

SPORTS & RECREATION PHASE 3 OPERATION

FACILITY	RE-OPENING AND GUIDELINES
The Gym	<ul style="list-style-type: none"> • Opening hours: 6.15am to 9.00pm daily • Restricted to members only; no guests allowed. • Up to 25 members are allowed inside The Gym, at any point of time. • The Gym entry is by booking only. Each member is allowed to use The Gym for 60 minutes per day. Booking is allowed 7 days in advance, by telephone (6357 3566/567) or in person at The Gym counter. • Members can extend the booked slot if there is a vacancy for the next slot, 5 minutes before the end of the booked slot.
The Bowling Alley	<ul style="list-style-type: none"> • Opening hours: Monday – Friday: 1:00pm to 10:00pm Saturday, Sunday & Public Holiday: 11:00am to 10:00pm • Up to 30 people are allowed inside The Bowling Alley, at any point of time. • A maximum of up to 5 persons per lane or 8 persons per group (2 side-by-side lanes). • Bookings are encouraged to avoid waiting time (The Bowling Alley - 6357 3330/331).
Aerobics Room & Harmony Room	<ul style="list-style-type: none"> • Up to 10 participants and 1 instructor are allowed in each room, at any point of time. • Booking for classes or room rental by telephone (6357 3566/567) or in person at The Gym counter. • Room rental is available for members at a hourly rate of \$53.50 w/GST. Subject to room availability.
Video Games Room	<ul style="list-style-type: none"> • Opening hours: as per The Bowling Alley. • Up to 8 people are allowed inside the Video Games Room, at any point of time. • Up to 8 people are allowed in the Video Games Zone (by Lift 7, Level 1), at any point of time.

SAFE DISTANCING MEASURES



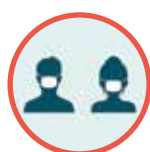
PRACTISE SAFE PHYSICAL DISTANCING

1 metre while not exercising.
2 metres (2 arms-length) between individuals should be maintained in general while exercising and playing sports.
A physical distancing of 3 metres (3 arms-length) between groups should be observed for indoor high-intensity or high-movement exercise classes.



NO SHARING

Sharing of common equipment should be avoided. Personal equipment should not be shared. If this cannot be done, then equipment should be wiped down / sanitised frequently. This includes gym equipment such as weights, and sport equipment such as basketballs.



WEAR A MASK

Mask should be worn as a default. Masks can be taken off when performing strenuous activities, although it is still recommended as good practice even under such circumstances.



AVOID OVERCROWDING

Members to minimise time spend in changing room and not to socialise in changing rooms and waiting area.

FACILITY CAPACITY

The Gym	Up to 25 people allowed	Male Changing Room	Up to 20 people allowed
Harmony Room	Up to 11 people allowed	Female Changing Room	Up to 20 people allowed
Aerobics Room	Up to 11 people allowed	Tennis Court	Up to 8 people allowed per court
Main Swimming Pool	Up to 25 people allowed	The Bowling Alley	Up to 30 people allowed
Children's Fun Pool	Up to 15 people allowed	Video Games Room	Up to 8 people allowed