



WATERFALL SPORTS & WELLNESS

SPORTS FOR ALL THE ONE

Access all your sports with the ONE membership.

The largest urban sports club in the city!



**ISLAND EAST
OLYMPIAN CITY
TSIM SHA TSUI**



WATERFALL SPORTS & WELLNESS

ACCESS ALL URBAN LOCATIONS

ALL SPORTS IN ONE PLACE

PREFERRED MEMBER RATES

URBAN LOCATIONS IN

HONG KONG

ALL YOU CAN ACCESS



01 Waterfall Sports & Wellness
@Island East

- 9/F, Kornhill Apartments, 2 Kornhill, Quarry Bay



02 Waterfall Sports & Wellness
@Olympian City

- 2/F, Olympian City One, 11 Hoi Fai Road, KLN



03 Waterfall Exquisite Wellness
@Tsim Sha Tsui Sheraton Hotel

- 18/F, 20 Nathan Road, KLN





WATERFALL SPORTS & WELLNESS

ACCESS TO 5 STARS HOTEL

ALL SPORTS IN ONE PLACE

PREFERRED MEMBER RATES

URBAN LOCATIONS IN

SHENZHEN

ALL YOU CAN ACCESS



01

Waterfall Exquisite Wellness
@Sheraton Nanshan



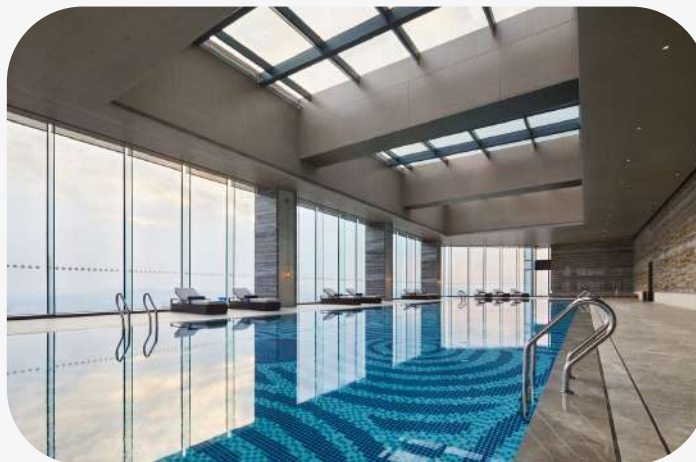
02

Waterfall Exquisite Wellness
@Le Méridien Hotel



03

Waterfall Reserved
@JW Marriott Bao'an



04

Waterfall Exquisite Wellness
@Pullman Huizhou



05

Waterfall Reserved
@Conrad Shenzhen



06

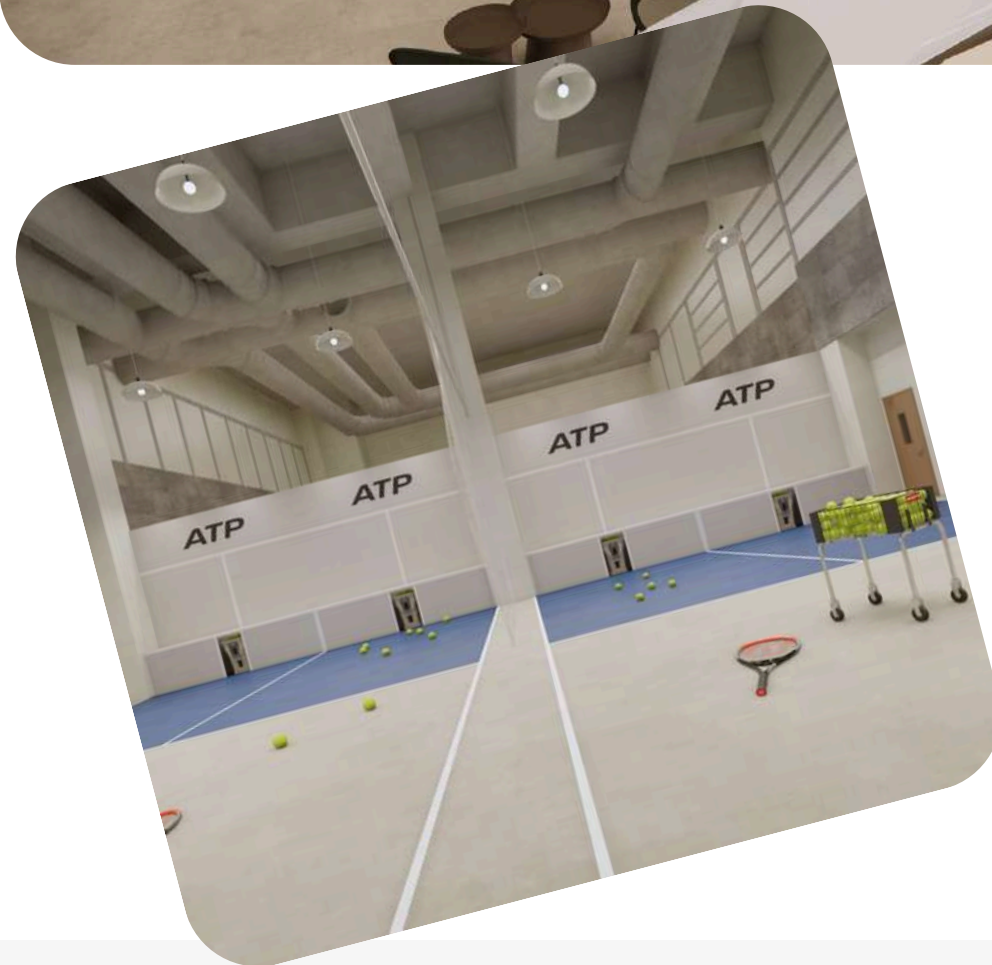
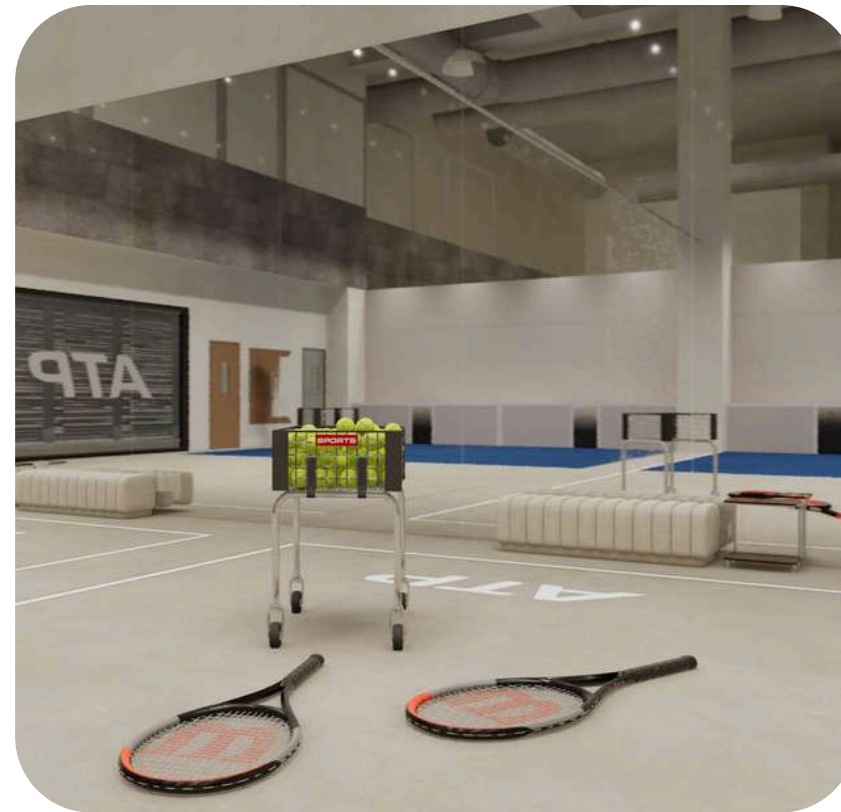
Waterfall Exquisite Wellness
@InterContinental Hotel

THE ONE MEMBERSHIP RATE:

- 1. GYM DAY PASS: HK\$300
- 2. SWIMMING DAY PASS: HK\$600
