

Welcome! Management and Staff Hamilton Hotel Conference Spa & Wellness wish you a pleasant and enjoyable stay

# WELCOME TO HAMILTON HOTEL IN SWINOUJSCIE

We are honoured to invite you to visit us. It is a unique place located in a picturesque land of 44 islands. Our vision is a healthy and active holiday in a unique place located in a beautiful coastal landscape.

With its modern design and five-star standard, it is the ideal place for year-round rest, rehabilitation and relaxation for the whole family. Our hotel is also a unique place for successful business events and gatherings with friends.

Modern and friendly and full of attractions, the hotel will provide an excellent holiday in a friendly and unique atmosphere.

The harmony and proximity to nature guarantee a pleasant stay and also relaxation during holidays, rehabilitation and weekend getaways.

## ATTRACTIONS AND FACILITIES AT THE HOTEL

#### WELLNESS / Swimming pool Floor 0

Guests of the hotel can use the swimming pool free of charge. The wellness offer is complemented by 3 jacuzzis, a steam bath and a sauna. The water temperature in the pool is 29-30 degrees Celsius. This is the perfect place to relax in inclement weather.

#### SAUNASZONE Floor 0

A modern sauna area is available to all our guests in the pool area, where you can enjoy the Finnish sauna  $(90^{\circ}-100^{\circ})$  and the steam sauna with salt water.

#### LOBBY BAR Floor 0

Our Lobby bar serves delicious drinks and offers live music. Guests can dance on the dance floor while enjoying hits from various years. We invite you to relax and have fun.

#### GYM & FITNESS Floor 1

When visiting our hotel, you can make use of the professional gym and fitness room, located on the first floor. The room is equipped with mechanotherapy stations, with exercise bikes, treadmills and steppers.

#### **REHABILITATION CENTRE** "MEDICAL" Floor minus 1 (-1)

The qualified staff of the rehabilitation base at the Hamilton Hotel invites you to enjoy a wide range of therapeutic treatments. Our guests can choose from electrotherapy, hydrotherapy, laser therapy, magnetotherapy, cryotherapy and

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ultrasonotherapy treatments. We also provide mud treatments, massages and therapeutic baths.

For any information on treatments, dates of performance and fees, please contact the Medical reception desk between Monday-Saturday 08:00 and 16:00 under the telephone number:

91 350 83 17 or under the numer internal 814.

#### SPA CENTRE "HARMONY" Floor minus 1 (-1)

At the Hotel Spa you will find a wide range of beauty treatments. Our specially selected facial treatments are aimed at those in need of restoring a radiant appearance. There will also be plenty for those seeking a moment of relaxation, with a wide selection of relaxing massages or aromatic body treatments to satisfy even the most demanding clients. Comprehensive hand and foot care will restore their impeccable appearance and remain the perfect crowning touch to your stay at the Spa. For all information on treatments, available dates and fees, please contact the Spa Reception during opening hours: Monday-Saturday

09:00-21:00, Sunday 10:00-18:00, by calling 91 350 83 16 or extension number 812.

#### SOLT GROTTO Floor minus 1 (-1)

The modern salt cave is not only a place where you can improve your health, but also a place of tranquillity and relaxation. Sessions in the grotto last 40 minutes and start every full hour. For more information, please

contact the reception desk on level -1 or call ext: 814.

## MINI BROWERY "DOBOSZ" Floor 0

There is a Mini Brewery with a restaurant on the ground floor of the hotel. It is here that you can enjoy craft beer of your own production.

## **RESTAURANT A'LA CARTE Floor 7**

The chef, thanks to his passion for cooking, will recommend a multi-flavoured and multi-coloured cuisine. Tradition and extraordinary attention to every detail in the preparation of meals are the hallmarks of our unique cuisine.

## Cafe "SEVEN" Floor 7

For all lovers of aromatic coffee and sweet treats, the atmospheric café "Seven" with its unique view awaits. It is here that we serve delicious cakes and desserts of our own production, which will delight the palates of even the most demanding gourmet.

## PLAY AREA Floor 0

The Children's Playground is in operation all days of the week 8:00 a.m. - 11:00 p.m. The Playground may be used by children aged 3 to 12 years who are Guests of the Hotel. The use of the Children's Playground is free of charge.

