

THE FITNESS CLUB «PARUS» VISITING INSTRUCTIONS

Saint Petersburg
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I. General part

1. Introductory part

1.1. These Rules are developed in accordance with the legislation of the Russian Federation and define the General procedure and conditions for providing fitness and health services, as well as rules of conduct and safety when using services in the territory of the Club

1.2. These Rules are uniform and binding for all Clients when using the services of the Contractor in the territory of the Club.

1.3. Clients are required to read these Rules before using the services.

1.4. These Rules are an integral annex to the agreement on the provision of fitness and health services (hereinafter – the agreement), concluded with individuals and legal entities. Persons who visit the Club as guests of the Club's Clients must comply with these Rules during their presence in the Club. The Club card holder who invited the guest is responsible for compliance with the rules.

1.5. The terms and conditions contained in these Rules may be changed (excluded or supplemented) by the Contractor unilaterally, provided that such changes do not contradict the current legislation.

1.6. These Rules, as well as changes and additions to them, are posted on the Contractor's website www.parusclub.ru, as well as at the reception of the Club.

2. Concepts and terms

2.1. Contractor – a legal entity that provides fitness and health services to Clients.

2.2. A club - it is an object of real estate that is a sports and recreation facility, which may include buildings, structures, equipped playgrounds and premises equipped with special technical means and intended for organizing and conducting sport and fitness events.

2.3. Services (Complex services) - these are services rendered by the Contractor, which is providing the Client a right of use and the respective service (services) on a commercial basis, in a certain calendar period and (or) the amount of paid-time according to their chosen programme from the list of existing programs of the Club.

2.4. Client – an individual who has entered into an agreement with the Contractor for the provision of fitness and health services, or in whose favor such an agreement was concluded by a third party.

2.5. Subscription – selected program from the list of existing programs of the Contractor, limited by a certain period of validity by the Contractor and having a specific cost expression - the price.

2.6. The contract for the provision of fitness services – it is the agreement between the Client (third party in favor of the Client) and the Contractor, where the Contractor shall provide the Client Club services for the contract fee in the amount selected and paid Subscription.

2.7. Club membership card – a plastic card confirming the Client's right to use the Club's services in accordance with the Subscription terms. The club card is used for quick identification of the Client in the Contractor's electronic control system.

2.8. Group program – fitness and health, educational and sports program of a certain orientation (specialization), classes on which are held at groups of Clients.

2.9. A guest visit - it is a visit to the Club in order to familiarize the visitor with the fitness, sports and related services provided in the Club.

2.10. Guest – a person who is not a Client of the Club, who visits the Club on a one-time guest visit.

2.11. A one-time agreement – it is a cash receipt that entitles the Client to a single use of the Contractor's service(s) in the amount of the fare paid by the Client for a one-time visit to the Club.

3. The usage of Club membership cards

3.1. The contract for the provision of sports and recreation services is concluded by managers who introduce visitors to the Club, advise on the types and categories of season tickets and the terms of their purchase.

3.2. After the conclusion of the contract and payment, the Client is issued a Club membership card, which is a confirmation of the right to use the Club's services.

3.3. In order to enter into an agreement and make a Club card, the Client must provide the following personal data to the Club: full name, date of birth, address, number of the main document proving his identity, information about the date of issue of the specified document and the issuing authority, biometric data – a photo. The conclusion of the contract, as well as its modification, termination or extension, is carried out upon presentation of an identity document.

3.4. The club card is the property of the Contractor. The club card is assigned to the Client, is an individual pass to the Club and cannot be transferred to other persons. If the Club discovers that the card does not match the Client to whom it is assigned, the Club reserves the right to withdraw the card and close the Client's access to the Club.

3.5. The client must present the Club Card at the entrance to the Club and at the reception of the Club. In the absence of a Club card, the Client can also enter the Club by presenting an identity document and the agreement.

3.6. In exchange for a Club Card, the Club's Client receives a key to a locker in the locker room, a set of towels and a bathrobe.

3.7. When leaving the Club, the Client must hand over a set of towels, a bathrobe, the key to the locker in the locker room, as well as any other items rented during the visit to the Club. If they are lost, the club's Client must reimburse the cost of the lost item in accordance with the current price list.

3.8. In case of loss of the Club Card, it can be restored on the basis of the application of the Club's Client. Payment for making a new Card is charged according to the price list.

