GARWARE CLUB HOUSE

(A Company Incorporated u/s 8 of Companies Act, 2013)
CIN No. : U92100MH1993NPL071488
Regd. Office : Wankhede Stadium, 'D' Road, Churchgate, Mumbai - 400 020.
Tel.(Off): 022 4332 33 00 / 33 / 2285 44 44 / 2281 27 23
E-mail: info@garwareclub.co.in • Website: www.garwareclub.co.in

Sharad Pawar
Hon. President

Raj K. Purohit
Hon. Vice-President

Manish K. Ajmera
Hon. Treasurer

Managing Committee Members

Chaturvedi Mohit B.

Chheda Hina Shishir

Dalal Nitin Navinchandra

Gorimar Cyrus M.

Kadakia Ajay K.

Sanghavi Nainesh

Shah Dilip M.

Shah Harshad C.

Shah Rajiv Kesarichand

Shah Rohit M.

Shah Payal Rahul

Co-opted Members

Gandhi Janak J.

Joshi Preshit S.

Kadakia Kartikeya R.

Shah Amit S.

B. V. Acharya
Administration Executive

Ref No: GCH 35/669-2021

30th June, 2021

ALL THE MEMBERS / ASSOCIATES OF THE CLUB HOUSE.

NOTICE

Further to our Communication dated 25.06.2021 regarding Commencement of Activities at Garware Club House, Members are hereby informed that the Fine-Dine Restaurant and the Unisex Gymnasium Facilities shall be available to Members w.e.f. Friday, 2nd July 2021.

Facility	Timings
FINE-DINE RESTAURANT (Limited Menu)	**11:00 am to 04:00 pm (Last Order 03:30 pm)**
UNISEX GYMNASIUM*	**06:30 am to 01:20 pm**

***Slots of 50 mins each by Booking via SMS or Whatsapp on Cell Nos 99307 71481. Walk-Ins subject to availability.**

The Opening of the Fahrenheit Salon will be announced in due course.

ALL OF THE ABOVE ACTIVITIES WILL REMAIN CLOSED ON SATURDAYS & SUNDAYS

As per the Guidelines issued by the Govt., the SOP's are attached herewith in respect of the Fine-Dine Restaurant & the Gymnasium.

Please note :-

- **Guests / Affiliated Club Members are NOT allowed.**
- **Non-availability of manpower continues to be severely affected due to restriction on commuting in local trains and limited seating in the B.E.S.T Bus Routes**

Members are requested to strictly follow the Covid-19 Protocol during their visit to the Club House.

30/6/2021.

(B.V. ACHARYA)
ADMINISTRATION EXECUTIVE

Encl: Annexures A, B & C

GARWARE CLUB HOUSE

ANNEXURE A

Enclosure to Notice Ref. No. GCH/35/669-2021 dated 30.06.2021

MEMBERS ARE REQUESTED TO ABIDE BY THE GUIDELINES DURING THEIR VISIT TO THE CLUB HOUSE

1. Aarogya Setu App should be operational on the Mobile Phone of all the Members and their Family Members, with a view to ensure safety.
2. Before entering the premises, Member's will be screened at the entry point and only asymptomatic Members will be allowed to enter the dining areas. The temperature over 38.0 degrees Celsius (100.4 degree Fahrenheit) or Flu-like Symptoms will NOT be allowed to enter.
3. Please maintain Social Distancing and Co-operate with the GCH Staff/Security/Catering Personnel at all times.
4. Chewing of Tobacco / Guthka / Betel Leaf / Smoking is strictly prohibited in the Club Premises.
5. All Members including their Spouse & Children must carry their individual Membership Cards at all times, as the same would be checked by the Staff at the Main Reception.
6. No Maids / Servants etc. will be allowed in the Club or will be accompanied by any Member except Physically Handicapped Members. Such helpers cannot move around anywhere in the Club.
7. Persons above 65 years of the age, persons with comorbidities, pregnant women are advised not to risk themselves.
8. Requested to use the hand sanitizers placed at the various Entrances of the Club.
9. Temperature of the Air conditioners will be set as per directions following the Government norms.

Members/Associates are requested to bear with any inconvenience, they may experience, due to any shortcoming on the part of Catering Services, considering the present situation.

