

MONTE·CARLO
SOCIÉTÉ DES BAINS DE MER

RULES AND REGULATIONS



THERMES MARINS
MONTE·CARLO

Our concept and values

Fitness is an important part of health and well-being. Whether you prefer personal fitness or supervised activities, Thermes Marins Monte-Carlo offers Technogym, the latest in sophisticated sports equipment, set up in an area overlooking the sea. The group courses offer all types of fitness classes, indoors or in a heated seawater pool. We also offer a sentorium, hammam and Jacuzzi overlooking the Mediterranean, all of which complement this fitness area beautifully.

General terms and conditions

TREATMENTS

We recommend arriving at least 20 minutes before your appointment so you can prepare for your experience and treatments without rushing.

If you arrive late, your treatment will be shortened but due in full.

During your treatments, you can leave your personal belongings in a locker¹. The locker uses a combination and opens automatically every night once the changing rooms close. We provide robes, towels and slippers.

MAKING RESERVATIONS

For customers not staying in one of our Monte-Carlo Société des Bains de Mer hotels, credit card information will be requested as a guarantee when you make your reservation.

CANCELLATION POLICY

For appointments cancelled or postponed with less than 24 hours' notice, 100% of the price is due. Total payment is also due in the case of a missed appointment or no-show. Same-day appointments cannot be changed or cancelled.

¹ For day packages, hotel stays or programmes

LOST OR DAMAGED OBJECTS

Management can in no way be held liable for personal items that are lost, stolen, left behind or damaged in our facility.

PARKING INFORMATION

The Thermes Marins Monte-Carlo car park is strictly reserved for customers with a reservation or an appointment. Because the number of parking spaces is limited, our valets cannot guarantee that they will take your vehicle. The car park closest to Thermes Marins Monte-Carlo is located on the Place du Casino (Boulingrins car park).

In the case of repeated misuse of our car park, Thermes Marins Monte-Carlo management reserves the right to rescind parking privileges from the customer in question.

Rules and regulations

The Wellness area is a private space for sports, fitness and relaxation.

All of our customers and members comply with these rules and regulations to preserve the peaceful environment and get the full benefit of relaxation.

By signing up for a Wellness membership, members implicitly acknowledge having read the following rules and regulations and agree to comply with them.

ACTIVITIES

Customers who have paid for entry, customers staying at the Hôtel de Paris Monte-Carlo or Hôtel Hermitage Monte-Carlo and subscribers enjoy unlimited access to the following activities:

heated seawater pool, sentorium, sauna, hammam, Jacuzzi and solarium (not including Historic Grand Prix weekend and Formula 1 Grand Prix weekend), cardio training room, fitness courses held in the pool or in the fitness room (the course schedule can be consulted on our Facebook page or at reception and is subject to change without notice). Our swimming teachers and coaches are available from 7.00 to 21.00 to guide you in your sporting activities and offer you private lessons.

OPENING HOURS

The Wellness area is open every day, including Sundays and holidays, from 7.00 to 21.00. Customers and members are asked to return to the changing rooms by 20.45 at the latest.

Thermes Marins Monte-Carlo reserves the right to close the pool for training, inspection and special events.

The facility is closed once a year for maintenance (dates available at reception).

The outdoor solarium is not accessible during Historic Grand Prix weekend and Formula 1 Grand Prix weekend.

CHANGING ROOM AND LINENS

The attendants in the changing rooms on Level -3 will show you the locker you will be using that day to store your personal items.

The locker uses a combination and opens automatically every night once the changing rooms close. We therefore ask that you empty your locker before leaving the facility. A new locker will be assigned to you at your next visit.

Valuables can be safely stored in your locker.

CHILDREN

The Wellness area is free for children under 5 years of age. Children over the age of 5 must pay for entry. Under-18s may only sign up for membership if their parents are members.

Children must be accompanied when moving from one area of the centre to another, including the changing room.

HYGIENE AND COURTESY

To ensure everyone's well-being, standards of hygiene and courtesy have been set out for everyone to follow.

Management may refuse access to the facility to any person or suspend their membership if these standards are not met.

LIABILITY

Safety is ensured by the good condition of the equipment and the facility as well as the strict observance of rules of operation by users. The cost of any damage caused to the equipment or the facility will be borne by the person causing the damage.

Thermes Marins Monte-Carlo disclaims any liability for accidents resulting from non-compliance with the recommendations contained in these rules and regulations.

Customers and members have access to valet parking, subject to availability. Thermes Marins Monte-Carlo and their valets will not in any way be held liable for any incidents, regardless of origin, occurring to the vehicles.

PRICES AND ADDITIONAL SERVICES

Prices are subject to change without notice. Complementary services (treatments, bar, restaurant, shop, etc.) must be paid immediately and in full.

If the members wish to leave a tip, they can do so by indicating the amount(s) and the recipient(s) during payment.

Rules and regulations for the pool area, solarium, sauna, sentorium, hammam, cold bath and ice fountain

COMFORT - HYGIENE - SAFETY

This facility is dedicated to wellness and serenity.