3.9. The club card's tariff plan can only be changed to a higher tariff plan according to the standard price list, with an additional payment from the Client. It is not possible to change the tariff plan to the lower tariff plan. It is not possible to change the tariff plan if there are less than 30 (thirty) calendar days left before the end of the agreement. If you change the tariff plan during the validity period of the Club card, previous discounts or bonuses are not saved.

3.10. The Client can use additional services (bonuses) only within the term of the concluded agreement. If the Client has not exercised their right to use the services during the validity period of the Club card, as well as refused this right, then additional services are considered rendered and their cost is not refunded.

3.11. On specially defined days by the Contractor, the Client can invite a guest (a friend, relative or colleague) to get acquainted with the Club (a guest visit). The guest is subject to the rules of the Club, which he must follow. When visiting the Club, the guest must present a document confirming their identity (passport, driving license). The guest should not be a client of the Club (have a valid or expired contract with the Performer). Each invited person has the opportunity to visit the Club on a guest visit only once.

3.12. The client has the right to re-issue the Club card to another person (if this is expressly provided for in the terms of the purchased subscription) in accordance with the established procedure.

3.13. A reissued Club card cannot be reissued to another person in the future.

3.14. Re-registration is possible only by the Client in person upon presentation of the original contract, passport and Club card. As well as in the presence of a second person, who is re-issued the relevant documents. Reissued subscriptions are not subject to review for changes or switching to a different tariff plan.

3.15. The client has the right to suspend the period of service provision (hereinafter – freeze) on the basis of a written application. The application for using the freeze must be submitted by the

Client to the Contractor. The minimum freezing period is 7 days. The total number of days of freeze used for one Club card depends on the selected type of Subscription.

3.16. When the Client uses the right to freeze, the service delivery period is shifted in proportion to the number of freeze days actually used. An exception is made in cases when the Client started using the services during the period of the freeze before the expiration of the minimum number of days of the one-time freeze provided for in the agreement. In such cases, the application for freezing is automatically canceled, and the transfer of the service period for the Club card is not carried out. In such cases, the actual freeze days used are considered to be the days from the beginning of the freeze until the day preceding the date when the Client starts using the Club's services.

3.17. The Contractor reserves the right to approve the possibility of additional freezing of the Club card (subscription) for a valid reason, namely: pregnancy/childbirth, operations, severe injuries. In this case, the Client must provide copies of documents that are duly executed in accordance with the legal form (temporary disability sheets and written epicrisis), while providing the originals for viewing. The maximum additional period of suspension of the subscription is 60 calendar days (in case of pregnancy-30 days before the expected date of delivery and 30 days after).

II. Provision of services

4. Terms and conditions of service provision

4.1. By entering into an agreement with the Contractor, including a one-time agreement, the Client confirms that he is familiar with the content of these rules of visiting the Club and is fully responsible for their compliance, as well as for their violation.

4.2. Payment for the Subscription (Services) is accepted in cash and bank transfer in rubles of the Russian Federation.

4.3. Services are provided to the Client subject to strict compliance with the conditions set out in these rules for visiting the Club.

5. The grounds and procedure for the Client's refusal of the Contractor's services

5.1. The Client may not refuse the Contractor's services after receiving the service paid for by the Client in full.

5.2. If the Client wishes to refuse the Contractor's services provided as part of the Subscription, or if they wish to recalculate their cost, the Client notifies the Contractor in writing.

5.3. The application for the Client's refusal of the Contractor's services or for recalculation of their cost is considered accepted by the Contractor on the day of its receipt.

5.4. If the Client refuses the services of the Contractor, the Contractor undertakes to return the cost of fitness and health services to the Client, without the cost of the services actually rendered.

5.5. The Contractor shall refund the cost of physical education and health services to the Client within 10 days from the date of receipt of the Client's request for a refund by paying money from the cash register or transferring it to the Client's Bank account in a non-cash manner.

5.6. From the moment of payment (transfer) by the Contractor of the funds due to the Client in case of refusal of the Contractor's services, the Contractor is considered to have fulfilled its commitments to the Client properly.

6. The grounds and procedure for the Contractor's refusal to provide services

- 6.1. The contractor has the right to refuse to provide services to the Client:
 - 6.1.1. if the Client violates the payment procedure for services;
 - 6.1.2. if the Client significantly violates the rules of visiting the Club (violations are recorded in the presence of employees and Clients of the Club by drawing up and signing the relevant acts);
 - 6.1.3. with visible signs of alcohol and (or) drug intoxication;
 - 6.1.4. if the Client has documented contraindications that pose a threat to his life or health, the life or health of other Clients or club staff.
- 6.2. The contractor is obliged to refuse to provide services to the Client in case of emergency situations in the territory of the Club.
- 6.3. The contractor shall refuse to provide services to the Client in the event of an interruption in the supply of electricity and (or) water supply in Club, including if this is caused by emergency situations.
- 6.4. If the Agreement cannot be executed due to the Client's fault, the services will be paid in full.
- 6.5. If it is impossible to provide services to the Client due to force majeure, the Contractor shall not be liable to the Client.

