



# INTERNAL REGULATIONS | 2025/2026

## CLUBE FLUVIAL PORTUENSE

HQ: RUA ALEIXO MOTA, PORTO | INFO: T 226198460 | geral@clubefluvialportuense.pt

### 1. GENERAL DISPOSITIONS

- 1.1. The purpose of the regulation is user access to Clube Fluvial Portuense (CFP) swimming pool and sports complex and the use of the facilities and equipment for the practice of physical and sporting activities, as well as the provision of services related to these activities.
- 1.2. CFP swimming pool is open throughout the year, at previously stipulated periods, and the schedule may vary by decision of the Board of Club Fluvial Portuense.
- 1.3. CFP allows itself to analyze, accept or refuse any request for enrollment or renewal as a user/member/student.

### 2. ACCESS AND USE OF FACILITIES

- 2.1. **Minimum Age:** Recreational use of the pool for users under 18 years old can only be done with adult accompaniment. Fluvial athletes, between 12 and 17 years old, may use the pool without an accompanying adult with written parental authorization.
- 2.2. **Schedule:** The schedule of the facilities are posted in a visible place and may be changed at any time by the club's board. Users must always leave the water 30 minutes before the facilities closing time. In the event of a change of schedule, CFP undertakes to post it in advance in a visible place on the premises. The limit to enter the changing rooms is 30 minutes before the time to leave the water.
- 2.3. **Regulation:** The use of CFP facilities, equipment and materials by users must be done in accordance with the internal regulations and standards posted on the facilities, users being obliged to consult them regularly in order to be aware of any changes.
- 2.4. **Access card:** In order to allow access to CFP swimming pool, a personal and non-transferable access card will be issued, for the exclusive use of the user, which must be presented at the entrance turnstiles before each use. Failure to present the membership card will result in a penalty of 0,50€ for each manual entry/exit given in the computer system.
- 2.5. **Limit to use:**
  - a) The use of part or all the facilities may be limited, for the purpose of specific activities organisation (works, maintenance, competitions, seminars, cultural or sporting events, etc.). CFP undertakes to notify users of the limitation, whenever possible in advance, by means of a message posted on the premises, in a visible place. The limitation does not entitle users to any deduction in the fee or any compensation.
  - b) In the particular case of sanitary occurrences in the water surface, which require the closure of the tank(s) for treating and sanitizing the water, there may be limitations on recreational swimming, classes and/or training sessions.
  - c) Users access to the facilities and activities may be suspended in case of overcrowding. The maximum users per lane, for recreational swimming, is 12 people per lane (25m and 30m pool) and 16 people per lane (50m pool).
  - d) **Closing periods – 25 December; 01 January; Easter Sunday; 24 June; 17 to 31 August 2026 for annual maintenance work (prevision).**
  - e) **Special schedules – 24 and 31 December (closing at 13H00 but no classes); 22 December to 2 January (class schedule assured but class will be replaced by recreational activities guided by a teacher; usual class group and spaces may vary); Carnival Tuesday (usual schedule but no classes); 30 March to 2 April (class schedule assured but class will be replaced by recreational activities guided by a teacher; usual class group and spaces may vary); Easter Saturday (08H00 to 20H00 but no classes); 23 June (if it's a day from Monday to Saturday the pool closes at 20H00 with classes); Summer schedule [August] (from Monday to Friday the pool opens at 7H00 and closes at 20H00; Saturday from 08H00 to 20H00 and Sunday from 09H00 to 13H30).**
  - f) **Special dates – Aquatic School Christmas Festival (13 December); Summer Festival (23 May). On those dates the schedules available for recreational swimming and/or training sessions may be conditioned and there are no classes.**
  - g) There are no classes on national holidays.
- 2.6. **Loss, damage, misplacement, theft of objects and personal accidents:** CFP is not responsible for loss, damage, misplacement or theft of objects inside the facilities, as well as personal accidents resulting from unforeseen circumstances or misconduct in the facilities.
- 2.7. **Additional services:**
  - a) Towels: CFP does not provide towels to users.
  - b) Lockers: As an integral part of membership, lockers are available for use (in a limited number and on a first-come, first-served basis), by the user while he is using the facilities. CFP does not assume custody of the things placed by the user in the locker, not being responsible, to the extent allowed by applicable legislation, in the event of loss, damage or theft.
  - c) It is forbidden to leave belongings in the locker overnight.
- 2.8. **Classes:** Students can only attend classes at the times/days in which they are enrolled. Compensation classes are not allowed.