- 3. >22 SPA SERVICES : 30% OFF



WATERFALL SPORTS & WELLNESS



THE
**OLYMPIC
CITY** COVERED 130,000 SQF
facilities

3x3 Basketball Courts

Indoor Tennis Courts

Pickleball Courts

Recovery Zone

ATP Tennis Courts

Showers & Lockers

PGA Golf Center

Tanning Studio

24 Hours Gym Operation

Ladies Zone

Nautilus Training Center

Booty Builder Training Center

Cardio Training Area



WATERFALL SPORTS & WELLNESS

3x3 Outdoor Basketball Court

@OLYMPIC



Rental Fees

	Non Peak Hours		Peak Hours	
	Member	Non-Member	Member	Non-Member
3x3 Basketball @ Olympic	\$ 300* Weekdays 08:00— 18:00	-	\$ 500* Weekdays: 18:00—23:00, Weekends & PH	-

*The prices above are all on an hourly basis.

Basic Terms:

- Opening Hours : 07:00 - 23:00
- Reserver could bring maximum 5 participants (non-member are welcome), extra participants is required to pay \$100 for a guest pass, maximum 12 users in the court.
- For more details, please WhatsApp Waterfall : +852 8490 1454





WATERFALL SPORTS & WELLNESS

ATP Outdoor Tennis Court | 2 Courts

@OLYMPIC



Rental Fees

		Non Peak Hours		Peak Hours	
		Member	Non-Member	Member	Non-Member
TENNIS @ Olympic	OUTDOOR TENNIS	\$210*	\$230*	\$260*	\$288*
		Weekdays 09:00—17:00		Weekdays: 17:00—23:00, Weekends & PH	

*The prices above are all on an hourly basis.