# SECURED PARKING Floor minus 1 (-1), Level 0

The hotel has a car park in the underground garage and also has above-ground spaces. The car park and garage are monitored 24/7.

# BICYCLE AND SPORTS EQUIPMENT HIRE

We have a bicycle rental service at the hotel. Anyone who enjoys outdoor activities can also rent Nordic Walking equipment from us, available at Rehabilitation.

CURRENT PRICE LISTS AVAILABLE AT RECEPTION.

#### ACCOMMODATION SERVICE

•Check-in at the Hamilton Hotel starts at 15:00 and ends at 11:00 the following day.

•We would like to remind you that a spa fee is added to your bill, the rate of which is set each year by the Świnoujście City Council.

•We accept payment by cards: Visa, Maestro, MasterCard, Polcard.

•Parking in the underground garage is at an additional cost.

•It is possible to request a free taxi or telephone wake-up call upon request.

CLEANLINESS AND ROOM SERVICE

•Room cleaning is carried out daily by 16:00 or upon guest request.

•Hotel towels and linen are changed at the request of guests.

# **ADVANTAGES**

•An ironing board and iron are available upon request - please contact reception.

•We provide laundry services at the hotel.

•A highchair for feeding and a baby bath are available free of charge upon request. A travel cot can be hired at an additional cost of PLN 35 per day.

•Luggage can be handed in for safekeeping at the hotel reception.

# SECURITY

Smoking and electronic cigarettes are strictly prohibited in the rooms and throughout the building. In the event of violation of the ban, the Hotel has the right to charge the Guest with the costs of refreshing the room in the amount of PLN 1,000 and with the costs of the intervention of the fire brigade in the event of activation of the DSO - automatic fire system. For security reasons, a fire protection alarm system is installed on the premises. The hotel is also monitored

24 hours a day. A first aid kit is available at the reception.

999 - is the emergency number for the ambulance service. The call is answered directly by a medical dispatcher. 112 - is the single emergency number that applies throughout the European Union. The 112 number is used to notify in situations of danger to health and life, but also to property.

# OUTGOING TELEPHONE CALLS

Outgoing calls are charged at reception at a rate depending on the type of call.

To make an outgoing call from the room, for domestic calls, dial "0", while abroad, dial "000" followed by the area code and destination number. The cost of the call is according to the operator's tariff.

## TELEPHONE CALLS WITHIN THE HOTEL – ROOMS

Telephone calls between rooms are free of charge. To connect, dial the room number.

# FAX

The hotel offers a FAX service, which is available at the external number 91350814, or internal number 825.

# HOTEL REGULATIONS

The management of the hotel would be grateful for your familiarisation with and cooperation in complying with these rules and regulations, which are intended to ensure peace and safety during the stay of our guests.

1. The start of the stay at the hotel is tantamount to the Guest accepting the terms and conditions.

2. The Guest of the hotel renting a room is obliged to show the Receptionist at check-in a document with a photograph confirming the identity of the Guest. If the Guest refuses to present the document in a manner enabling check-in, the Receptionist is obliged to refuse to issue a key to the room.

3.At the guest's request, the Receptionist is obliged to write out the remaining registration data himself from the ID card.

4. The booking is deemed confirmed upon receipt by the hotel of the agreed deposit amount.

5. Reservations for stays remain valid on the day of scheduled arrival until 24:00.

6.After the indicated time, the reservation will be cancelled. To avoid cancellation of your booking, you must notify reception of your late arrival.

7.A room in the hotel is rented for a day. If the guest does not specify the length of stay when renting the room, it is assumed that the room has been rented for one day.

8.Check-in time is from 15:00 to 11:00 the following day.

9.A request for an extension of the hotel stay must be made at the hotel reception by 10:00 a.m. on the day before departure.

10. The hotel may not take into account the wish to extend the room rental in case of a lack of places.

11.Remaining in the room or leaving belongings beyond 11:00 a.m. is considered an extension of the stay. If the guest leaves the room after 11:00 a.m. - the Reception computer programme will charge the next day's room hire at full price.

