

TIMETABLES AND PRICE LIST

Membership

	Adult	Adult Discount	Junior	Jr Discount
Annual gym & pool	£219.99	£219.99		
Annual gym or pool	£164.89	£164.89		
Monthly gym & pool	£28.00	£28.00	£20.00	£18.00
Monthly gym or pool	£23.00	£23.00	£16.00	£14.00
Weekly gym & pool		£10.00		£5.60
Weekly gym or pool		£8.00		£4.10

Weekly passes are only available to Zest Discount Scheme Members.

Direct Debit Memberships

Value monthly gym & pool 12 months contract	£19.99	£19.99		
Flexible monthly gym & pool Rolling contract, no tie in	£23.99	£23.99		
Value monthly gym 12 months contract	£14.99	£14.99		
Flexible monthly gym Rolling contract, no tie in	£19.99	£19.99		
Value monthly pool 12 months contract	£14.99	£14.99		
Flexible monthly pool Rolling contract, no tie in	£19.99	£19.99		

Pool

Pay as you go	£4.10	£2.90	£2.90	£2.00
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Gym

Pay as you go	£5.00	£4.00	£3.00	£3.00
Gym Joining Fee	Free	Free	Free	Free

Classes

Aqua Fit (women only)	£4.20			
Adult Table Tennis	£1.00			
Legs, Bums and Tums	£4.50	£3.50		
Rehab Circuit	£2.80			

Swimming Lessons

Pay as you go	£5.75	£5.75		
(only available for adult lessons and parent & toddler lessons)				
8 week block			£46.00	

1 to 1 and 2 to 1 Swimming Lessons

1 to 1	£18.00		£18.00	
2 to 1	£25.00		£25.00	
1 to 1 (block of 4 lessons)	£60.00		£60.00	
2 to 1 (block of 4 lessons)	£80.00		£80.00	




Family swim tickets

1 adult + 1 child	£6.20	£4.20		
Additional child			£2.10	

Annual memberships must be paid for in full at the time of booking.

Classes– 2018

Mon	10:00-11:00 Beginners Yoga	11:30-12:30 Rehab Circuit	13:30-14:30 Pilates on Referral	14:30-15:30 Pilates on Referral
Tues				19:00-20:00 Beginners Yoga
Wed		11:05-11:50 Women Only Aqua Fit	13:45-14:45 Tai Chi	
Thurs		11:00-12:00 Rehab Circuit	13:00-14:45 Adult Table Tennis	
Fri				
Sat				
Sun				

-  External Class, see instructor for price's.
-  Internal Class.
-  These classes are by appointment only.

Pool - 2018

*Women, girls and boys under 8 years old

**Women and girls over 16

Day	Time	Activity	Age Group	Time	Activity	Age Group	Time	Activity	Age Group								
Mon	7.00-9.00	Public Swim	Men Only	12.00-13.15	Lunchtime Swim	13.30-15.00	School Swimming	15.00-16.00	Adult Swim	16.00-18.30	Children's Swimming Lessons	18.30-20.00	Public Swim	20.15-21.15	Private Sessions		
	9.15-10.30	Quiet Adult/ Disabled Swim															
Tues	7.00-9.00	Public Swim	Women Only*	11.00-12.00	50+ Session	12.00-13.15	Lunchtime Swim	13.30-15.00	School Swimming	15.00-16.00	Adult Swim	16.00-18.30	Children's Swimming Lessons	18.30-20.00	Public Swim	20.10-21.00	Men Only**
	9.30-10.30	Women Only*															
Wed	7.00-9.00	Public Swim	Women Only Aquafit	11.05-11.50	Women Only Aquafit	12.00-13.15	Lunchtime Swim	13.30-15.00	School Swimming	15.00-16.00	Adult Swim	16.00-18.30	Children's Swimming Lessons	18.30-20.00	Public Swim		
	9.00-10.00	Parent & Toddler Aqua Class With teacher	Women Only Swimming Lessons														
Thurs	7.00-9.00	Public Swim	Quiet Adult/Disabled Swim	12.00-13.15	Lunchtime Swim	13.30-14.45	Quiet Adult/ Disabled Swim	15.00-16.00	Adult Swim	16.00-18.30	Children's Swimming Lessons	18.30-20.00	Public Swim	20.15-21.15	Private Sessions		
	9.00-10.00	Parent & Toddler Aqua-class With teacher															
Fri	7.00-9.00	Public Swim	Women Only**	12.00-13.15	Lunchtime Swim	13.30-16.00	School Swimming	16.00-18.30	Children's Swimming Lessons	18.30-20.00	Public Swim	20.15-21.15	Private Sessions				
	9.15-10.15	Women Only*															
Sat	7.00-9.00	Public Swim	Swimming Lessons	13.30-14.15	Quiet Adult/ Disabled Swim	14.30-17.30	Swimming Lessons	16.00-18.30	Children's Swimming Lessons	18.30-20.00	Public Swim	20.15-21.15	Private Sessions				
	9.00-12.30	Swimming Lessons															
Sun	9.00-9.45	Quiet Adult/ Disabled Swim	Family & Public swim	12.15-13.15	Women only*	13.30-14.15	Women Only**										
	10.00-11.45	Family & Public swim															



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Gym / Gym For Women- 2018

Mon

7:00 - 21:00

Public Session

Tues

7:00 - 21:00

Public Session

Wed

7:00 - 21:00

Public Session

Thurs

7:00 - 21:00

Public Session

Fri

7:00 - 21:00

Public Session

Sat

7:00 - 17:45

Public Session

Sun

9:00 - 14:30

Public Session

All customers must have an Induction before attending the gym.

Please note that during certain times the gym will be unstaffed:

Mon - Fri 07:00 - 08:15 and 19:00 - 21:00

Saturday 07:30 - 09:00 and 14:45 - 18:00 Sunday 09:00 - 14:30

All customers must collect a card and pin from reception before attending the gym.