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### 3. USER RIGHTS

- 3.1. Access to the facilities: Right of access to the facilities, services and activities available at all times, in which you are registered and for which the user paid the current rate.
- 3.2. Require the club to comply with applicable laws.
- 3.3. Obtain a copy of the internal regulations or privacy policy, if requested.

### 4. USER DUTIES

Without prejudice to any other regulatory or legal obligations, the user is responsible for:

- 4.1. **Provide data at the time of enrollment**: provide personal data with complete information, at the time of enrollment, committing to update them immediately at our front office whenever a change occurs, in accordance with the General Data Protection Regulation.
- 4.2. **Basic law of physical activity and sport**: under the terms, and for the purposes of the provisions of Law nº 5/2007, of January 16, the user must ensure that he does not have or reveal any contraindications for the practice of the physical activity that he intends to develop at CFP, assuming responsibility in case of non-compliance with this duty.
- 4.3. **Compliance with regulations**: know and respect, at all times, the provisions of the regulations for the operation and use of CFP facilities.
- 4.4. **General duty of civility**: behave with civility and courtesy in relations with CFP employees and other users and customers.
- 4.5. **Payments**: punctually fulfill the obligation to pay the monthly fee, in accordance with the rates, depending on the activities/services chosen.
- 4.6. **For-profit use**: refrain from using CFP facilities and/or equipment for profit, unless previously authorized by the club's Board. The teaching of aquatic activities is exclusive to the club's technicians, duly identified, except for exceptions previously authorized by the management.
- 4.7. **Access card**: not assign, for any reason, the membership/access card to third parties, regardless of whether or not they are members of Clube Fluvial Portuense.
  - a) The absence of swiping the card, physical or virtual, will incur a cost of €0.50 for each manual swipe (entry and/or exit).
- 4.8. **Card loss**: the loss of the member/user card, which allows access to the facilities, implies the issuance of a duplicate, the cost being charged to the member, respecting the current rates.
  - a) Issuing a duplicate card costs 5€.
- 4.9. **Terms of use**:
  - a) Diagnostic/level test: users enrolled for the first time in swimming activities, at learning level, must carry out a diagnostic test to assess their level. User who renew their registration will be placed in classes according to the level assigned at the time of renewal.
  - b) In Babies 1 and Babies 2 classes parental supervision in the water is mandatory (1 adult per baby).
  - c) **Access to the changing room must be done within the period allowed by the card, that is, with entrance 15 minutes before the beginning of the class and exit until 30 minutes after the end of the class.**
  - d) Accompaniment to the changing rooms by the parent (or other adult) can only be done for students aged eight (8) years old or less (1 adult per child) and must be restricted to this area exclusively. Companions must also comply with the attendance standards and rules of the facilities. Adults with children over 8 years old must accompany the children to the entrance of the turnstiles and pick them up at the same place, on exit.
  - e) There are no mixed/children's changing rooms. Children with a companion will be sent to the changing room of the accompanying adult's gender.
  - f) Access to areas reserved for sporting activities is only allowed to properly equipped users. In the case of the swimming pool it is mandatory to use a swimming cap and to use the showers before entering the pool pier, as well as the use of slippers from leaving the changing rooms to the barefoot area in the pool.
  - g) **It is not allowed to take backpacks to the pool pier.** Backpacks, clothes and other belongings must be stored in lockers in the changing rooms.
  - h) All users must comply with the rules for the frequency of the facilities.
  - i) For students of the Aquatic School it is mandatory to wear the club cap given at the beginning of the season. In case of loss a new cap must be purchased, at the user's responsibility. If the student changes levels in the same sports season, he/she must purchase the cap of the corresponding level. The club offers 1 cap per student per season.