12. The hotel has the right to refuse to accommodate a hotel guest who, during a previous stay, has grossly violated hotel regulations, causing damage to hotel property or guests or hotel staff.

13. The hotel guest may not transfer the room to any other person, even if the period for which they have paid the fee has not expired.

14.Staying in the Guest's hotel room after 10 p.m. by persons who are not checked in is tantamount to acceptance by the Guest renting the room for a chargeable supplement to the room. The additional accommodation for each person will be charged at the current price for an extra bed for an adult from the price list available at the hotel reception.

15.At all times during their stay at the hotel, children under the age of 13 must be under the constant care and supervision of adults. The children's legal guardians are responsible for the children's behaviour, including any damage or harm done.

16. The hotel must maintain a quiet night from 22:00 to 06:00 the following day.

17. Guests who are intoxicated or disruptive in their behaviour will not be admitted.

18.During the hours of curfew, Guests and persons using the services of the hotel are obliged to maintain it so that it does not in any way disturb other people. Exceptions to this are days on which the hotel organises dance parties or other special events.

19. The hotel provides services according to its category and standard.

20. The hotel guest should notify the hotel reception of the damage as soon as it is discovered, which will enable the hotel to respond promptly.

21. The Hotel Guest shall be materially liable for any damage to or destruction of the hotel's objects, equipment and technical devices caused by him or her or by the fault of the visitors to him, and minors in his care.

22.Liability for loss of or damage to items brought in by persons using the hotel's services is governed by Articles 846-849 of the Civil Code.

23.Valuables should be kept by the Guest in the safe located in the room, under penalty of no liability of the hotel for their damage, loss or theft.

24. Taking into account the comfort of your stay, please do not move your room furniture. It is also forbidden to take items of hotel equipment outside the hotel premises.

25.It is forbidden to take hotel towels from the rooms to the beach.

26.Whenever leaving the room, the guest should check that the doors and windows are closed.

27.Smoking and other substances are prohibited in the rooms and on the hotel premises. Smoking is only allowed in designated areas. In the event of violation of this prohibition, the hotel has the right to charge the guest with the cost of refreshing the room in the amount of PLN 1,000 and with the cost of the intervention of the fire brigade in the event of activation of the DSO - automatic fire alarm system.

28.Due to fire protection requirements in hotel rooms, it is prohibited to the use of electric heaters, electric cookers, heaters, electric irons and other similar appliances which are not hotel room equipment. This rule does not apply to laptops, chargers, consoles.

29.If a fire is noticed, notify hotel staff of the danger and head for the exit according to the evacuation direction. 30.The hotel guest bears full financial responsibility for any damage or destruction done to the hotel and its premises.

31.Casual smart attire is mandatory at meals. You cannot come in slippers, swimwear or dressing gowns.

32.Guests are prohibited from taking meals and drinks outside the hotel restaurant. In the event of a breach of this prohibition, the hotel has the right to charge the guest for the amount of room service.

33. The hotel is required to provide:

a. Safe stay, including the security of keeping guest information confidential.

b. Professional and courteous service in all services provided at the hotel.

c. Cleaning the room and carrying out necessary repairs to the facilities in the guest's absence, and in the guest's presence only if the guest expresses a wish to do so.

d. In the event of faults that cannot be rectified, the hotel will make every effort to swap rooms if possible or otherwise alleviate the inconvenience.

34. Items left at the hotel are held for a period of one month.

35. The fee for the stay is charged to the guest in advance on the day of arrival. In the event that a guest cancels their stay at the hotel during the course of the day, the fee for the day's stay is not refunded.

36. It is prohibited to bring pets on the hotel premises.

37. It is forbidden to keep dangerous goods and firearms and ammunition in the hotel room.

38. The hotel has the right to pre-authorise your credit card at check-in or take a cash deposit up to the amount due for the entire stay.

39. The hotel may refuse to accommodate or check out before the end of the stay a guest who behaves noisily, starts a disturbance and is aggressive or has otherwise disrupted the hotel's operation, without refunding the payment for the stay.

40. The hotel may refuse to accommodate a guest who is under the influence of alcohol, intoxicants or who displays verbal or physical aggression.