GARWARE CLUB HOUSE REGD. OFFICE MUMBAI 400

30/6/2021

(B.V. ACHARYA)
ADMINISTRATION EXECUTIVE

GARWARE CLUB HOUSE

ANNEXURE B

Enclosure to Notice Ref. No. GCH/35/669-2021 dated 30.06.2021

STANDING OPERATING PROCEDURE FOR FINE-DINE RESTAURANT

1. Limited Menu Available
2. Outside Eatables, Beverages etc. into the Club House premises are not permitted.
3. No Raw Food such as Salads, Lime and Onion Slices, Salt n Pepper, Chutney n Pickles will be served. Only Bottled Packaged Water will be served on a chargeable basis.
4. Only paper napkins will be kept on each table and no cloth napkins and finger bowls will be provided. As such Members are requested to use the washroom facilities to wash their hands in the wash basin.
5. No request for joining of the table or adding chairs to the table will be entertained. Seating arrangements will be Side by Side and NOT facing each other.
6. Members and their Children are requested not to converse loudly or move around unnecessarily in the Restaurants or go on to any other Members Table in the interest and the safety of all other fellow Members.
7. Cash / Debit Card/ Credit Card and Credit facility of the Club House Membership Identity Card will be available on Food Items only.
8. Drinks will be served as usual on Cash/Debit/Credit Card basis only.
9. Requested to use the hand sanitizers placed at the entrance door of the Dining areas of the Club.
10. Temperature of the Air conditioners will be set as per directions following the Government norms.
11. Members should leave the Club Premises on completion of their meals.
12. Wearing of Mask is compulsory, except while eating and drinking.
13. Members/Associates are requested to bear with any inconvenience, they may experience, due to any shortcoming on the part of Catering Services, considering the present situation.

30/6/2021.

(B.V. ACHARYA)
ADMINISTRATION EXECUTIVE

GARWARE CLUB HOUSE

ANNEXURE C

Enclosure to Notice Ref. No. GCH/35/669-2021 dated 30.06.2021

STANDARD OPERATING PROCEDURE

FOR UNISEX GYMNASIUM

Gym Session Timings
06:30 am to 07:20 am
07:30 am to 08:20 am
08:30 am to 09:20 am
09:30 am to 10:20 am
10:30 am to 11:20 am
11:30 am to 12:20 pm
12.30 pm to 01:20 pm

CHARGES FOR CASUAL VISIT WITH PRIOR BOOKING

Rs. 75/- (excluding GST) per Session of 50 min per Member

Rs. 50/- (excluding GST) per Session of 50 min for Senior Citizen Members

CHARGES FOR PERSONAL TRAINING w.e.f. 05.07.2021

Rs. 3,000/- (excl GST) for 12 Sessions + Rs. 75/- (excl GST) per Session of 50 min per Member

CHARGES FOR 1-2 PREMIUM TRAINER w.e.f. 05.07.2021

Rs. 15,000/- (excl GST) for 8 Sessions + Rs. 75/- (excl GST) per Session of 50 min per Member

PLEASE NOTE :

→ The Unisex Gym will be open from 06:30 am to 01: 20 pm
→ There will be 10 minutes break after every session for sanitization and disinfecting measures.
→ **Allotment of slots will be on Pre-Registration Basis on One day in advance by SMS on Cell No. 9930771481 from 09:00 am to 04:00 pm.**
→ Once the Slot is booked, the same cannot be Cancelled under any circumstances. The concerned Member's Account will be Debited with the Slot Charges.
→ Session will be in slots of 50 minutes starting from 06:30 am. Maximum number of Members booking per slot is 12. Members are requested to avail maximum 3 times a Week in order to give opportunity to other Members.
→ Staggering session times and allowing minimum of 10 minutes between slots is to avoid overlapping between members arriving and leaving.
→ Members must vacate the Gym after Last slot by 01:30 P.M.

ENTRY PROCEDURE:

→ Members will be allowed entry according to their slot booking timings.
→ Age Limit: As per Government advisory, Senior Citizens above the age of 65 years and Children below the age of 16 years will not be permitted to use the facility.
→ Members with Comorbid ailments and pregnant women will not be permitted.
→ Only Asymptomatic persons (including staff) be allowed in the premises.
→ All persons to be allowed entry only if using face cover/masks.
→ Members will have to sign Declaration cum Undertaking Form for registering to use Gymnasium and Functional Training services after reading all the Guidelines.
→ Members Guest are **NOT** permitted.
→ ALL MEMBERS SHALL ENTER THE UNISEX GYM FROM THE MAIN RECEPTION AND NOT FROM THE ROOM RECEPTION ENTRANCE.

