



# IPOH SWIMMING CLUB

## Transition to Endemic Phase

Dear members,

Sports and recreational activities' status will be revised as follows:

### SPORTS AND RECREATIONAL ACTIVITIES

	Time	
Library	7.30am-9.45pm	Open for vaccinated members
Wellness Activities (Tai Chi, Yoga, Line Dance)	Scheduled sessions	
Badminton	7.30am-11.30pm	
Table Tennis	7.30am-10.00pm	
Snooker	Mon-Fri : 4.00pm-11.00pm Sat, Sun & Public Holidays : 1.00pm-11.00pm	
Squash	7.30am-10.00pm	
Gymnasium	7.30am-10.00pm	
Swimming	7.30am-10.00pm	
Jacuzzi	7.30am-10.00pm	
Tennis	7.30am-10.30pm	
Basketball	7.30am-10.00pm	
Sauna	7.00am-10.00am ; 4.00pm-10.00pm	
Dining	-9.00am-10.00pm (Last order is 9.45pm)	
The Junction	Mon-Thurs : 3.00pm-12.00am Fri-Sun : 12.00pm-12.00am	
Karaoke	Mon-Thurs : 7.00pm-12.00am Fri-Sun : 3.00pm-12am	

### GENERAL RULES

- **Allow Security / Staffs to check "MySejahtera" upon request** to confirm that you are vaccinated.
- Only members with "MySejahtera" profile showing "Low Risk" & "Casual Contact Low Risk" are allowed entry to the Club.
- **Face mask is mandatory** before and after games
- Children under 12 years of age can participate in activities with parents' presence.

By order of the Central Committee

Date: 1st April 2022