMPLEJO DEPORTIVO Pancracio Socas García - Enero 2006 -

"Pancracio Socas García SPORT COMPLEX" Rules

4.6. PISTAS DE SQUASHI Squash court:

-OBLIGATORIO:

"Sólo para deportistas con suela de color blanco o caramelo.

"Rugby ball / como dentro de la pista.

"Abusos, hasta dos semanas de antelación.

"Alquiler de la pista implica la posibilidad de utilizar los vestuarios de la instalación.

"El número máximo de personas por pista será de 2.

"Se evitarán actuaciones violentas dentro de la pista.

"El incumplimiento de las normas posteriormente expuestas podrá ser objeto de una penalización.

"COMPLSOT:

"Sport shoes with white or caramel coloured sole.

"Hombrologie Squash racket and balls.

"Don't smoke.

"Don't talk on the phone or at the reception.

"Reservarás tu plaza en advance.

"Algunos días no se reservará en advance.

"The reservation will be made for one hour only.

"The court remains implies the use of the changing room.

"The reservation is for 2 people on the court.

"If the reservation is not used, the Complex reserves the right to refuse another reservation.

"It is forbidden to take off the clothes, litter, spit, smoke, etc.

"It is forbidden to sit on the court.

"All these Rules must be complied with; otherwise the Member will be penalized.

4.7. VESTUARIOS Changing room:

"A continuación, presentamos las siguientes normas para facilitar el buen uso de los vestuarios:

"El uso de los vestuarios está destinado tanto a los abonados, como a los no abonados, que utilicen el exterior, se recomienda utilizar zapallitas de baño.

"No se podrá acceder a las zonas húmedas (duchas) con el mismo calzado después de utilizar las taquillas, éstas quedarán libres y con las llaves colocadas en el lugar correspondiente. La instalación se reserva el derecho a que permanezcan cerrados durante el horario de la instalación.

"Escuchar a la batidora y el pelo en el ducha (zona húmeda) para evitar mojar la saco.

"Evitar utilizar los bañeros para cambiarse.

"TODAS LAS UNIDAS. Un vez se haya terminado de utilizar las taquillas, éstas quedarán libres y con las llaves colocadas en el lugar correspondiente.

"ESTA PROHIBIDO llevarse fuera de la instalación la ropa de baño.

"La rotura de una llave implicará al pago de 3,00 €, ya que esto es lo que supone su sustitución.

"Solo los niños menores de 6 años se podrán cambiar en el vestuario de distinto sexo.

"BEBES: En cada vestuario hay disponibles cabinas para los bebés.

"CIRUCLACION: Entrar al vestuario, cambiarse, utilizar las zapatillas de baño y circular por el pasillo de duchas para llegar a la piscina.

"CANCHAS Y SALAS EXTERIORES: Entrar al vestuario, cambiarse, utilizar las zapatillas de baño (Gimnasio, Tenis, Squash, Pista Polideportiva), o Salas de la Planta Alta (Salas de Ciclismo Indoor, Aeróbic, Artes Marciales).

"The changing room is for Members and non-Members.

"When you have to use the shower, you must change into slippers.

"You must dry inside the shower or in the exterior corridor.

"You must dry your bathing costume and your hair in the shower. (damp zone) to avoid wetting the dry zone.

"COURTS: Stand on seats to change.

"Lockers: when you finish with the lockers, it is forbidden to take the keys outside the Complex.

"Breaking a key will cost 3 euros.

"BABIES: In each changing room there are cubicles for babies.

"SWIMMING POOL: go into the changing room, change and use swimming socks and continue to the shower corridor to reach the swimming pool area.

"GYMNASIUM: tennis, squash, and multi-sports pitch) or the upper floor rooms (Indoor Cycling, aerobic, martial arts).

4.8. LUDOTECA/PAYGAM: Playroom:

"La ludoteca está destinada a los usuarios de la instalación."

"-El uso de la ludoteca está destinado a niños/as de entre 10 y 14 años, inclusive. También podrán estar menores de 2 años acompañados de un adulto.

"Los padres o tutores de los niños/as de la que se encuentren en la ludoteca deben estar localizados para cualquier incidencia.

"-The playground is for the installation Members children.

"-The playground is for children between 2 and 14 years old. Also for children younger than 2 years old accompanied by an adult.

"-It's open from Monday to Friday from 6pm to 10pm.

"-The maximum time is 2 hours.

"-Parents or tutors of the child must be on the Complex.