PROTOCOL/GUIDELINES TO BE FOLLOWED :

→ MASK

Wearing of face mask is mandatory at ALL times within the premises. Use of N-95 mask during exercise may cause difficulty in breathing. Therefore, it is advisable to use surgical masks or multi-layered cloth masks, tightly woven, cotton blend while exercising, which securely fit over the nose, mouth and under the chin. Single layer cloth masks can also be used during exercise.

→ Use of mask is not mandatory while doing cardiovascular exercises. Hands have to be sanitized regularly.
→ Respiratory etiquettes such as covering one's mouth and nose while coughing/sneezing with a tissue/handkerchief/flexed elbow and disposing off used tissues property to be strictly followed.
→ Alternate Cardio machines will be operational to maintain social distancing.

- → Members must ensure to maintain 2 meters (6 ft) SOCIAL DISTANCE as per the guidelines laid by Government.
- → Steam, Sauna, Shower, Massage and Yoga Room facilities will **NOT** be Operational till further notice from the Government.
- → Avoid gathering before and after exercise.
- → Use of Clean shoes is compulsory.
- → A short bell will ring when there are 05 minutes left in the session. Members will be required to start proceeding towards the ground floor at that time. A long bell will ring to indicate end of the session.
- → Kindly use a personal napkin/towel. Be Advised to carry your own Napkin or Towel.
- → Only Wash Room facility will be available on the Second Floor of the Health Club.
- → There will be No Air-Conditioning available, same will be kept in FAN Mode.
- → Personal Trainers/Instructors Appointed by the Club are ONLY allowed.
- → All Members using Gymnasiums shall comply with all Health related Guidelines/SOP/Notifications issued by the Government from time to time.
- → Common Exercise Mats should be avoided and Members should preferably bring their own exercise mats which they will take back with them and not leave it in the Club.
- → Stop the exercise if there is difficulty in breathing. Ensure proper disposal of face covers/masks/used towels in covered bins.
- → In addition to the above, all other General Rules of the Club House will be applicable.

MEMBERS NEED TO CO-OPERATE & STRICTLY FOLLOW ALL THE COVID-19 ADVISORY/PROTOCOLS FOR THE SAFETY & HEALTH OF ALL

30/6/2020.

B.V. ACHARYA

ADMINISTRATION EXECUTIVE

P.S. As per the guidelines of the Authority once Clubs are allowed to commence the Club House Health Club & Swimming Pool Facilities, GCH will re-introduce the Half-Yearly / Yearly Membership

GARWARE CLUB HOUSE

UNISEX GYMNASIUM

Personal Training / 1-2 Premium Trainer

For the Month of July 2021

(12 Sessions of 50 mins each per month / 3 Sessions per week)

CLOSED ON SATURDAY AND SUNDAY

Date : __ / __ /2021

1. Name of the Member : _____
2. Membership No. : _____
3. Mobile No. : _____
4. Name of the Trainer : _____
5. Session : ☐ Morning ☐ Evening
6. Timing : _____
7. Days : _____

8. Fees for 12 Sessions in a month of 50 mins (3 sessions per week)

☐ **Personal Training : Rs. 3,000/- + GST = Total Rs. 3,540/-**

☐ **1-2 Premium Trainer : Rs. 15,000/- + GST = Total Rs. 17,700/-**

9. Approved by Fitness Manager : _____

_____ _____

Fitness Manager's Sign Member's Sign

For Office Use Only

Receipt No. : _____ Date : _____

☐ Cash ☐ Cheque Chq No. _____ Dated : _____

Amount _____ Bank _____

N. B. 1. I acknowledge that there are inherent risks in taking physical exercise. I state that I am medically fit to use the Gymnasium. If there are any changes to my health status, I agree to inform the Club House in writing.

2. In case of a "No-Show" for a Slot that is booked by a Member, the Member cannot request to transfer the Booking to a Alternate Slot / Session