7. The responsibility of the Contractor

- 7.1. The Contractor is responsible for the damage caused to the client when rendering the Club's services to Him, in the manner and to the extent provided for by the current legislation of the Russian Federation.
- 7.2. The Contractor shall not be liable for any technical inconvenience caused by the temporary suspension of utility services by the city services or other work that does not depend on the Contractor.
- 7.3. The Contractor is not responsible for non-occurrence of the result expected by the Client from classes in the Club.
- 7.4. The Contractor is not responsible to the Client for the safety of personal items left by the Client, including in places where they are individually stored in locker rooms.
- 7.5. The contractor will not be liable for damage caused to the Client as a result of force majeure, as well as for non-compliance with or violation of the rules of visiting the Club by the Client, if this resulted in harm to the Client, including his life and health.
- 7.6. The Contractor will not be liable to the client for any damage caused to him as a result of the actions of third parties while he is in the territory of the Club.

8. The Responsibility of the Client

- 8.1. The client is liable for damage caused to the Performer and third parties, for their actions and (or) inaction during their stay on the Club's territory in the manner and to the extent stipulated by the current legislation of the Russian Federation.
- 8.2. In case of loss or damage of the key (number plate) from the wardrobe, the number plate from the wardrobe, the electronic bracelet received by the Client of sports equipment, the Client pays the cost of the lost (damaged) property according to the current price list of the Contractor.
- 8.3. The Client is responsible for the accuracy and completeness of information about his / her health status, past illnesses, medications taken, and for the exact implementation of the Club's recommendations.
- 8.4. The client is responsible for the state of their health and the health of their children during their stay in the Club.

III. Club visiting instructions

9. General rules of being in the territory of the Club

- 9.1. Customers can use the club's swimming pool, gym and sport equipment during its opening hours. The mode of operation of the Club:
- from Monday to Friday from 07.00 to 23.00.,
 - on Saturday, Sunday and public holidays ¹from 9.00 to 22.00.
- 9.2. The client is obliged to come/leave the Club no earlier than the opening hours of the Club and no later than the end hours of the Club, respectively. The performer reserves the right to restrict access to the Club 30 minutes before its official closing.
- 9.3. The Club has the right to make changes to the Club's opening hours and, if necessary, temporarily close access to the Club's premises (separate training areas, Aqua zones, etc.).
- 9.4 Mode of operation of the Parking:
- from Monday to Friday from 07.00 to 22.45 hours.,
 - on Saturday, Sunday and public holidays from 9.00 to 21.45.
- 9.5 The Client's car can be parked for no more than 3 hours.
- 9.6. When visiting the Club for the first time, the Client must:
- contact the Service Manager or the Club Manager to get acquainted with the Club's services;
 - sign up for initial in Body testing;
 - sign up for an introductory training session;
 - take a photo in the sales department using a webcam (if this was not done earlier).
- 9.7. Passing the In-Body test is a prerequisite for starting the training and a guarantee of its safety. The test results will help you achieve maximum results, determine the strategy of the training process, and get individual recommendations on the intensity, duration, frequency, and format of training sessions.
- 9.8. The number of introductory training sessions depends on the type of subscription purchased. You can only use introductory training sessions during the validity period of your Club card. At the end of the term of the agreement, introductory training is considered rendered and is not transferred to another period.
- 9.9. For the purposes of public safety, it is not allowed to bring any type of weapons or explosives into the Club's territory.
- 9.10. It is not allowed to enter the Club with Pets in order to prevent threats and dangers to the health of other Customers (bites, allergic reactions, asthma attacks, fear of animals, etc.).
- 9.11. It is not allowed to bring food or take food in the fitness areas and changing rooms of the Club. Customers can use the cafe's services.
- 9.12. It is not allowed to smoke or drink alcohol-containing beverages on the territory of the Club. It is strictly forbidden to visit the Club while under the influence of alcohol or drugs.
- 9.13. When entering the Club, you should wear shoe covers. For classes in the Club, you must have clean replacement shoes and clothing designed for this purpose (the upper part of the body must be closed): t-shirts, sports trousers, sports shorts, sneakers; for the aqua zone: a bathing suit, a rubber cap and special (stable and non-slip) shoes for the pool. It is forbidden to be present at a sport or fitness event without special protection, if such protection is provided for use during participation in the corresponding event.
- 9.14. For Your safety, it is forbidden to practice barefoot, in socks, in beach or home slippers, etc., with the exception of special classes (for example, yoga, body art, pilates, stretching, etc.).