41. In the common areas of the hotel, i.e. the main lobby, restaurant, café, corridors, SPA, Fitness, the following are prohibited for safety reasons: bicycles, skateboards, scooters, roller skates.

42. It is prohibited to store recreational equipment such as scooters, bicycles, quads, etc. in the hotel rooms. There are adapted areas in the hotel for this purpose.

43. Secure parking in the underground garage and on the hotel premises is paid. The hotel does not guarantee the availability of parking spaces.

44. The Hotel Guest shall be materially liable for any damage, pollution, soiling or destruction of objects, equipment and technical devices of the hotel caused by him or her or by his or her visitors and minors under his or her care.

\*Valuation of soiling of room furnishings and damage to property as per appendix No.1 Price list for damage .

In the event of violation of the provisions of these regulations, the hotel may refuse to provide further services to the offending person. Such a person is obliged to immediately comply with the instructions of the hotel staff, to pay for the services rendered so far and to pay for any damage or destruction done and to leave the premises.

DAMAGE PRICE LIST HOTEL HAMILTON			
1. soiled room (e.g., carpeting or other furnishings) - with vo- mit/hair dye	1000 PLN or more depending on the da- mage		
	1000 PLN or more depending on the da-		
2. soiled room - with fecal matter	mage		
3. clogged sink	200 PLN		
4. clogged toilet	600 PLN		
5. soiled room - carpet and other furnishings from vinal or other dyes	600 PLN or more depending on the da- mage		
6. smoking in the room	1000 PLN		
7. lost/destroyed room card	20 PLN		
Destruction of bedding confe	ctions:		
8. pillowcase, footstool, small towel	40 PLN		
9. comforter cover, large towel	80 PLN		
10. mattress protector (100x200 cm) - thin	100 PLN		
11. mattress protector (200x200 cm) - thin	160 PLN		
12. mattress topper (100x200 cm) - thick	400 PLN		
13. mattress topper (200x200 cm) - thick	600PLN		
14. pillow	150 PLN		
15. comforter	200 PLN		
16. sheet	100 PLN		
17. mattress (100x200 cm)	550 PLN		
18. mattress (200x200 cm)	850 PLN		
Permanent elements of the	room:		
19. stained carpet	according to contractor's valuation		
20. replacement of carpeting	according to contractor's valuation		
21. painting the walls	according to contractor's valuation		
22. painting the ceiling	according to contractor's valuation		
Room components:			
23. damaged bed leg	1000 PLN		
24. broken board in the bedstead	1000 PLN		
25. bedside wall lamp	400 PLN		
26. wall lamp	400 PLN		
27. bathroom cabin	1200 PLN		
28. wc	according to contractor's valuation		
29. toilet seat	200 PLN		
30. bathroom mirror (small)	100 PLN		
31. bathroom mirror (big)	800 PLN		
32. mirror in the room	600 PLN		

33. ceiling rail (2.5 m)	400 PLN			
34. curtain net (1 pc.)	400 PLN			
35. curtain (1 pc.)	600 PLN			
36. trashcan	100 PLN			
Other equipment:				
37. telephone	200 PLN			
38. damaged/burnt iron	300 PLN			
39. destroyed/damaged TV	2400 PLN			
40. destroyed/damaged TV remote control	100 PLN			
41. kettle	200 PLN			
42. hair dryer	200 PLN			
Other items not included in the price list are subject to separate pricing.				

Dear guests, we would like to remind you that hotel towels are not for shoe care or daily toiletry (non-compliance will also be treated as substandard use).