4.9. FISIOTERAPIA/Physiotherapy:

"La reserva de clínicas terapéuticas se abonarán por adelantado.

"-La suspensión de una reserva se hará con 48 horas de antelación. En caso contrario, se perderá el derecho adquirido sin devolución económica.

"-Any cancellation of reservations must be paid in advance.

"-Any cancellations of reservations must be made 48 hours before their respective times. Any reservations made and not met must be paid for.

5. OBLIGACIONES DEL USUARIO/ Member obligations:

"Respetar las normas y horarios establecidos.

"Hacer bien uso de las instalaciones.

"Levar a cabo el pago de las cuotas antes del último día de cada mes.

"Acceder al complejo con la tarjeta de acceso.

"Tener un comportamiento cívico dentro de la instalación.

"Respect the Rules and opening hours.

"Look the monthly Membership fee before the last day of each month.

"Show your Membership card.

"Behave inside the Complex.

1. HORARIO DE APERTURA/ Opening hours:

"El complejo permanecerá abierto en horario comprendido entre las 7:30 horas de la mañana hasta las 22:00 horas de la noche de lunes a viernes; los sábados de 10:00 a 18:00 horas; y/o domingo de 10:00 a 14:00 horas.

"La instalación permanecerá cerrada los festivos locales y nacionales.

"El complejo cerrará parcialmente o impedirá el acceso a determinadas instalaciones por exigencias técnicas.

"From Monday to Friday 7:30-16:00h; Saturdays 10:00-14:00h; Closed for all Public Holidays, 24th and 31st December and 5th of January, pending timetables.

"The Sport Complex, or parts, may at times be closed for maintenance or technical reasons.

2. INSCRIPCION/ Registration-Members:

ABONADOS:

"La documentación necesaria para formalizar la inscripción será la siguiente:

"-DNI o Pasaporte.

"-Libreta de Familia para los abonos familiares (se incluyen en el mismo los hijos menores de 30 años).

"-Certificado de convivencia o empadronamiento para parejas de hecho, que quieran formalizar abonatos familiares.

"-Cartilla de pensionista en vigor, para abonados pensionistas mayores de 55 años y para los que posean menos de esta edad. Además, éstos deberán acreditar esta condición en cada renovación presentando la cartilla de la parrilla, la cual deberá estar actualizada.

"La matrícula será un único pago inicial.

"La cuota de abono, cursos y servicios complementarios se hará en efectivo o se podrán realizar mediante domiciliación bancaria.

"Los abonados con pagos domiciliados por banco, recibirán el cargo del abono de finalización de éstos.

"Los abonados sin suscribirlos por un abonado, no le dará el derecho a acudir sólo a la actividad contratada.

"El pago de un curso o de un servicio por un no abonado, no le dará el derecho a acudir sólo a la actividad contratada.

"La inscripción entre el dia 1 y 15 (ambos inclusive) supondrá la cuota de abono de medio mes.

"EL ABONADO, siempre que haya disponibilidad horaria en la instalación, tendrá derecho a PISCINA (45 minutos de nado libre y 15 minutos en la piscina lúdica), GIMNASIO o SALA DE FITNESS, pistas de SQUASH y sala POOLDEPORTIVA. Y tendrá descuentos en las actividades dirigidas.

"2.1.-COLECTIVOS-CLUBES: Los clubes o colectivos que designen que sus socios/pensionistas plieguen utilizar el espacio establecido en el piso establecido por DEL TEIDE GESTIÓN SL., la solicitud respectiva.

"2.1.1.- Cada Colectivo-Club deberá actualizar su elección de asociados al menos una vez al año.

"-Los clubes deportivos que comienzan temporada entre verano y verano renovarán en SEPTIEMBRE.

"MEMBERS Documentation:

"-Residencia, NIE o Passport of each member of the family or Family book for family registrations (which includes children younger than 30 years old)

"-Marriage certificate

"-Member's card for pensioners or proof of age if older than 55 years and this proof must be taken on any visit to the Complex.

"-The registration will be paid once.

"-The payment will be in either cash or via direct debit through the bank.

"The monthly, quarterly and annual payments will be made before the last day of the relevant month.

"Any registration made between the 1st and the 15th of each month (both inclusive) will suppose the payment of half of the monthly amount.

"For Members: You may be able to use the swimming pool (45 minutes free swim and 15 minutes in the Play-Pool) gymnasium or fitness, tennis and squash courts. If vacant.