¹ The schedule of the Club's work on public holidays may differ from the stated one. Please follow the information posted in the Club and on the website www.parusclub.ru.

9.15. You are not allowed to walk around the Club in outdoor clothing or street shoes. The instructor (coach) of the Club has the right to prevent you from training in street clothes and shoes.

9.16. When visiting the Club, do not leave personal items and clothing unattended. The Club administration is not responsible for items left unattended. To store personal items, use cabinets with an electronic lock in the locker rooms. The key for the locker with an electronic lock is a bracelet attached to the Client of the Club. Use safe Deposit boxes to store valuables. For guests of the Club, the key-bracelet from the wardrobe is issued at the reception of the Club.

9.17. On the territory of the Club, you must follow the rules of behavior and be attentive to others. It is forbidden to speak loudly and aggressively, use profanity, including when talking on the phone, or otherwise violate generally accepted norms of behavior in public places and do anything that can interfere with others.

9.18. Observe personal hygiene, be neat, and do not use aerosols or strong perfumes in public areas (changing rooms, showers, Finnish sauna, Turkish bath, and fitness areas).

9.19. The client can only use the services of instructors (coaches) of the Club. Personal training sessions by the Club's Clients are not allowed.

9.20. Customers are not allowed to bring and use their own sports equipment, or to enter the halls for group classes on their own.

9.21. The choice of musical accompaniment in the territory of the Club is made by the Contractor. Requests for musical accompaniment from Customers are accepted, but are not decisive.

9.22. Independent use of the Club's music and other equipment is not allowed. Allowed the use of individual means of music playback with headphones.

9.23. Professional film and photography in the Club without the approval of the Club Administration is not allowed in order to protect the privacy of the Club's Clients in the Club's territory.

9.24. It is not allowed to place ads, advertising materials, conduct surveys and distribute products in the territory of the Club without the written permission of the Club Administration.

10. The health of the Client

10.1. The Contractor recommends that all Clients undergo a medical examination before attending classes (training).

10.2. The performer asks Clients to carefully, reasonably and responsibly treat their health status and immediately inform the Club staff of any cases of deterioration of health during their stay in the Club, as well as any restrictions on classes in the Club.

10.3. It is forbidden to use the services of the Club in case of poor health, during the acute period of the disease (including persons who are carriers of infectious diseases), as well as in case of exacerbation of a chronic disease.

10.4. If there are restrictions to classes in the Club, confirmed by the certificate of the attending physician, at the request of the Client, an individual program of classes can be developed for him, taking into account the recommendations received.

10.5. If the Client has not provided the Club a certificate of the attending physician or extract from medical records medical institutions providing medical assistance to the Client on a permanent basis, containing recommendations of the attending physician on a possible and a valid exercise for the Client during doing sport, the Club is entitled to consider that the Client has no relevant contraindications.

10.6. Persons with open wounds, fungal and other skin diseases are not allowed to use the swimming pool, bath or sauna.

10.7. The client is obliged to inform the Contractor about pregnancy no later than the first visit to the Club after he becomes aware of it, and also to submit a certificate from the women's consultation (from the obstetrician-gynecologist) with permission to attend the Club's classes. Special programs for pregnant women can be recommended to the Client based on the permission from the obstetrician-gynecologist.

10.8. The Client must strictly follow the recommendations of the Club's staff when attending sports and recreation events. In particular, an employee of the Club has the right to prohibit the Client from attending an event or performing a specific exercise, if this may negatively affect the Client's health.

10.9. The Club is not a medical institution and does not provide medical services to the Client. The Client guarantees that he/she is in a physical condition that allows him/her to perform exercises, and that physical activity will not cause harm to his/her health. Thus, he/she removes all responsibility for his/her health from the Performer.