# **REGULATIONS FOR REHABILITATION**

- 1. In order to guarantee the availability of an appointment, it is advisable to book treatments several days in advance.
- 2. In the absence of a prior reservation, the customer can use the services under the condition of free seats.
- 3. Promotions for treatments offered by the Rehabilitation Department do not combine.
- 4. The facility reserves the right to perform certain treatments only after a physiotherapeutic consultation, the cost of which is PLN 100.
- 5. The prices of treatments and services included in the price list of the Rehabilitation Department are not negotiable.
- 6. For scheduled treatments, you should arrive about 5 minutes early and have your treatment card with you.
- 7. For water treatments it is recommended to come in a bathing suit and bathrobe, for dry treatments you should bring with you interlining sheets, received with the treatment plan.
- 8. In case of non-arrival for the scheduled treatment and failure to inform the Rehabilitation Department about the cancellation of the treatment at least 1 hour before its scheduled performance, the treatment will be forfeited (In case of package treatments).
- 9. In the event of non-arrival to the agreed treatment, and failure to inform the Rehabilitation Department more than 3 hours before the treatment, will result in a charge to the Hotel Client's account in the amount of 100% of the price of the treatment. (Does not apply to package treatments).
- 10. Package treatments are not exchangeable, their time is set top-down before the arrival of the client and can be changed at the request of the client only in exceptional cases.
- 11. If you are more than 5 minutes late for your appointment, the Rehabilitation Department reserves the right to shorten the treatment time without reducing the price.
- 12. On the premises of the Rehabilitation Facility it is forbidden:
  - consumption of alcoholic beverages, smoking and electronic cigarettes
  - drug use
  - introduction of animals
- 13. An employee of the Facility has the right to refuse to perform a treatment if the Client: - does not comply with the rules of these regulations

- is under the influence of alcohol or intoxicants
- there is a suspected contraindication to a particular procedure
- the state of hygiene does not allow to perform the procedure
- 14. Before performing the treatment, the client is obliged to inform the therapist about ill health or other circumstances that may be an obstacle to performing the treatment.
- 15. If you feel worse during the procedure, immediately notify your therapist.
- 16. The hotel and employees of the Rehabilitation Facility are not responsible for jewelry and other valuables of Guests left on the premises of the Facility.
- 17. Children under 16 years of age are allowed in the Rehabilitation Facility only under the supervision of their parents or guardians.
- 18. Children and adolescents under 16 years of age can only use some of the treatments available at the Rehabilitation Department only after a prior physiotherapy consultation in the presence of a parent or guardian.
- 19. The customer is financially responsible for damages caused by him or persons under his care
- 20. The Rehabilitation Department reserves the right to change the opening hours of the Department resulting from technical or other reasons.
- 21. Reservation of treatments in the Rehabilitation Department by persons who are not Hotel Guests requires an advance payment of at least 30% of the amount of the treatment.
- 22. All comments and disputes regarding the functioning and rules of the Rehabilitation Department should be reported at the reception desk of the Department or directly to the Manager of the Rehabilitation Department.

# \* The purchase of a given service is tantamount to a statement by the customer that he has read these terms and conditions and accepts them.

# SAUNA REGULATIONS

1. The sauna is an integral part of the swimming pool and the provisions of the general rules and regulations apply to it.

2. Before entering the sauna area and before using the various facilities, please read the rules and regulations.

3. The use of the sauna is equivalent to the fact that the person has read and accepts all points of the rules.

4. The sauna complex is a non-textile zone. Users must take into account the possibility that the zone will be used by naked or incompletely dressed persons.

5. When using the sauna rooms, you must strictly comply with the instructions for use of the equipment, instructions and information provided by the staff.

6. The user of the sauna is fully responsible for his safety.

7. For the health consequences of staying in the sauna, the Hotel is not responsible.

8. The sauna may be used only by healthy persons or persons whose ailments do not constitute contraindications to the use of the procedure.

9. children under 16 years of age may be in the sauna only under the supervision of adults.

10. sauna may not be used by persons:

- Those suffering from heart disease, high blood pressure and with vascular diseases,

- Those suffering from thyroid disease, claustrophobia, epilepsy, acute rheumatic conditions, cancer, acute infections and asthmatic conditions,

- With fever,

- Women during menstruation and during pregnancy and lactation,

- Tired and in the midst of intoxication

- with fresh and open wounds

11 The dry sauna room has a temperature of 80 degrees C - 100 degrees C and humidity of up to 20%.

12 The steam sauna room has a temperature of 45 degrees C - 55 degrees C and humidity of 60 - 100%.

13.Adjustment of temperature and humidity in the sauna is the responsibility of the operator (it is forbidden to change the parameters yourself).

14. Before entering the sauna room, you should:

- remove any metal objects, as they can become a cause of burns to the body
- Remove glasses and contact lenses,
- Wash the entire body in the shower with soap, and then wipe dry,
- Remove pool shoes and leave them before entering the room.
- 15 The hotel is not responsible for items left in or around the sauna.
- 16. Do not bring electronic devices, phones, mp3 players, etc. into the sauna.

