

The following **rules & procedures** apply to all Sports Zone Members. These are in addition to the rules & procedures stated on the reverse page.

• **Sports Zone Hours:**

- 19:00-22:00 school days
- 09:00-22:00 non-school days\*

• **Swimming Pool:**

- Tues & Thur. 19:00-21:00
- Family Splash Sat. 13:00-15:00\*

*\*Check on the weekly newsletter for the dates*

Children under the age of 12 must be accompanied by a Parent at all times.

- Guests are not permitted at any time during Sports Zone or Facilities Use by Outside Groups (FUBOG) hours.
- Access to the facilities is only permitted with an AAS ID badge. The badge should be with person at all times.
- Only approved personal sports equipment may be used.
- All group bookings and large events must be approved by school administration in advance. Enquiries regarding the further use of the facility may be made through the Penguin Life Office.

\*Non-School Days include holidays, weekends, & summer break, but, do not include Faculty & Staff In-Service Days.

\*Helpers, Drivers, Nannies, & Trainers are not permitted in the Sports Zone. Children must be accompanied by a Parent.

Thank you!

**Sports Zone areas include:**

Fitness Centre  
Spinning Room  
North Gym  
Tennis Courts (Ice Rink—Winter)  
North Field &  
Swimming Pool

As a Health Promoting School, the Anglo-American School of Moscow (AAS) welcomes the opportunity to provide the AAS Community with a variety of recreational facilities.

Details of the facilities, rules and procedures plus available times of use are all outlined in this leaflet. Please check with the Penguin Life Office, AAS Newsletter, and the AAS Calendar regarding possible changes in times and days available.

We invite you to take this opportunity to expand both your family's and your own healthy lifestyle practices. Our goal is to provide recreational facilities where the atmosphere is warm and inviting and where all users are safe. Please support us by ensuring that you read and follow our agreed rules and procedures as we strive to meet our goal.

Have FUN in the SPORTSZONE!



AAS Switchboard: +7-495-231-4488

<https://www.aas.ru/penguin-life/sports-zone>

The Anglo-American  
School of Moscow

## SportZONE

Managed by  
AAS Penguin Life



A **Guide** for  
**SportsZone**  
Members

# Welcome to SPORTS ZONE!

## SPORTS FACILITIES

The following facilities are within SPORTS ZONE and available for use by MEMBERS:

North Gym, Fitness Room, Spinning Room, Swimming Pool and Locker Rooms.

Ice Rink, Tennis Courts, North Field.

## RULES OF USE

The following procedures apply to all users:

### General Rules & Procedures

- All facilities are used at your own risk.
- Play safe & be safe.
- Children & adults are prohibited from climbing on equipment.
- Use of the facilities while under the influence of alcohol/drugs is prohibited.
- We are proud to say that AAS is a SMOKE FREE environment.
- Please note that there is NO facility to loan out equipment to Sports Zone users.
- Security has the right to remove any individual who fails to comply with Sports Zone policies.
- **All members should bring their own equipment**
- **Equipment is not to be moved from any facility**
- **Equipment that is left set up by PE Classes is NOT TO BE REMOVED**

## Indoor Rules & Procedures

- All wet, dirty or snow-covered footwear must be removed within the area of the entrance porch. Please brush off snow and dirt BEFORE entering the porch.
- All Members are required to use the locker room facilities for changing and / or storing items of clothing and footwear. It is highly recommended to bring a lock to secure personal belongings during the time of each visit.
- Food may only be consumed within the area of the food counter.
- Sports drinks and water may only be consumed if they are in squeeze bottles or in similar container that close securely.

## Room-Specific Rules and Procedures

### Swimming Pool

Please remember that pool use is a privilege and continual breaking of rules or causing danger to other swimmers may result in the loss of the privilege.

- All swimmers must shower before entering the pool.
- MS and **ES Swimmers** must be accompanied by a parent/guardian. No exceptions!
- Infants and toddlers should wear swim diapers in the pool (there is a limited supply in the Aquatics department).
- No outdoor footwear is allowed on the pool deck. Please wear sandals or flip flops.
- One piece bathing suits are suggested for women.
- All swimmers are to bring their own swimming gear e.g. goggles, swim caps and towels.
- Lanes 1, 2 & 3 are reserved for lap swimmers **only**.

## Fitness Centre

- No **ES-aged children are allowed in this facility at ANY TIME.**
- MS-aged children must be accompanied by a parent/guardian. No exceptions!



While in the Sports Zone, all users are required to show courtesy towards other users, security, Fitness Centre Supervisors and management personnel.

Please help us keep the Sports Zone a safe, clean and welcoming environment!

## SportZone FEES

Membership: all memberships are family

- **\$600 US** from August 18, 2017 – July 31, 2018
- **\$450 US** from December 1, 2017 – July 31, 2018
- **\$300 US** from April 1, 2018 – July 31, 2018