10.10. The Contractor shall not be liable for any damage caused to the life and/or health of the Client as a result of:

- providing incomplete / unreliable information about the Client's health status;
- acute or chronic illness of the Client;
- Client's negligence;
- Client's classes according to their own program, which is not coordinated with the Instructor (coach) of the Club;
- violations by the Client of the rules for visiting the Club, safety rules, recommendations of the Club's employees, recommendations placed on information and/or warning, prohibitive signs in the Club or on the equipment;
- actions of third parties.

11. Gym and cardio area visiting instructions

11.1. To get acquainted with the equipment of the gym and avoid injuries, the Client must pass the initial instruction included in the agreement. You can sign up for an instruction at the Club's reception.

11.2. If you need additional explanations of the rules for using the sport equipment (including possible contraindications), the Client should contact the duty Instructor (trainer) of the gym.

11.3. Before each workout in the gym, a thorough General warm-up must be carried out, which includes the use of cardio equipment, stretching exercises. In addition, before each exercise, a special warm-up should be performed, including 1-2 approaches with a weight of approximately 50%-70% of the working weight in this exercise.

11.4. When using free weights (dumbbells, barbells, kettlebells) in the classroom, the Client must select their weight based on their level of fitness. It is better to stop performing the exercise or perform fewer repetitions than to get injured.

11.5. When performing basic exercises with heavy weights-squats with a barbell, bench press of a barbell or dumbbell, bench press standing or sitting from behind the head - be sure to use the help of the belayer. Only the Instructor (trainer) must carry out insurance. It is allowed to perform exercises with the maximum load only in the presence of an Instructor (trainer).

11.6. Before starting classes, the Client must make sure that the equipment and inventory used are in the original safe and/or disabled state, and that there are no foreign objects that may affect safe use. Do not use faulty, damaged or broken equipment or inventory.

11.7. In order to ensure equal access for Club Client to the club's inventory, it is prohibited to reserve gym equipment and equipment.

11.8. At the beginning of the treadmill movement, the Client must stand on the sides of the canvas, on the frame of the simulator. Mandatory warm-up, including walking at a moderate pace. You can't turn back while the treadmill is running.

11.9. At the end of independent classes or participation in fitness and health and other events, the Client is obliged to return the used inventory, equipment of the Club to a specially designated place in the Club, fixing and/or bringing it to a safe non-working position.

11.10. It is forbidden to throw equipment on the floor or otherwise use it carelessly (dumbbells, barbells, pancakes, etc.) while participating in sport and recreation activities, as this leads to damage to the equipment, furniture, decoration of the Club premises, increased noise, as well as to the risk of harm to health.

11.11. In order to avoid accidents, Clients are not allowed to use the simulators themselves, which are intended only for physical training and fitness activities in the form of individual sessions with the club's Instructor (coach).

11.12. In the classroom, it is recommended to use water to maintain the body's water-salt balance, as well as to have a towel with you.

11.13. It is forbidden to use chewing gum during sports and recreation activities, as well as during independent classes.

11.14. The client is obliged to comply with the recommendations of the employees of the Club, recommendations and/or prohibitions/restrictions placed on information and/or warning, prohibitive signs in the Club and/or on the equipment.

11.15. The client is prohibited from conducting physical education, fitness and other activities on the Club's territory, including, but not limited to: preparing training programs, providing assistance to Clients during the training process and/or monitoring the training process of the Club's Clients, as well as providing other services to the Club's Clients or using such services. Club Clients can only use the services of the Club/Club employees.

12. Group training sessions visiting instruction

12.1. Group classes are held according to a schedule that can be changed by the Performer. The schedule is posted on information stands and on the website www.parusclub.ru. Replacement of the Instructor (trainer) stated in the schedule is at the discretion of the Contractor without prior notice to Clients.

12.2. To avoid injury, it is strongly recommended that you attend classes that match your fitness level. The Instructor (trainer) has the right to prevent the Client from attending a group session that does not correspond to the Client's level of preparedness.

12.3. In order to avoid creating traumatic situations, it is necessary to come to group classes without delay. Being late for a warm-up for more than 10 minutes is dangerous for your health. The instructor (trainer) has the right to prevent the Client from attending this class.

12.4. You are not allowed to use your own choreography and free weights without the appropriate permission of the Instructor (coach).

12.5. The use of mobile phones in group program halls is not allowed. This distracts the Instructor (trainer) and participants of group programs from the correct technique of performing exercises, and can also lead to noise interference of equipment used in group classes (the instructor's microphone, speakers).

12.6. Conversations during the session should be kept to a minimum.

12.7. In order to ensure equal access of the Club's Clients to the club's inventory, it is forbidden to reserve seats in the hall and equipment for classes.