Basic Terms:

- Opening Hours : 07:00 - 23:00
- Reservers could bring maximum 5 participants (non-member are welcome), extra participants is required to pay \$100 for a guest pass, maximum 8 users in the court.
- Reservers are required to bring your own tennis rackets
- For more details, please WhatsApp ATP +852 5248 0810



Add-on Service: AI Robot \$100/session

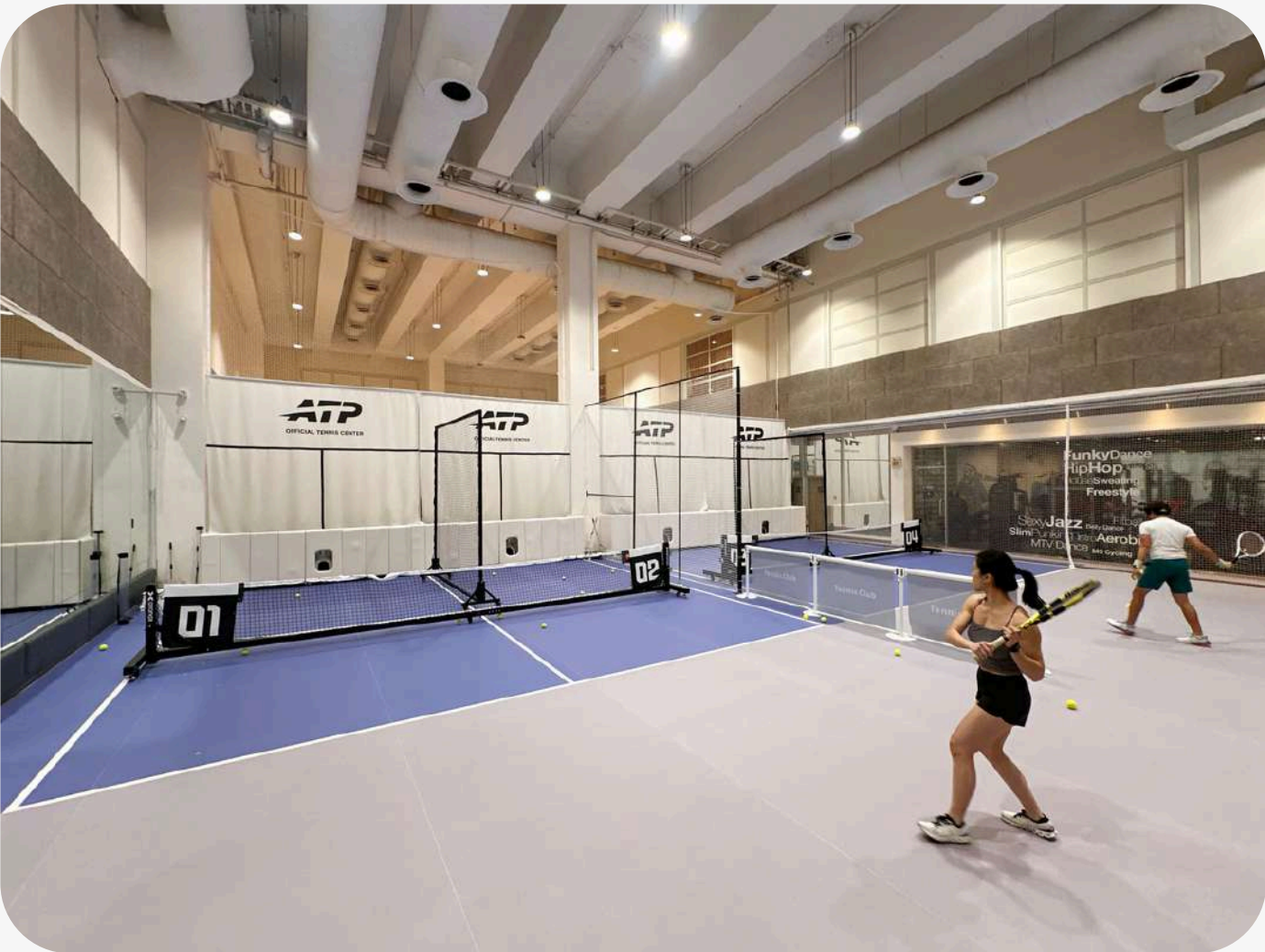
- Reservers could reserve this add-on service when check-in