"Members will be given discount in instructed activities.

"To cancel your Membership, you must put in writing to receive before the 20th of the month.

"Direct Debits will be taken from your account at the beginning of every month.

"Visitors who are not Members will pay for each activity.

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3. ACCESO A LA INSTALACIÓN/ Access to the Sport Complex:

"Cada ABONADO tendrá una tarjeta de identificación sin la cual no podrá acceder a las instalaciones del complejo. Este carnet será personal e intransferible.

"y su pérdida.

"Constituye una garantía de que está dentro del complejo sin la intención de realizar actividad física que debiera abandonar la instalación, exceptuando casos concretos

"que estime la gerencia.

"Las visitas para conocer los diferentes espacios útiles de la instalación no están permitidas.

"Los visitantes para conocer los diferentes espacios útiles de la instalación no están permitidas.

"Members will be issued an identification card to access the Complex; this card is not transferable and if lost a replacement will cost 3 euros. Its incorrect use will result in ...

"the confiscation of the card and the Member will be suspended from the Complex.

"There will be no access to the Complex out or opening hours.

"All visitors to the Complex must have the intention of using the facilities during their visit.

4.9. FISIOTERAPIA/ Physiotherapy:

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La presente Normativa tiene por objeto determinar las condiciones bajo las que los abonados y no abonados podrán disfrutar de las instalaciones del Complejo Deportivo Pancracio Socas García. El cumplimiento de la Normativa de Uso del Complejo contribuirá al correcto funcionamiento del mismo, al logro de la calidad de servicio comprometida y al mantenimiento y conservación de las instalaciones y equipamientos.

These Rules are for Members and visitors who enjoy the facilities of the Pancracio Socas García Sport Complex. The observance of these Rules contributes to good running, quality, maintenance and conservation of these installations and fittings.

The Sport Complex, or parts, may at times be closed for maintenance or technical reasons. From Monday to Friday 7:30-16:00h; Saturdays 10:00-14:00h, Closed for all Public Holidays, 24th and 31st December and 5th of January, pending timetables. There will be no access to the Complex out or opening hours. All visitors to the Complex must have the intention of using the facilities during their visit.

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CONDICIONES GENERALES

-ESTA PROHIBIDO FUMAR EN TODA LA INSTALACIÓN.

-ESTA PROHIBIDA COMER CHICLE Y/O PRODUCTOS CON DESHECHO (PIRAS, PISTACHO, ETC).

-ESTA PROHIBIDA EL USO DE ZONAS DE HIDROTERAPIA.

- 4.1.2. PISCINA LÚDICA/ Play Pool.**
- El uso de las zonas de hidroterapia estará sujeto a las recomendaciones de los técnicos deportivos.
 - Es conveniente no permanecer más de 15 minutos dentro de agua, para evitar situaciones como bajada de tensión, contracturas musculares, etc.
 - Es recomendable no permanecer más de 3 a 5 minutos en cada sesión.
 - La instalación tendrá el deber de comunicar a aquellas personas que hagan un uso abusivo de cada zona de trabajo, que abandonan la misma.
 - No está permitido nadar, sentarse en los muros, tirarse de cabeza y todas aquellas actividades que puedan ocasionar molestia a los usuarios.
 - El técnico del deportivo que esté responsable de la Sala en ese momento.
 - Queda prohibido abrazar el uso de varios aparatos o mancuernas al mismo tiempo.
 - La ocupación máxima de la sala será de 40 personas, por tanto, cuando se llegue a esta ocupación se deberá esperar al siguiente turno.
 - Don't stay more than 3 to 5 minutes at each station.
 - Don't be afraid to swim, to sit in the walls, or to plunge into the water.

4.2. SALA DE FITNESS o GIMNASIO Fitness or Gymnasium:

-Utilizar TOALLAS y sacar el sudor en los aparatos utilizados.

-Para el bien de todos, debemos respetar la tabla de tareas que nos marca el Técnico Deportivo, y en caso de querer cambiar o añadir algo debemos comunicárselo.

-Para los menores 18 años que quieran entrenar por su cuenta, se les facilitará un escrito que tendrán que firmar los padres o tutores autorizando el uso libre de la zona de musculación de la Sala.

-El tiempo máximo para estar en la Sala de Fitness será de 90 minutos.

-El tiempo de uso de las máquinas de gimnasia, lo marcará el Técnico Deportivo que esté responsable de la Sala en ese momento.

