



مجمع حمدان الرياضي  
HAMDAN SPORTS COMPLEX

WE ARE  
OPEN  
NOW

Further to Dubai Sport Council's circular announcing the reopening of all swimming pools and water sports activities, we are thrilled to resume operation.

Our swimming pools and gym are open from 6.45am to 6.45pm and badminton courts from 6.45am to 10pm, Saturdays to Thursdays.

Your health and safety is our top priority, therefore, we have put in place stringent safety and hygiene protocols so you can train with a peace of mind. The protocols include:

- Regular and thorough deep cleaning of all common areas.
- Separate entry and exit points.
- Temperature screening of all employees and visitors upon entry.
- Provision of an isolation room.
- Provision of hand sanitizers at entry points and reception areas.

## CONTACT US TO MAKE A BOOKING NOW!

To control crowd, it is mandatory for members to present a booking confirmation upon entry. Those without a booking confirmation may be required to wait if we reached maximum capacity, or return home.

**AGE** Above 18 and below 60 years old only

**DURATION PER SLOT** 90 minutes for a swimming or gym session

60 minutes for a badminton session

**PAYMENT METHOD** Credit or Debit Cards only.

**BOOKING METHOD** Email – [info@hamdansc.ae](mailto:info@hamdansc.ae)

**CALL OR WHATSAPP** 056-9948022

## PRICE

### SWIMMING OR GYM COST PER PERSON (AED)

Single Entry 60

1 Week 160

1 Month 500

3 Months 1,350

6 Months 2,550

1 Year 3,999

### BADMINTON COST PER HOUR (AED)

Badminton Court 65

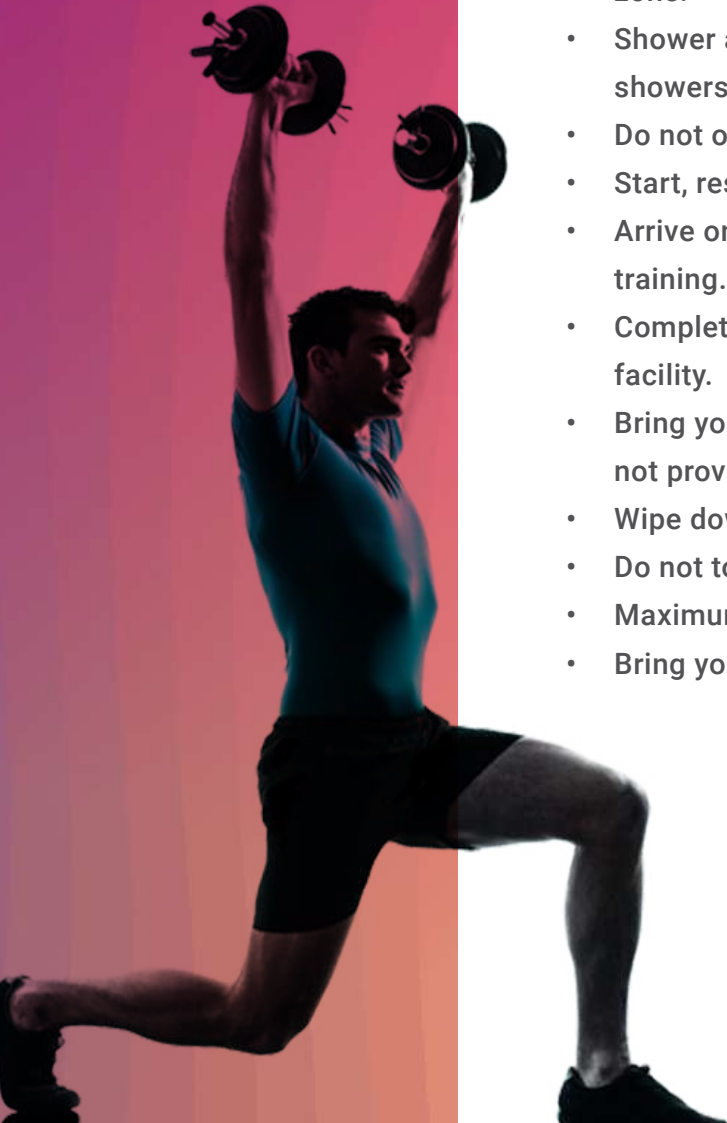
Note: The rates above are subject to 5% VAT charges.  
Members are allowed access to one facility only for each entry.  
Members are allowed a maximum of 2 entries per day.





## WHILE TRAINING AT THE COMPLEX, WE APPRECIATE YOUR COMPLIANCE TO OUR GENERAL CODE OF CONDUCT:

- Avoid physical contacts at all times.
- Avoid touching of objects, equipment and surfaces unnecessarily.
- No group gatherings within and around the complex.
- Keep a 2-meter distance from others.
- Wear a mask at all times except during pool use.
- Bring your own swimming equipment. Maximum of ONE swimming equipment is allowed per swimmer.
- Do not share personal belongings with others.
- Place your personal belongings in the designated athlete zone.
- Shower at home before and after training. The complex's showers, changing rooms and lockers are closed.
- Do not overtake others while swimming.
- Start, rest and end swimming at your assigned starting point.
- Arrive on time, and leave within 10 minutes after completing training.
- Complete warm up exercises at home before arriving at the facility.
- Bring your own towels and stretch mats. The complex does not provide these items.
- Wipe down gym equipment for each use.
- Do not touch or use the gym equipment that are blocked off.
- Maximum of 2 players per badminton court per session only.
- Bring your own rackets, shuttlecocks and towels.



## FAQS:

### **Q: IS IT REQUIRED TO DO THE CORONAVIRUS (COVID19) MEDICAL TEST CERTIFICATE BEFORE RESUMING PHYSICAL ACTIVITY?**

According to Dubai Sports Council, returning to physical activity does not require a Coronavirus (COVID19) test certificate.

### **Q: WHAT IS THE COMPLEX'S MAXIMUM CAPACITY?**

The complex is currently operating with 30% capacity.

### **Q: AM I ALLOWED TO USE THE CHANGING FACILITIES IN THE COMPLEX?**

Our showers, lockers, changing rooms, jacuzzi and sauna are closed at the moment.

### **Q: AM I ALLOWED TO HAVE ANY COMPANIONS TO WORK OUT WITH ME?**

Only those with advance booking confirmation are allowed entry to the complex. Spectators, family members and friends are not permitted to entry.

### **Q: IS MY PERSONAL TRAINER ALLOWED TO TRAIN WITH ME IN THE COMPLEX?**

At this stage, only members who are directly training are allowed access to the complex's facilities. Private coaching is not permitted.

### **Q: I PREVIOUSLY PURCHASED A MEMBERSHIP PACKAGE BUT ITS VALIDITY IS EXPIRED NOW BECAUSE OF THE LOCKDOWN. AM I ABLE TO GET A REFUND?**

We do not offer refunds but your membership validity is automatically extended.

### **Q: WHAT IS THE MINIMUM AGE TO TRAIN AT HAMDAN SPORTS COMPLEX?**

The minimum age is 18 years old, and the maximum age is 60 years old.