WATERFALL SPORTS & WELLNESS

ATP Indoor Tennis Machine | 4 Lanes

@OLYMPIC



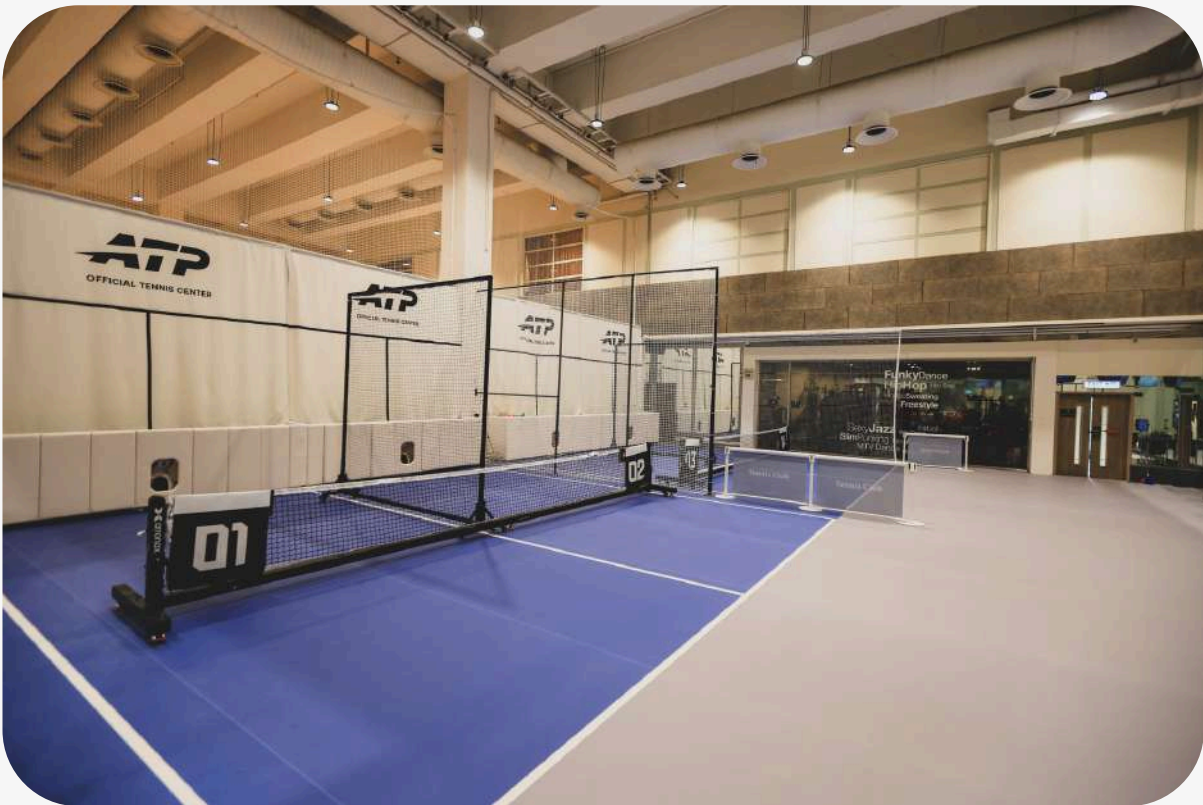
Rental Fees

		Non Peak Hours		Peak Hours	
		Member	Non-Member	Member	Non-Member
TENNIS @ Olympic	INDOOR TENNIS MACHINE	\$160*		\$260*	
		Weekdays 07:00 – 17:00		Weekdays: 17:00 – 23:00, Weekends & PH	

*The prices above are all on an hourly basis.

Basic Terms:

- Opening Hours : 07:00 - 23:00
- Maximum 4 players in 1 lane | Rackets for Adult and Child are provided
- For more details, please WhatsApp ATP +852 52480810





WATERFALL SPORTS & WELLNESS

TRC Outdoor Pickleball | 4 Courts

@OLYMPIC



Rental Fees

		Non Peak Hours		Peak Hours	
		Member	Non-Member	Member	Non-Member
PICKLEBALL @ Olympic	OUTDOOR PICKLEBALL	\$220*		\$270*	
		Weekdays 09:00—18:00		Weekdays: 18:00—22:00, Weekends & PH	

*The prices above are all on an hourly basis.

Basic Terms:

- Opening Hours : 08:00 - 23:00
- Reserver could bring maximum 5 participants (non-members are welcome), extra participants is required to pay \$100 for a guest pass, maximum 8 users in the court.
- Quiet paddles are required to use after 8pm
- For more details, please WhatsApp TRC +852 6626 5603





WATERFALL SPORTS & WELLNESS

TRC Indoor Pickleball | 2 Courts

@OLYMPIC



Rental Fees

	Non Peak Hours		Peak Hours	
	Member	Non-Member	Member	Non-Member
PICKLEBALL INDOOR PICKLEBALL @ Olympic	\$250*	-	\$250*	-

*The prices above are all on an hourly basis.

Basic Terms:

- Opening Hours : 08:00 - 23:00
- Reserver could bring maximum 1 participants, extra participants is required to pay \$100 for a guest pass, maximum 8 users in the court.
- Quiet paddles are required to use after 8pm
- For more details, please WhatsApp TRC +852 6626 5603





WATERFALL SPORTS & WELLNESS

PGA Golf Bay | 45 Bays

@OLYMPIC



Rental Fees

GOLF @ Olympic	Non Peak Hours		Peak Hours	
	Member	Non-Member	Member	Non-Member
	\$125*	\$170*	\$170*	\$235*
	Weekdays 08:00 – 16:00		Weekdays: 16:00 – 23:00, Weekends & PH	

*The prices above are all on an hourly basis.

Basic Terms:

- Opening Hours : 07:00 - 23:00
- For more details, please WhatsApp PGA +852 9137 8386





WATERFALL SPORTS & WELLNESS



THE
ISLAND COVERED 100,000 SQF
EAST *facilities*

Basketball Courts

Recovery Zone

Badminton Courts

Keiser Zone

Table Tennis Courts

Restaurants

Swimming Pool

SPA & Beauty

Group Fitness Studio

Mind & Body Studio

Ladies Zone

Functional Training Area

Outdoor Fitness Area

Showers & Lockers

Cardio Training Area





WATERFALL SPORTS & WELLNESS

Indoor Pickleball | 4 Courts

@ISLAND EAST



Rental Fees

		Non Peak Hours		Peak Hours	
		Member	Non-Member	Member	Non-Member
PICKLEBALL @ Olympic	INDOOR PICKLEBALL	\$250*	-	\$250*	-

*The prices above are all on an hourly basis.