17.In the sauna, you should sit on a towel and keep your feet on it. The towel should be spread out so that no part of the body is in contact with the surface of the seat.

18. Any deterioration of well-being should be immediately, reported to staff.

# SWIMMING POOL REGULATIONS

- 1. The business entity authorized to manage the Pool is Hotel Hamilton Dobosz Limited Partnership.
- 2. It is assumed that each person, while in the Swimming Pool area, has become familiar with the provisions of these Rules and Regulations and undertakes to strictly comply with them.
- 3. People with unstable health conditions (heart conditions, circulatory disorders, balance disorders or the like) use the Pool with extreme caution after prior consultation with a doctor or at their own risk.
- 4. The sale, serving, bringing and consumption of alcoholic beverages, intoxicants and other psychotropic substances is strictly prohibited in the Pool area.
- 5. Users of the Swimming Pool are not allowed to cause situations that endanger their own safety and the safety of other people there, in particular, it is forbidden:
  - $\circ$  eating and chewing gum
  - o jumping into the pool basin and jacuzzi
  - running, including in the locker room
  - $\circ$  throwing or pushing other people into the water
  - cigarette smoking
  - o destruction of devices, equipment and littering of the Swimming Pool area
  - Use of balls or other toys without prior approval of a lifeguard
  - walking around the Pool area in footwear, excluding pool flip-flops
  - initiation of false alarms
  - o introduction of baby carriages and wheelchairs
  - 1. Swimwear is mandatory at the pool. Children under 4 years of age may bathe only in waterproof diapers.
  - 2. Children under 16 years of age are allowed to stay in the Pool area and bathe only under the supervision of adults.
  - 3. Their parents (guardians) are responsible for the behavior and safety of children using the Pool.
  - 4. Before entering the pool, everyone is required to take a shower and thoroughly wash their bodies and disinfect their feet. If this obligation is not fulfilled, the lifeguard on duty may refuse permission to use the pool.
  - 5. The pool should be entered and exited by a ladder or stairs.
  - 6. For contamination of the water in the pool or jacuzzi, the person who caused the contamination shall pay a fee of 2000 PLN.
  - 7. Activities in the pool can only take place in the presence of an instructor and lifeguards.
  - 8. Report any accident at the pool area or injury immediately to the lifeguard.
  - 9. Persons whose condition indicates consumption of alcohol, intoxicants, persons with outward signs of illness, posing a danger of drowning or posing a threat to the environment, being in inappropriate attire or remaining in negligee, will not be allowed into the Pool area.
  - 10. Persons violating the provisions of these Regulations, public order or disobeying the orders of the lifeguard, instructor or other authorized person will be expelled from the Pool area.
  - 11. All persons in the Pool area are obliged to maintain order, cleanliness, silence and absolute obedience to the orders of the lifeguard on duty, the instructor or other authorized person.
  - 12. All injuries, health problems and deterioration of well-being should be immediately reported to the nearest staff member.

- 13. The managing entity is not responsible for the health consequences of staying in the pool and saunas once for the things left or lost in the Pool area.
- 14. The managing entity shall not be liable for damages caused by failure to comply with these Regulations.

# SPA REGULATIONS

- 1. The hotel recommends clients to book treatments a few days before their scheduled date, in case of failure to book, the hotel is not responsible for the lack of free dates.
- 2. In the absence of a prior reservation, the customer can use the services under the condition of free seats.
- 3. In the case of <u>PACKAGE TREATMENTS</u> failure to arrive at the scheduled treatment and failure to inform the SPA Reception of its cancellation will result in the treatment <u>FALLING</u>.
- 4. Package treatments are not exchangeable for others, their time is set top-down before the arrival of the guest and may be changed at the request of the guest only in exceptional cases.
- 5. If you are late for your appointment, Harmony Spa reserves the right to shorten your treatment without reducing the price.
- 6. In case of non-arrival for the scheduled treatment and failure to inform the Spa Reception, this will result in a charge to the Guest's account:

cancellation of an appointment up to 6 h before the procedure - free of charge

- cancellation of an appointment up to 3 h before the treatment - 50% of the treatment price

- cancellation of the appointment less than 3 h before the procedure - 100% of the price of the procedure.