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- j) It is not allowed to eat, consume alcoholic beverages or smoke in any sports area.
- k) The use of creams, oils or any other product likely to damage the equipment or interfere with the water's quality is not allowed.
- l) The use of dumbbells or other similar material in water is not allowed.
- m) The use of neoprene wetsuits is not allowed.
- n) The use of fins and paddles is subject to the fact that this does not cause inconvenience to other users and the lifeguard may prevent their use. If using the material brought by the user it must be in perfect usable and hygienic conditions.
- o) Shaving or waxing is not allowed on the premises (including showers and washbasins).
- p) Animals are not allowed in the facilities and changing rooms, with the exception of assistance dogs.
- q) It is not allowed to film or take photographs on the premises, except for previously authorized exceptions.
- r) The use, in water, of objects likely to injure third parties, such as rings, bracelets, watches, earrings, etc, is not allowed.
- s) It is not allowed to purposely project water out of the water surface, run or jump into the water.
- t) Entry to classes is not allowed without the presence of the responsible teacher.
- u) Users must conserve and store the materials and equipment used.
- v) It is not allowed to sunbathe on the pool pier.
- w) One of the lifeguard duties is to ensure the well-being and safety of all pool users. As such, his/hers authority in the pool pier must always be respected.

4.10. Contribute to social coexistence based on respect and equality for all users.

4.11. Ensure the proper functioning of the club and the provisions of the Board.

4.12. **Damage:** loss or damage to facilities or materials due to inappropriate or unauthorized use, will be paid immediately upon receipt of the sports facility by its author(s).

## 5. PAYMENT

- 5.1. **Enrollment/renewal:** in the enrollment act it is mandatory to present the Citizen Card or Identity Card and Tax Identification Card; registration is carried out on a date to be set by CFP and involves payment of the amount established in the pricing. The enrollment/renewal fee paid is valid for the respective sporting season, that is, from the moment of registration until the end of July. **Membership implies staying in the club for a minimum 6 months period. When enrolling as a member the dues for the first six (6) months will be charged. When registering as a SILVER, GOLD or VIP member, the fees for the first two (2) months will be charged.**
- 5.2. **Swimming sessions (single entrances):** recreational swimming sessions must be spent in the month to which they refer and cannot be accumulated for the following month.
- 5.3. **Re-enrollment:** in the event that the user withdraws from attending CFP activities and if he intends to join the club's activities again, he must pay overdue fees or make a new enrollment.
- 5.4. **Monthly fee:** depending on the activities chosen by the user and regardless of the actual use of the facilities, equipment and/or services, the member must pay CFP the amounts calculated in accordance with the current rates.
  - a) Renewal in the Aquatic School (classes) implies the payment of the renewal fee, as well as the first month of attendance. At the time of renewal, if that is the case, the overdue monthly fees will also be charged.
  - b) Members of the Aquatic School are entitled to 4 entrances/month, free of charge.
  - c) When purchasing the second fee the member is entitled to a 50% discount on the cheapest one (SILVER – 10€; GOLD – 12,50€; VIP – 16,25€).
  - d) Payment for July's classes is made in two stages: 50% of the amount with the second monthly fee and the other 50% with the third monthly fee. **Payment for the month of July is mandatory regardless of whether or not you attend classes. There will be no exceptions to this rule.** Parents can choose to attend classes throughout the month OR 1 week of Intensive Courses in July. Anyone who wants to take the week of Intensive Courses must inform this decision until 06/26/2026.
  - e) Attendance of classes in July implies continuity during the sporting season (from the moment of enrollment).
  - f) **Paid monthly fees are non-refundable in case of withdrawal.**
  - g) Monthly payments must be made by the 8<sup>th</sup> of each month.
  - h) **If payment is not made by the 8<sup>th</sup> of the current month there will be a penalty of 2,50€ on that monthly fee.**







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- 5.5. **Medical leave:** allows the user, for a maximum period of 30 days, to keep his/her place in the class even if he/she is not attending it, presenting for this purpose a medical certificate, within the first five days of validity of the declaration that demonstrates his/her incapacity. **It implies the payment of the membership fee.**
- 5.4. **Class vacancies:** **After a month with the payment of the fees to be regularized the student loses the vacancy in the class, then becoming subject to the existing vacancies when the payment is regularized.**
- 5.5. **Changes:** Changes to classes/schedules/monthly fee can only be made between the 1st and 8th of each month.
- 5.6. **Packs PL/PL Duo:** Private lessons (PL) packs are personal, non-transferable and are valid for 6 months.
- 5.7. **Direct debit payment:**
- a) **If it's not possible to carry out the debit due to insufficient balance or refusal of operation, there will be a penalty of 2,50€ which will be added to the following month's fee.**
- b) If the member/user cancels the direct debit, he must inform the club in writing (email or letter).
- 5.8. **Current rates:**