Basic Terms:

- Opening Hours : 07:00 - 23:00
- Reserver could bring maximum 1 participants (non-members are welcome), extra participants is required to pay \$100 for a guest pass, maximum 4 users in the court.
- For more details, please WhatsApp Waterfall : +852 8490 1454





WATERFALL SPORTS & WELLNESS

Indoor Badminton | 4 Courts

@ISLAND EAST



Rental Fees

	Non Peak Hours		Peak Hours	
	Member	Non-Member	Member	Non-Member
BADMINTON @ ISLAND EAST	\$120*	-	\$140*	-

*The prices above are all on an **hourly** basis.

Basic Terms:

- Opening Hours : 07:00 - 23:00
- Each of the other participants except the Reserver are required to pay extra \$100 for guest pass
- Only a maximum of 4 persons is allowed in every Badminton court
- For more details, please WhatsApp Waterfall : +852 8490 1454





WATERFALL SPORTS & WELLNESS

Indoor Table Tennis | 3 Courts

@ISLAND EAST



Rental Fees

	Non Peak Hours		Peak Hours	
	Member	Non-Member	Member	Non-Member
TABLE TENNIS @ ISLAND EAST	\$25*	-	\$30*	-

*The prices above are all on an hourly basis.

Basic Terms:

- Opening Hours : 07:00 - 23:00
- Each of the other participants except the Reserver are required to pay extra \$100 for guest pass
- Only a maximum of 4 persons is allowed in every Table Tennis court
- For more details, please WhatsApp Waterfall : +852 8490 1454





OVER 20+ CLASSES OFFERED DAILY AT EACH LOCATION

GROUP FITNESS

ZUMBA FITNESS

FUNKY DANCE

JAZZ FUNK

STEP AEROBICS

PILATES

BODYATTACK™

BODYCOMBAT™

BODYPUMP™

BODYJAM™

WARM YIN YANG

CHAIR YOGA

YOGA THERAPY

M3 CYCLING

ASHTANGA

INTRO STEP

YIN

YOGA FOR BACK PAIN

BELLY DANCE

WHEEL YOGA

STRESS & RELEASE

HIP OPENING YOGA

EASY FIT

GENTLE FLOW

SCULPT & STRETCH

LATINO JAM

• For more details, please WhatsApp Waterfall : +852 8490 1454



WATERFALL SPORTS & WELLNESS

Group Class (Dancing & Yoga)

@OLYMPIC



Day Pass

Non-Member

The One Member

FITNESS CLASS

@OLYMPIC | @ISLAND EAST

\$200 / \$250

\$100 / \$125

Basic Terms:

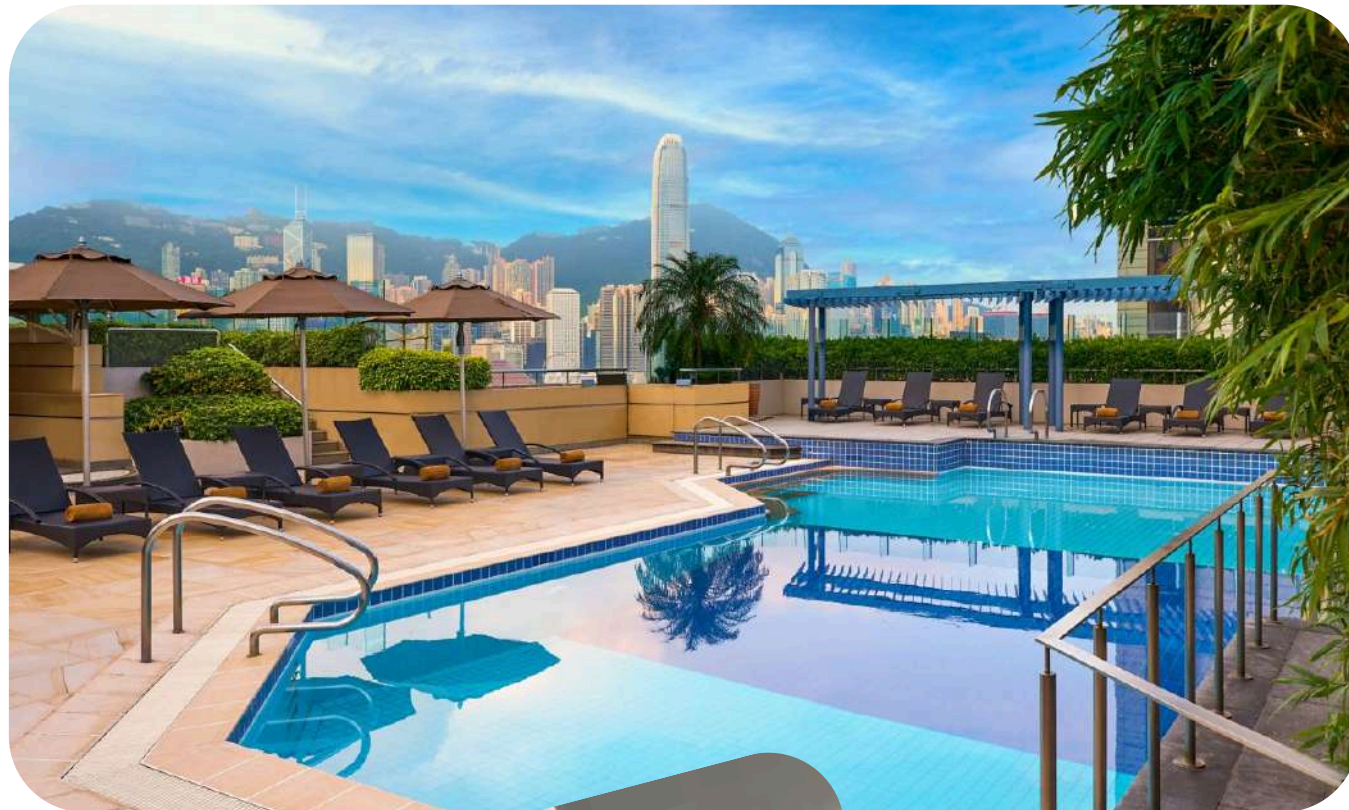
- For the Group Class schedule and reserving the class, please WhatsApp Waterfall : +852 8490 1454, or you could download Waterfall Apps to reserve the Group Class