12.8. Some group programs defined by the Club can only be conducted by appointment at the Club's reception. To make an appointment, please contact the Club's reception.

12.9. Group classes that are missed through no fault of the Contractor are not reimbursed.

12.10. Special (commercial) classes can only be attended after they are paid in advance.

12.11. After the session, all special equipment used in the session must be removed to the designated areas.

13. Swimming pool visiting instructions

13.1. In order to comply with the rules of General hygiene: before visiting the aqua area (swimming pool, Finnish sauna and Turkish bath), taking a shower with a washcloth, soap or gel is mandatory. The duty Instructor (coach) has the right to prevent the Client from entering the pool/sauna area if this rule is not observed.

13.2. It is not allowed to rub various creams and ointments into the skin before using the pool.

13.3. Access to the pool is only allowed if you have a bathing suit, swimming cap and clean rubber slippers.

13.4. You are not allowed to bring glassware to the pool area. Use of glass items and razors in showers is prohibited.

13.5. It is forbidden to reserve places for rest, leaving towels and other personal belongings.

13.6. To avoid injury, it is not allowed to run around the pool, swim across the pool, or jump from the dividing walls and sides of the pool.

13.7. When swimming, focus on the layout of the pool. You are not allowed to sit on the dividing paths.

13.8. Swimming inside each individual track is performed counterclockwise (on the right side). Do not swim in the middle of the track or on the left side of it, so as not to collide with other swimmers. Be sure to keep a distance while swimming, do not interfere with other Customers. If you don't swim fast enough, don't use the track designated for high-speed swimming for swimming. In the absence of or insufficient development of swimming skills, it is mandatory to use water-supporting equipment (armbands, swimming boards, etc.).

13.9. For the duration of group lessons in the pool (according to the schedule), the area intended for swimming may be restricted or changed, Clients must switch to free paths that are not occupied for the lesson.

13.10. Equipment intended for water group programs (personal training) - belts, dumbbells, gloves, flexible sticks - is not allowed to be used for independent training.

13.11. The Contractor reserves the right to change the Instructor (trainer) stated in the schedule and make changes to the schedule of group classes in the swimming pool.

13.12. The tracks designated by the Instructor (trainer) for sports swimming (information plates) must be used for their intended purpose: the movement on the track is carried out on the right side of the track by sports swimming methods (backstroke, breaststroke, crawl). If one Client is engaged in sports swimming, the pool instructor (coach) on duty has the right to prevent another Client of the Club who is not swimming in a sports style from entering the designated track. Recreation for sports style swimmers on the track for sports swimming is allowed only at the sides of the pool.

13.13. In order to ensure the safety of Clients, the Club conducts repairs and sanitary treatments on the territory of the pool, including unscheduled ones, according to the internal approved schedule. Classes in the pool may be limited due to the need for these activities. Information about restrictions is brought to the attention of the Club's Clients in advance on the information stands or website www.parusclub.ru.

14. Group programs on the water visiting instructions

14.1. Water group programs are held in a designated area. Performing program exercises outside the designated area is prohibited in order to prevent injury to Clients engaged in free/sports swimming.

14.2. To avoid injury, it is strongly recommended that you attend classes that match your fitness level. The instructor (trainer) has the right to prevent the Client from attending a water group session that does not correspond to the level of preparedness.

14.3. Being late for a warm-up for more than 10 minutes is dangerous for your health. The instructor (trainer) has the right to prevent the Client from attending this class.

14.4. Conversations during the session should be kept to a minimum.

14.5. In order to ensure equal access of the Club's Clients to the Club's inventory, it is forbidden to reserve equipment for classes.

14.6. After the session, all special equipment-belts, dumbbells, gloves, flexible sticks – should be removed to the designated areas.

15. Turkish steam room (Hamam)/Finnish sauna visiting instructions

15.1. The Turkish steam room (Hamam) / Finnish sauna is open from 07.00 to 23.00 on weekdays and from 09.00 to 22.00 on weekends.

15.2. It is not allowed to use the bath/sauna without bathing suits and slippers.

15.3. In order to maintain personal hygiene, Clients are advised to use towels and lay them on a bench in the sauna. Avoid contact with the surface of the heater. This can cause severe burns.

15.4. In order to avoid a short circuit of electrical equipment and a fire, it is forbidden to dry clothes and towels, read Newspapers, magazines and other literature, pour water on stones, and leave behind any things and objects. It is forbidden to use essential oils and tinctures, including those specially designed for this purpose, in the steam room/sauna, since these substances are easily flammable and their use requires strict compliance with increased precautions.