SETEMBRO 2025  
A  
JULHO 2026

ESCOLA AQUÁTICA

NATAÇÃO (BEBÉS, CRIANÇAS E ADULTOS)  
HIDROGINÁSTICA | ACOMPANHAMENTO PERSONALIZADO

REGIME DE  
FREQUÊNCIA LIVRE (\*)

1x  
SEMANA

2x  
SEMANA

3x  
SEMANA

4x  
SEMANA

5x  
SEMANA

ACOMPANHAMENTO  
INDIVIDUAL

PT DUO

SÓCIO

33,00 €

42,00 €

50,00 €

65,00 €

80,00 €

a) 275 €

g) 385 €

4,50 € c)

45 € e)

NÃO SÓCIO

46 €

55,00 €

65,00 €

indisponível

indisponível

a) 365 €

g) 575 €

9,00 € b)

90 € d)

(\*) **NOTA:** OS MENORES DE 18 ANOS SÓ PODERÃO USUFRUIR DA PISCINA QUANDO ACOMPANHADOS POR UM ADULTO; ENTRE OS 12 E OS 17 ANOS ATLETAS DO FLUVIAL PODERÃO FREQUENTAR A PISCINA SE PORTADORES DE AUTORIZAÇÃO ASSINADA PELO ENCARREGADO DE EDUCAÇÃO E RESPECTIVA FOTOCOPIA DE BI OU CC.

a) Pack de 10 aulas individuais. Packs pessoais e intransmissíveis. Validade pack: 6 meses. | b) Entrada unitária limitada a um período de 120 minutos | c) Entrada unitária. | d) 10 entradas unitárias por períodos de 120 minutos com oferta de 1 entrada. Validade: 6 meses. | e) 10 entradas unitárias sem limite de tempo com oferta de 1 entrada. Validade: 6 meses. | g) Pack de 10 aulas de PT para duas pessoas em simultâneo. Packs pessoais e intransmissíveis. Validade pack: 6 meses.

A ESCOLHA DE UMA QUOTA DA ESCOLA AQUÁTICA IMPLICA:

INSCRIÇÃO  
(novos sócios)

Pagamento do Valor da Inscrição  
(Joia de adesão e Associado, Seguro de Acidentes, Cartão de Utente)

35 €

Pagamento da 1ª Mensalidade

Valor correspondente à quota escolhida

RENOVAÇÃO  
(alunos que transitam da época anterior)

Pagamento

20,00 €

Pagamento da Mensalidade de Setembro

Valor correspondente à quota escolhida

JULHO - ESCOLA AQUÁTICA

A mensalidade de Julho é cobrada em duas partes: metade quando o pagamento da 2ª mensalidade e a outra metade quando o pagamento da 3ª mensalidade. O pagamento do mês de Julho na sua totalidade é obrigatório independentemente da frequência das aulas. Não serão abertas exceções a esta regra. Os EE podem optar por frequentar as aulas durante todo o mês OU 1 semana de Curso Intensivo em Julho. Essa informação deve ser transmitida até 26/06/2025.

CONDIÇÕES DE ADESAO A NOVOS SÓCIOS

INSCRIÇÃO

Joia, cartão, seguro (\*)

35€ | (\*) Consulte as condições do seguro em [www.fluvial.pt](http://www.fluvial.pt), no separador 'Serviços'

REGIME LIVRE  
(SÓCIOS)

QUOTA MENSAL

PISCINA VIP (a partir dos 12 anos)

32,50€ | Entradas diárias com direito a trazer crianças até aos 12 anos (desde que sejam sócios membro) gratuitamente. PAGAMENTO DE DOIS (2) MESES DE QUOTAS.

PISCINA GOLD

25€ | 8 entradas por mês. PAGAMENTO DE DOIS (2) MESES DE QUOTAS.

PISCINA SILVER

20€ | 4 entradas por mês. PAGAMENTO DE DOIS (2) MESES DE QUOTAS.

KID (até aos 4 anos)

—€ | Só paga inscrição e pode frequentar a piscina com os pais, desde que estes sejam sócios.

SÉNIOR (+ de 65 anos)

20€ | Utilização livre das piscinas das 7H às 18H e fim-de-semana. PAGAMENTO DE DOIS (2) MESES DE QUOTAS.