@ISLAND EAST



WATERFALL SPORTS & WELLNESS



THE
TSIM SHA 5 STAR HOTEL
TSUI *facilities*

Swimming Pool

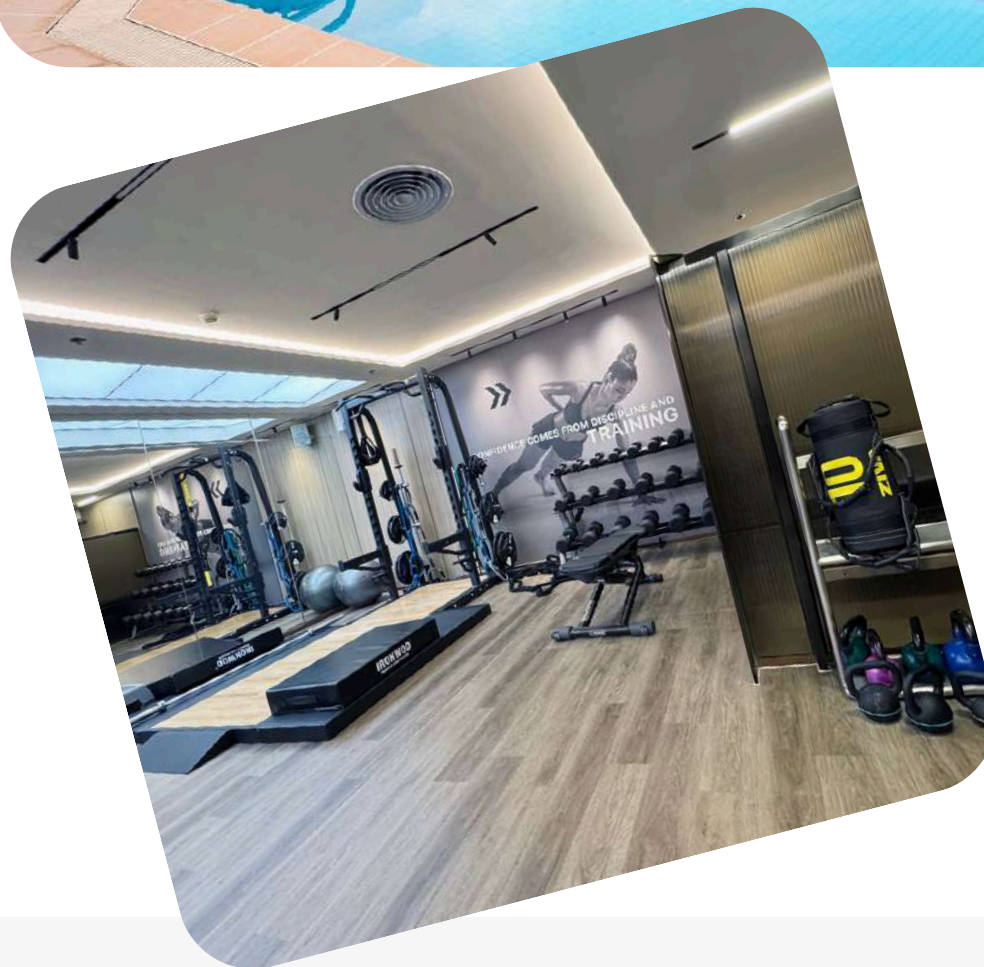
Recovery Zone

Showers and Lockers

Functional Training Area

Cardio Training Area

Physiotherapy

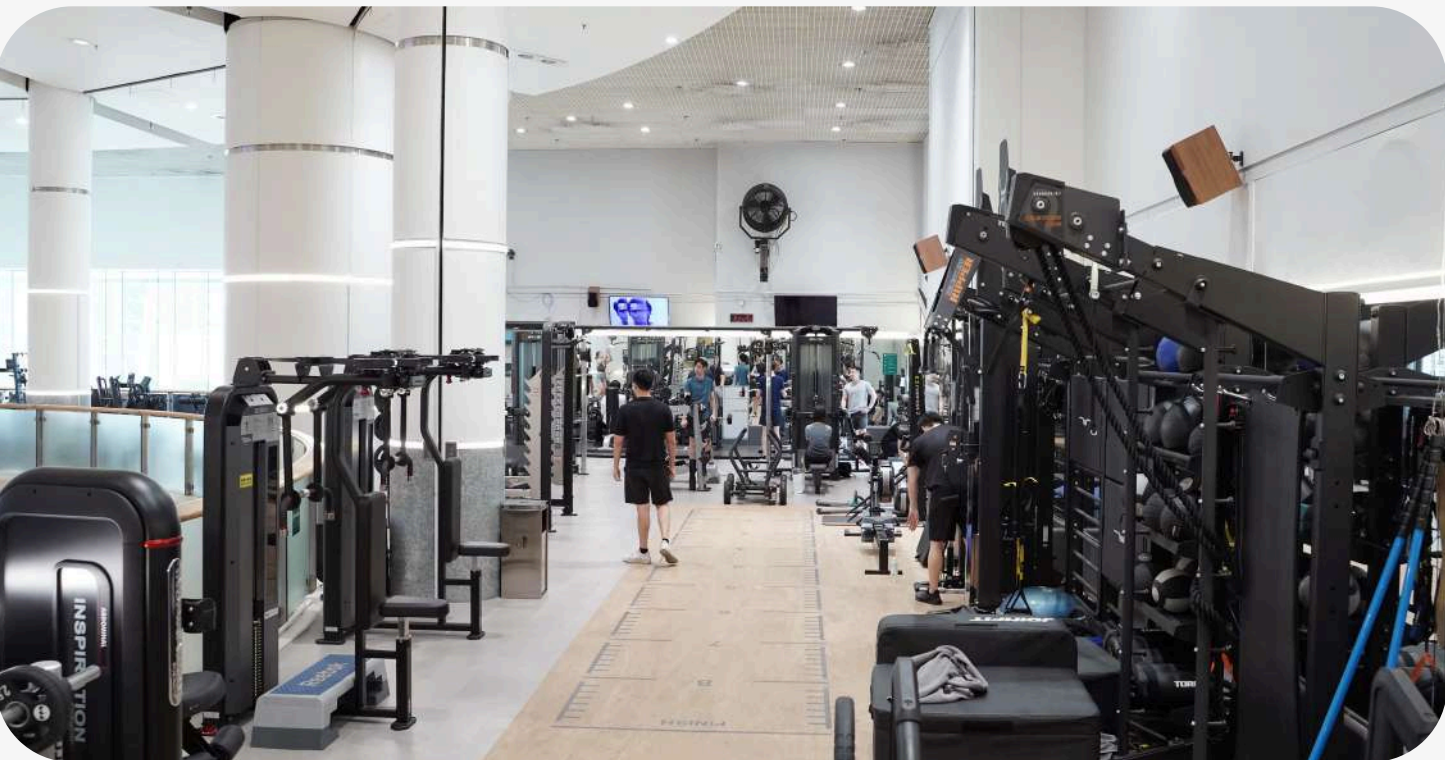




WATERFALL SPORTS & WELLNESS

Gym

@ISLAND EAST



@OLYMPIC

Day Pass

Non-Member

The One Member

GYM

@OLYMPIC | @ISLAND EAST | @TSIM SHA TSUI

\$180

\$90

Basic Terms:

- Opening Hours : 24 Hours
- For more details, please WhatsApp Waterfall : +852 8490 1454



@TSIM SHA TSUI



INDOOR TRAINING CENTER

GYM

Personal Training Program

Professional 1 on 1 Instruction

Booty Builder Training Center

Recovery Zone

Private Training Space

Body Assessment

Cardio Training Area

Keiser Area

Ladies Zone

Functional Training Area

Nautilus Training Center

Showers & Lockers

• For more details, please WhatsApp Waterfall : +852 8490 1454



SWIM

Year-round Heated
Swimming Pool

Rooftop Swimming Pool

Recovery Zone

Lockers & Showers

• For more details, please WhatsApp Waterfall : +852 8490 1454



WATERFALL SPORTS & WELLNESS

Outdoor Swimming Pool

@TSIM SHA TSUI



Day Pass

Non-Member

The One Member

SWIM

@ Tsim Sha Tsui

\$180

Basic Terms:

- Opening Hours : 07:00 - 21:00 | Sauna and Changing Room : 07:00 - 22:00
- For more details, please WhatsApp Waterfall : +852 8490 1454





WATERFALL SPORTS & WELLNESS

Indoor Swimming Pool

@ISLAND EAST



Day Pass

Non-Member

The One Member

SWIM
@ ISLAND EAST

\$180

Basic Terms:

- Opening Hours :
 - 07:00 - 23:00 (MON-SUN)
 - 07:00 - 22:00 (MON & THUR)
- For more details, please WhatsApp Waterfall : +852 8490 1454





WATERFALL SPORTS & WELLNESS

Amentities



Towel



Jacuzzi (Island East)