15.5. In order to avoid asthma attacks and various cases of allergic reactions in other Clients, it is not allowed to use any cosmetic products (oil, honey, coffee, scrub, peeling and other aromatic preparations) in changing rooms/showers/bath/sauna. Before visiting the bath/sauna, it is not allowed to rub various creams and ointments into the skin because of possible harm to your health (overheating, increased pressure, allergic reactions, etc).

15.6. It is forbidden to use coffee-based scrubs and other similar substances in the bath/sauna, as this can lead to clogging of sewer drains and damage to the Club's equipment.

15.7. Clients are not recommended to stay too long in the steam room/sauna. For the first visit, it is recommended to go for 4 minutes. for the second visit, it is recommended to increase the stay time by 30 seconds. The maximum stay time is 20 minutes for 2-3 calls. After visiting the bath/sauna, you must take a shower.

15.8. Visiting the sauna is contraindicated for people suffering from severe hypertension, angina, lung diseases, and heart failure. It is not recommended to visit the steam room/sauna for pregnant women, children under 3 years of age, with exacerbation of chronic diseases, people who are in the acute period of the disease.

15.9. Steam room/sauna are relaxation areas. In their area are not allowed loud conversations, laughter, cry and so on. Please take care of the comfort of others.

16. Individual (personal) classes

16.1. The conditions and procedure for conducting individual classes are determined by the Contractor.

16.2. Individual lessons can only be conducted by a person specially authorized by the Performer. Registration for an individual lesson is made in advance in agreement with the Instructor (coach). Individual classes are held only after payment.

16.3. To pay for and account for personal training, the Performer has the right to set special prices and limit the period of use of such services (Clip card). The clip card provides an opportunity to use a set of similar additional paid services - personal training-for a certain period

of time, provided that a payment is required, as determined by the price list that is valid at the time of purchase of the service.

16.4. When paying with a Clip card for 10 personal training Client must pass personal training within 90 (ninety) days from the date of purchase, otherwise the paid training is not recovered and no refund.

16.5. When paying with a Clip card for 5 personal training Client must pass personal training sessions within 30 (thirty) days from the date of purchase, otherwise the paid training is not recovered and no refund.

16.6. If the Client is late for an individual session, the time of the session is reduced by the time of delay.

16.7. Please inform the Club staff about the cancellation or postponement of individual classes. Cancellation or postponement of an individual session (with payment saved) can be made at least 8 hours before the start of the session. In case of untimely cancellation or postponement, the unused individual lesson is considered to be actually rendered service and its cost is not refundable.

IV. Club visiting instruction for children

17. General club visiting instructions for children

17.1. Parents/authorized ² persons are personally responsible for children on the Club's territory and should not leave children on the Club's territory without supervision, except for the child's presence in the Club's children's room and in classes according to the children's class schedule.

17.2. The Club is not responsible for children who are in the territory of the Club without the supervision of accompanying parents or authorized persons.

17.3. Children must follow the general rules for visiting the Club when they are in the Club's territory.

17.4. Parents/authorized persons must bring the child to the class in a timely manner, as well as pick him up on time at the end of the class.

17.5. Changing clothes for boys and girls older than 5 years in changing rooms that do not match the gender is prohibited in terms of possible injury to the child's psyche and creating discomfort for other Club Clients. For parents/authorized persons with different-sex children (mother with son, father with daughter), the Performer can provide the child with an accompanying person (teacher or coach) for an additional fee.

17.6. If the parents/authorized persons accompanying the child are not Clients of the Club, these persons do not have the right to use the services of the Club. If the Club detects a violation of the order of their stay in the Club's territory by parents/authorized persons accompanying the child who are not Clients of the Club, the person with whom the contract is concluded must pay a guest visit, according to the price list of prices set by the Club on the day of the violation.

17.7. Children must strictly observe the discipline and order of tasks during classes.

17.8. The Club is not responsible for injuries received by the child as a result of non-compliance with the requirements/recommendations/instructions of the Club employee.

17.9. Children should be healthy when visiting the Club. To prevent the spread of infection, we ask you to leave your child at home in the following cases:

- if the child has a runny nose, cough, sore throat, or other infectious disease;
- if the child has an upset stomach, nausea, or other intestinal ailment;
- if the child has an elevated temperature;
- if the child has a rash, unhealed wounds.