MEMBRO

5€ | Não dá direito a frequentar a piscina. Para isso tem de pagar quota + entrada livre. PAGAMENTO DE DOIS (2) MESES DE QUOTAS.

DESCONTOS FAMÍLIA

A partir de três familiares diretos - pais/filhos - (inclusive), pertencentes ao mesmo agregado familiar, é aplicado um desconto de 50% no valor da(s) mensalidade (a)s de menor valor.

No ACTO DE INSCRIÇÃO, se três ou mais familiares diretos se inscreverem em simultâneo só pagam 50% do valor total das joias. Caso as inscrições não sejam simultâneas deverão pagar o valor total da(s) joia(s).

NOTAS

1) O sócio deverá permanecer pelo menos três meses na mesma modalidade de pagamento.

2) Os descontos família são válidos apenas para pagamentos de quotas liquidadas em simultâneo.

3) Estes descontos são válidos para a escola aquática, regime livre e modalidades, exceto na quota de sócio membro.

4) Os sócios-membro não são contabilizados para efeitos de descontos família.

5) A adesão implica a permanência no clube por um período mínimo de 6 meses.

DATAS E PRAZOS PARA INÍCIO DE FUNCIONAMENTO DA ESCOLA AQUÁTICA

RENOVAÇÕES (mesma turma/horário/dia): 1 de JULHO // RENOVAÇÕES (alunos já inscritos): 8 de JULHO // NOVAS INSCRIÇÕES: 15 de JULHO

INÍCIO DAS ACTIVIDADES/AULAS: 01 de SETEMBRO // ENTREGA DIPLOMAS FPN: 11 de OUTUBRO // FESTIVAL NATAL: 13 de DEZEMBRO // FESTIVAL VERÃO: 23 de MAIO

PERÍODOS DE AVALIAÇÃO: 1º semestre - JANEIRO // 2º semestre (finais) - a partir de 25 de MAIO

PERÍODOS DE ENCERRAMENTO:

25 de DEZEMBRO / 01 de JANEIRO

Domingo de PÁSCOA

24 de JUNHO

17 a 31 de AGOSTO p/ trabalhos anuais de manutenção (previsional)

HORÁRIO DE VERÃO:

em AGOSTO, de 2ª a 6ª, a piscina abre às 07H00 e encerra às 20H00 (sábado e domingo horário de funcionamento habitual)

HORÁRIOS ESPECIAIS:

24 e 31 de DEZEMBRO - encerramento às 13H00 mas NÃO HÁ AULAS

22 DEZ a 02 JAN - horário da aula assegurado mas aula será substituída por atividades lúdicas orientadas por professor

30 MARÇO a 02 ABRIL - horário da aula assegurado mas aula será substituída por atividades lúdicas orientadas por professor

Terça de CARNAVAL - horário NORMAL mas NÃO HÁ AULAS

Sábado de PÁSCOA - 08H00 às 20H00 mas NÃO HÁ AULAS

23 de JUNHO - se for num dia de 2ª a sábado a piscina fecha às 20H00 e HÁ AULAS

CURSOS INTENSIVOS: CARNAVAL 16 a 20 FEVEREIRO // PÁSCOA 30 MARÇO a 03 ABRIL + 06 a 10 ABRIL // VERÃO 06 JULHO a 07 AGOSTO

NOS DIAS/HORÁRIOS DOS FESTIVAIS NÃO HAVERÁ AULAS





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### 6. BENEFITS, PROMOTIONS AND DISCOUNTS

6.1. Benefits, promotions and discounts are subject to confirmation of availability and legitimacy to obtain them.

6.2. Clube Fluvial Portuense reserves the right to cancel and/or change benefits, promotions and discounts at any time due to its commercial policy.

### 7. FINAL DISPOSITIONS

7.1. Failure to comply with the provisions of this regulation, as well as the practice of contrary and harmful acts, will result in the offenders being warned or expelled from the premises, depending on the seriousness of the case.

7.2. Exceptional cases will be judged in the first instance by the technical coordinator of the facilities and then by the Board of CFP.

7.3. Cases omitted from this regulation will be subject to analysis and resolution by the CFP's Board.

7.4. This regulation may be amended by CFP whenever deemed convenient, with CFP committing to publish the amendments to the regulation, in a visible place for the members.

7.5. This regulation comes into effect the 1st July 2025.

Approved by the Board of Clube Fluvial Portuense

Porto, 1st July 2025