Lockers (Island East)

Basic Terms:

- Members could pay extra \$40 for the amenities-usage per time
- For more details, please WhatsApp Waterfall : +852 8490 1454



WATERFALL SPORTS & WELLNESS

ALL SPORTS IN ONE PLACE

ACCESS ALL URBAN LOCATIONS

PREFERRED MEMBER RATES

Membership discounts for booking

GOLF | SOCCER | TENNIS | BASKETBALL | BADMINTON
TABLE TENNIS | PICKLEBALL | SWIM | GYM



45

GOLF BAYS

Olympic
31 Premium bays with
Toptracer Range
1 VIP Room
14 Standard bays
2 Coaching Studios
Practice green



10

PICKLEBALL
COURTS

Olympic
4 - Outdoor
2 - Indoor

Island East
4 - Indoor



10

STUDIOS

Olympic
1 - Cycling Area
2 - Group Fitness Studios
2 - Mind & Body Studios

Island East
1 - Cycling area
2 - Group Fitness Studios
2 - Mind & Body Studios



5

TENNIS COURTS

Olympic
4 - Indoor Tennis Machine
1 - Outdoor Tennis Court



4

BADMINTON
COURTS

Island East
4 - Badminton Court

Members Only



3

TABLE TENNIS
COURTS

Island East
3 - Table Tennis Court

Members Only



3

GYM

Olympic
Island East
Tsim Sha Tsui



2

SWIMMING
POOLS

Tsim Sha Tsui
1 - Outdoor Swimming Pool

Island East
1 - Indoor Swimming Pool

Members Only



2

BASKETBALL
COURTS

Olympic
3 - 3x3 Indoor
Basketball Courts

1 - 3x3 Outdoor
Basketball Court

Island East
1 - Full Court



WATERFALL SPORTS & WELLNESS

THE ‘ONE’ MEMBERS RATE

Sports	Non Peak Hours		Peak Hours	
	Member	Non-Member	Member	Non-Member
GOLF @ Olympic	\$125* Weekdays 08:00—16:00	\$170*	\$170* Weekdays: 16:00—23:00, Weekends & PH	\$235*
TENNIS INDOOR TENNIS MACHINE @ Olympic	\$160* Weekdays 07:00—17:00	\$180*	\$210* Weekdays: 17:00—23:00, Weekends & PH	\$230*
TENNIS OUTDOOR TENNIS @ Olympic	\$210* Monday to Friday (09:00.17:00)	\$230*	\$260* Weekdays: 17:00—23:00, Weekends & PH	\$288*
3X3 BASKETBALL @ Olympic	\$300* Weekdays 08:00—18:00	-	\$500* Weekdays: 18:00—23:00, Weekends & PH	-
PICKLEBALL OUTDOOR PICKLEBALL @ Olympic	\$220* Weekdays 09:00—18:00	\$250*	\$270* Weekdays: 18:00—22:00, Weekends & PH	\$300*
PICKLEBALL INDOOR PICKLEBALL @ Olympic @Island East	\$250*	-	\$250*	-
BADMINTON @ Island East	\$120*		\$140*	-
TABLE TENNIS @ Island East	\$25*		\$30*	-

*The prices above are all on an hourly basis.

Day Pass	Non Member	The One Member
GYM @ Olympic @ Island East @ Tsim Sha Tsui	\$180	\$90
SWIM @ Island East @ Tsim Sha Tsui	-	\$180
FITNESS CLASS @ Olympic @ Island East	\$200 / \$250	\$100 / \$125

ALL SPORTS IN ‘ONE’ PLACE



WATERFALL SPORTS & WELLNESS

THE ‘ONE’ MEMBERS RATE

SPORTS PACK

@ Island East

	BADMINTON	TABLE TENNIS
SINGLE VISIT Peak*	\$ 140 *	\$30 *
SINGLE VISIT Off Peak*	\$ 120 *	\$25 *
10 VISITS All Time Slots Valid For 90 Days	\$ 1 100 / \$110 per visit	\$200 / \$20 per visit
30 VISITS All Time Slots Valid For 180 Days	\$ 3000 / \$100 per visit	\$ 540 / \$18 per visit

*Definition of Peak Hours: Monday to Friday: After 7 PM+ | Saturday and Sunday: From 9 AM to 5 PM | Any other time is considered off-peak hours.

GYM PASS

@ Olympic | @ Island East | @ Tsim Sha Tsui

	Non Member	The One Member	
	Day Pass	Day Pass	Month Pass
SINGLE VISIT	\$ 180	\$90	\$598

FITNESS CLASS

@ Olympic | @ Island East

	Non Member		The One Member	
	Regular	Specialize	Regular	Specialize
SINGLE CLASS	\$200	\$250	\$100	\$125
10 CLASSES Valid For 90 Days	\$1800	\$2250	\$900	\$1125
30 CLASSES Valid For 180 Days	\$4800	\$6000	\$2400	\$3000

SWIM PASS

@ Island East | @ Tsim Sha Tsui

	Non Member		The One Member	
	Day Pass	Month Pass	Day Pass	Month Pass
SINGLE VISIT	-		\$180	\$998

ALL SPORTS IN ‘ONE’ PLACE