The Guest's failure to appear for the scheduled treatment is also considered a cancellation.

- 7. Alcoholic beverages, smoking, drug use and the introduction of animals are prohibited in the SPA.
- 8. An employee of the SPA has the right to refuse to perform a treatment if the client does not comply with the rules of these regulations, is under the influence of alcohol or intoxicants.
- 9. The hotel and employees of the SPA are not responsible for jewelry and other valuables of clients left in the SPA area.
- 10. Children under 16 years of age are allowed in the SPA only when accompanied by their parents or guardians.
- 11. Children and adolescents under 16 <u>MUST NOT</u> use spa services, adolescents over 16 only with the consent of a parent or guardian.
- 12. The hotel reserves the right to change the opening and closing hours of the SPA resulting from technical or other reasons.
- 13. Reservation of treatments at HarmonySpa by non-Hotel Guests requires an advance payment of 50% of the cost of the treatment.
- 14. The purchase of a given service is tantamount to a statement by the customer that he has become familiar with.

Reception	24/7	91 350 81 96	801; 802; 818
_		91 350 81 97	
SPA "HARMONY"	<b>Mon – Sat</b> : 9:00 am – 9:00 pm	91 350 83 16	812
	<b>Sun</b> : 10:00 am – 6:00 pm	91 330 83 10	
Rehabilitation "MEDICAL"	08:00 am – 4:00 pm	91 350 83 17	814
Wellness	7:00 am – 1:00 pm		811
(swimming pool)	3:00 pm – 9:00 pm	-	
à la carte restaurant	12:00 am – 10:00 pm	91 350 83 18	807
Café 'SEVEN'	<b>Mon – Thurs</b> 12:00 am – 10:00 pm <b>Mon – Sun</b> 12:00 am– 11:00 pm	91 350 84 36	808
Lobby Bar	10:00 am – 24:00 pm	-	809
Breakfast	7:30 am – 10:30 am	-	-
Lunch	12:30 am – 2:00 pm	-	-
Dinner	5:00 pm – 7:30 pm	_	-

# **TV-PROGRAM**

TVP1 HD	1	PRO 7 MAXX	89
TVP2 HD	2	SAT.1 GOLD	90
TVP3 SZCZECIN	3	WELT	91
TVP HISTORIA	4	PROSIEBEN	92
TVP SPORT HD	5	SAT.1	93
TVP INFO	6	EURONEWS GERMAN	94
TV PULS	7	EUROSPORT 1	95
TVN7	8	SUPER RTL A	96
PULS2	9	VOX AUSTRIA	98
TV6	10	RTL AUSTRIA	99
SUPER POLSAT	11	ZDF	101
ESKA TV	12	3Sat	102
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TVP KULTURA	30	CNN Int.	115
TVN	31	RAI 1	116
TV4	32	RAI 2	117
TVP KOBIETA	35	RAI 3	118
METRO	38	HAMILTON	119
ZOOM TV	39	RADIO 1	201
NOWA TV	40	RADIO 2	202
WP	41	RADIO 3	203
TVN24 HD	42	RADIO 4	204
POLSAT NEWS 2	43		
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# MINI BAR

The cost of the mini bar is 250 zł. Please contact reception to replenish it.

Orange juice 250 ml x 2	12 zł / szt
Coca-Cola 250 ml x 1	12 zł / szt
Coca-Cola zero 250 ml x 1	12 zł / szt
Wodka "Wyborowa" 50 ml x 1	20 zł / szt
Whiski "Johnny Walker" 50 ml x 1	30 zł / szt
Rum "Kraken" 50 ml x 1	30 zł / szt
Bacardi 50 ml x 1	30 zł / szt
Prosecco 187 ml x1	25 zł / szt
Red wine 187 ml x1	25 zł / szt
White wine 187 ml x1	25 zł / szt
Beer "Heineken" 330 ml x 2	20 zł / szt
Salted nuts x 1	20 zł / szt
Pringles 40 g x 1	20 zł / szt