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## ***SWIMMING POOL REGULATION***

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- 1. Before using the pool, use the shower.**
- 2. It is forbidden to use sunscreen in the pool.**
- 3. Children under 12 years old must be accompanied in the pool and at the area around it.**
- 4. Pets are not allowed in the pool.**
- 5. It is forbidden the entrance to the pool to those with open wounds, epileptics or people suffering from a contagious disease or virus infection.**
- 6. Use the swimming pool only with swimsuits. It is not allowed to bath with clothes or shoes.**
- 7. Running, diving and balls are not allowed at the swimming pool area.**
- 8. Never swim after eating. Avoid getting into water for at least 3 hours after a meal.**
- 9. Avoid long exposure to the sun. The safer hours for sunbathing are:  
Morning 8:00'-11:00'  
Afternoon 17:00'-19:00'**
- 10. If you stay too long exposed to the sun, it is advised to get into the water often. If you don't feel well, get out of the water immediately and seek the help of a doctor or lifeguard.**

**DEPTH OF GROWN UPS' POOL: 1,50 M**  
**DEPTH OF CHILDRENS' POOL: 0,50 M**

**Opening Hours: 10:00' am - 19:00' pm**

