



Instructions for use of the gym

Opening hours: **Monday - Friday 06.45 am – 9 pm, Saturday – Sunday 8 am – 6 pm.** Notifications about irregular opening hours will be posted on the messageboard and on our webpage. **The gym key is for personal use only, do not lend it to anyone else.** Please contact sports services if you lose your key. The deposit fee will be refunded when returning the key intact. The city will bill all key holders a 6 month fee. A half year fee is 70 euros (for Hanko residents 35 euros). The fee periods are 1.1 - 30.6 and/or 1.7 - 31.12. **One time purchases are not possible and the key is always valid until further notice.** An invoice will be sent twice a year (spring and autumn).

Persons under the age of 16 may use the gym only in the company of an adult. Access to the gym is strictly forbidden for children under the age of 12.

Use of outdoor footwear in the gym is forbidden. Cleanness, order and good conduct is to be observed. The gym is not open for public use during instructed activities. Schedules for these activities can be found on the message board and webpage. The gym users have access to the locker rooms (ladies: no. 2 and 3, gentlemen no. 4 and 5). The city of Hanko is in no way responsible for unattended valuables. There are lockers inside and outside the gym. These can not be occupied for more than two hours and are to be used with your own padlock.

The resistance of the air pressure operated gym machines should always be released after completed exercise. Changing the direction of resistance requires pressure release. Weight plates, dumbbells and other equipment should be returned to their places. If the gym is empty, please turn off the lights and radio when you leave.

ATTENTION! You are obliged to inform our department in case of vandalism or theft, or if something is broken.

Contact: krista.grundstrom@hanko.fi tel. 040 869 7406
 heidi.johansson@hanko.fi tel. 040 135 9403
 tobias.ohman@hanko.fi tel. 040 135 9405

Information about Key Return:

The key can be returned during office hours at the Sports Hall (Fridays from 10:30 AM to 12:00 PM), or at another time by arrangement with the staff.

NOTE! The key must be returned by the end of August for the autumn season and by the end of January for the spring season in order to avoid the upcoming half-year fee.