² An authorized person is an individual who has reached the age of 18, who is A client of the Club on the basis of an agreement or is not a Client, and who, on the basis of a written application submitted to the Club from one of the parents, is authorized to accompany the child while staying at the Club.

The instructor (trainer) may not allow a child with the above symptoms to enter the Children's room/fitness area.

17.10. Children under 16 years of age are allowed to practice in the gym only when accompanied by an adult or as part of a section/personal session with an Instructor (coach) if they have a written application approved by the fitness Director of the Club.

17.11. Children under 16 years of age are not allowed to stay in the swimming pool and use the sauna without the assistance of an Instructor (coach) or parents/authorized persons.

17.12. If a child under the age of 16 is found to be in the territory of the Club without an adult escort, the Club has the right to terminate the Agreement unilaterally.

17.13. Children under the age of 16 are not allowed to enter the training areas and adult classes, or to stay in the pool after 21:00.

17.14. The instructor (trainer) has the right to interrupt the training conducted by the parent if it violates safety standards and harms the child's health.

18. Children's room visiting instructions

18.1. The children's room can be used by children from 3 to 9 years old (club Clients/Guests). Opening hours of the Children's room: from 16:00 to 21:00 on weekdays, from 12:00 to 17:00 on weekends.

18.2. Each time a child is left in the Children's room, the parent/authorized person must register the child in the visit log, inform the employee of the Children's club about the child's individual characteristics, character traits and preferences, as well as the location of the parent/authorized person in the Club and the contact phone number.

18.3. The presence of parents/authorized persons in the Children's room is prohibited. If parents are not sure that the child can stay in the Children's room without parents/authorized persons, they can periodically visit the child briefly or reduce the time of his stay in the Children's room during the first days.

18.4. The maximum stay of a child in the Children's room is no more than 3 hours per day.

18.5. You are not allowed to come to the Children's room with drinks and/or food. For feeding a child, parents/authorized persons can use the services of a cafe.

18.6. All equipment in the Children's room is disinfected daily, so it is forbidden for children to bring personal toys from home to the Children's room.

20. Children's club group programs and pool visiting instructions

19.1. Before using the services of the Club, parents/authorized persons must submit a medical certificate of the established sample on the admission of a child of preschool and primary school age to classes held in the pool.

19.2. Children under 3 years of age are allowed to use the pool only if they have swimming diapers and present a certificate of enterobiosis.

19.3. Group classes with a Club employee are held in accordance with the schedule of the Children's club. The Club reserves the right to unilaterally make changes to the schedule of the Children's club and / or change the declared Instructor (coach).

19.4. All sports and recreation and other activities of the Children's club, as well as group classes held in the pool, are designed taking into account the psychological and physiological characteristics of children of different ages. In order to ensure safety and improve the effectiveness of training processes, children are only allowed to visit them in accordance with the age specified in the schedule. An employee of the Club has the right to prevent a child from participating in activities that do not correspond to their age and/or physical development.

19.5. Some group classes for children are available by appointment. Information about such events is reflected in the schedule of the Children's club.

19.6. Some group classes for children are held in sections. The section is a paid group for children, starting from 2 people who paid the full cost of the service. The period of validity of the subscription to the section for 8 classes (visit twice a week) and 4 classes (visit once a week) is 30 days. Missed classes will not be rescheduled for another period. If a child misses a class due to illness, the subscription to the section is frozen for 2 days upon presentation of supporting documents.

19.7. Parents/authorized persons must comply with the Contractor's requirements for clothing and footwear. Participation in events held in the Club, in street clothes and shoes, as well as barefoot is prohibited.

19.8. During activities with children in the form of personal or group sessions with a Club employee, the child is under the supervision of a Club employee.

19.9. The instructor (trainer) takes the children out of the reception area 15 minutes before the start of the group training and brings them back to the reception area 15 minutes after it ends. The child must leave the locker room no more than 15 minutes after the end of the training session, under the supervision of authorized persons or the Instructor (coach) who conducted the training, with subsequent transfer to authorized persons.

19.10. Children under 3 years of age can only be in the pool with an Instructor (coach).

19.11. Children from 3 years old to 16 years old can only be in the pool at certain hours under the supervision of parents/authorized persons, with an Instructor (coach) during personal training or during group classes according to the schedule for each age category.

19.12. Children over 16 years of age are allowed to stay in the pool without the presence of parents/authorized persons who are clients of the Club, only if they comply with the Club visiting instructions.

19.13. Children are allowed to participate in sports and recreation activities in the pool on a specially equipped pool path.