Conviviality and respect for others require that we all follow certain rules:

- Pets are not allowed inside the facility
- Cell phones must be kept in silent mode. Please only take calls in the lobby located near reception on Level -2
- This is a private facility. Filming or taking photographs within the facility is subject to specific authorisation from Monte-Carlo Société des Bains de Mer
- Please store valuables in your locker. Management denies all liability in case of loss or theft in the facility
- Please step outside the facility if you wish to smoke

POOL AND SOLARIUM

The pool and solarium are accessible to adults and children accompanied by an adult who has paid for entry and/or Resort customers bearing their Cercle Monte-Carlo card.

Parents are responsible for their children's actions and we ask that they inform their children of these rules and regulations. Babies must wear swim nappies.

All customers must wear appropriate swimwear and poolside footwear. Robes and towels are available in the changing rooms.

Please use the shower and foot baths located around the pool every time before going in the pool. Long hair must be tied back. Swimming caps are recommended.

To maintain standards of hygiene in the pool, anybody with a skin condition must obtain medical authorisation before swimming.

The Thermes Marins Monte-Carlo pool and solarium are places to relax. Please refrain from screaming, running, jumping or diving. Please act in a calm, pleasant and respectful manner.

Mobile phones should be in silent mode. If you must use the phone, please respect your surroundings when you do so.

Deck chairs cannot be reserved. We ask you to move your belongings if you need to leave the pool area for lunch or to have your treatments.

Drinks and food are not allowed except in the restaurant l'Hirondelle, in the bar or the outdoor solarium.

Group classes are held regularly in the pool. Thank you in advance for helping to ensure they run smoothly.

For the comfort of all guests, please do not use personal items (e.g. rubber rings, flippers, snorkels, toys) in the pool area without the lifeguard's permission.

HAMMAM, SAUNA AND SENTORIUM

For safety reasons, children must be accompanied by a parent or a duly authorised adult. Children are the sole responsibility of their accompanying parent or adult.

The hammam, sauna and sentorium are not recommended for people under the influence of alcohol or psychotropic substances, or after a workout or sun exposure.

Medical authorisation is required for anyone under a doctor's care for conditions such as pregnancy, skin diseases, infectious diseases, or medical treatment.

Use of facilities

Please shower before each usage of these facilities.

Wearing a towel is highly recommended and is mandatory in the presence of minors. It is prohibited to use scrubs, cosmetics, shaving products or shampoo in the hammam, sauna and sentorium.

Each hammam, sauna or sentorium session lasts 10 minutes and should be followed by a lukewarm shower or the ice fountain and cold bath, then a rest period of at least 10 minutes, without exceeding three consecutive sessions.

Should a problem occur, an alarm is located near the hot rooms.

Men and women cannot use these facilities together.

Personal data protection

Pursuant to modified law no. 1,165 of 23 December 1993 on personal data protection, information communicated while purchasing a treatment or completing the subscription form is used for administrative, commercial and marketing purposes. The responses to items marked with an asterisk (*) are required and need to be completed for your application to be considered. Without these items, Thermes Marins Monte-Carlo cannot consider your application.

If you agree, this information may be passed on to all Monte-Carlo Société des Bains de Mer group companies which may offer promotional information by post, SMS, email, send their newsletter or any other information relating to their products and services. If you do not wish to receive these offers or information, please let us know.

You can exercise your right to access and modify your personal data by writing, either by post or by email, to:

Thermes Marins Monte-Carlo
2 Avenue de Monte-Carlo - MC 98000 Monaco
thermesmarinsmontecarlo@sbm.mc

Do you want to take out an annual membership to Thermes Marins Monte-Carlo?

An annual membership to Thermes Marins Monte-Carlo offers you several benefits¹:

- Access 7 days a week from 7.00 to 21.00 to the Wellness area of Thermes Marins Monte-Carlo:
 - Heated seawater pool
 - Sentorium, sauna and hammam
 - Cold bath and ice fountain
 - Solarium (excluding Historic Grand Prix weekend and Grand Prix Formula 1 weekend)
 - Cardio training and Technogym exercise machine

- Access to all sports activities at Thermes Marins Monte-Carlo

- When you become a member, you will be given:
 - A sports bag
 - Your Technogym personalised training key
 - Gift vouchers² to use yourself or give as a gift

- You will also benefit from:
 - Discounts on all Thermes Marins Monte-Carlo services, only on presentation of your member card and free access to fitness and aqua fitness group courses
 - Free access to the Monte-Carlo Société des Bains de Mer loyalty programme with all of its advantages

¹ Benefits not available for memberships of less than one year

² These vouchers are valid for the duration of your membership (reservation required; not including weekends and bank holidays)

Special offers and discounts from our partners. These offers may change. For further information, please contact our reception.

ADMISSIONS PROCEDURE

The number of members is limited to maintain high quality service. If the maximum number is reached, membership requests will be placed on a waiting list. Applicants will be regularly informed of admissions opportunities. Every new member is given a member card upon registration (once payment is received). The member card is reserved exclusively for the use of the person whose name appears on the card. It cannot be lent, exchanged, sold or refunded. If the card is lost, the member in question shall inform Management. A new card will then be issued.

EARLY TERMINATION OF MEMBERSHIP

Membership termination during the year may not, under any circumstances, be subject to a refund of the annual fee, even on a pro rata basis.

Memberships cannot be sold, transferred or refunded for any reason. Memberships cannot be extended for any reason.

Management reserves the right to cancel membership at any time for a member who does not comply with these rules and regulations.