-Queda prohibido abusar el uso de varios aparatos o mancuernas al mismo tiempo.

-La ocupación máxima de la sala será de 40 personas, por tanto, cuando se llegue a esta ocupación se deberá esperar al siguiente turno.

-Leave equipment free during your rest time.

-Members who want to train on their own will be given a form to be signed by the parents or tutors, allowing the free use of the Gymnasium.

-The maximum time to use the gymnasium equipment can be used will be indicated by the sports technician.

-It is forbidden to use several pieces of equipment at the same time.

-The maximum occupation is 40 people.

-The maximum time to use the fitness room will be 90 minutes.

-The time when the gymnasium equipment can be used will be indicated by the sports technician.

-It is forbidden to use several pieces of equipment at the same time.

-The maximum time to use the fitness room will be one hour.

-The players must be in the court 5 minutes before and access is forbidden after the beginning of the session.

-In case non members use the pitch with members, they will have to pay their proportional part.

-The Members must show their Membership card at the reception to access the court.

-The court implies the use of the changing room.

-The minimum and maximum people for the court are: Football (8x12), Basketball (8x12), Volleyball (4x8).

-If the reservation is not used, the Complex reserves the right to refuse another reservation.

-Any cancellations of reservations must be made 24 hours before their respective times.

-In cumplimiento de la reserva implicará que la persona que realizó la misma, no se le permitirá una posterior reserva.

-Inside the court, it is prohibited to take off clothes, litter, spit, smoke etc.

-Violence is forbidden on the court.

-All these Rules must be complied with; otherwise the Member will be penalized.

-El incumplimiento de las normas posteriormente expuestas podrá ser objeto de una penalización.

-Reservations may be made by telephone or at the reception.

-Members two weeks in advance.

-Non Members one week in advance.

-The reservation will be made for one hour only.

-The players must be in the court 5 minutes before and access is forbidden after the beginning of the session.

-In case non members use the pitch with members, they will have to pay their proportional part.

-The Members must show their Membership card at the reception to access the court.

-The court implies the use of the changing room.

-The minimum and maximum people for the court are: Football (8x12), Basketball (8x12), Volleyball (4x8).

-If the reservation is not used, the Complex reserves the right to refuse another reservation.

-Any cancellations of reservations must be made 24 hours before their respective times.

-Inside the court, it is prohibited to take off clothes, litter, spit, smoke etc.

-Violence is forbidden on the court.

-All these Rules must be complied with; otherwise the Member will be penalized.

-La reserva de la pista de Tenis se hará por teléfono o en recepción.

-Abonados, hasta dos semanas de antelación.

-La reserva será de una hora.

-El técnico de la pista implicará la posibilidad de utilizar los vestuarios de la instalación.

-El número máximo de personas por pista será de 4.

-El cumplimiento de la reserva implicará que la persona que realizó la misma, no se le permitirá una posterior reserva.

-Queda prohibido salir por encima de la red para pasar de un lado de la pista a otro.

-Dentro de la pista está prohibido quitar la camisa, tirar basura, escupir en el suelo, fumar.

-Se evitan actuaciones violentas dentro de la pista.

-Violencia is forbidden on the court.

-All these Rules must be complied with; otherwise the Member will be penalized.

-Los usuarios deben utilizar los baños. Habrá una CALLE RÁPIDA y otra CALLE LENTA. El uso de la rápida está destinada a aquellas personas que nadan de forma continua.

-It is forbidden to cross the lanes, to hold onto or sit on the corks dividing the lanes.

-A maximum of 2 Members and non-Members with children in the free lane.

-The free lane must be used on the right side.

-Los abonados no podrán estar como máximo con 2 niños/as en la calle libre.

-Los abonados no podrán estar como máximo con 6 personas.

-El número máximo de usuarios por calle libre será de 6.

-Los usuarios podrán utilizar los baños. Habrá una CALLE RÁPIDA y otra CALLE LENTA.

-El uso de la rápida está destinada a aquellas personas que nadan de forma continua.

-The reservation will be made for one hour only.

-The count rental implies the use of the changing room.

-The maximum is 4 persons or a couple.

-If the reservation is not used, the Complex reserves the right to refuse another reservation.

-It is forbidden to jump on the floor.

-Inside the court, it is forbidden to take off clothes, litter, spit, smoke etc.

-Violence is forbidden on the court.

-All these Rules must be complied with; otherwise the Member will be penalized.