



FREQUENTLY ASKED **QUESTIONS**

How do I become a member?

Taking out membership at the Club could not be easier, simply fill in the membership application form and Direct Debit mandate form if applicable and return them to the Club with the correct fees for your chosen membership.

The Club staff will be happy to help you with any problems or queries regarding the forms and or fees.

What is included in my membership package?

Your membership package entitles you to use all of the Club's facilities Swimming Pool, Fitness Suite (including inductions), certain Sports Hall activities, use of tennis court/s, golf practice area, trim trail and reduced rates on most Sports Club fitness classes.

How does the personalised assessment work?

After joining the Club we encourage members to use all facilities to a maximum.

To allow you to gain the most from your workouts we ask that all members undertake a fitness and health assessment which will allow our qualified fitness instructors to tailor you a personal workout and health plan.

There is a high demand for this service, Please book at reception as early as possible to avoid an extended wait for a suitable booking.

Will I be left to fend for myself after my initial assessment?

NO! Our trained staff will be available to assist you in all aspects of your training and will be happy to book you further assessments at regular intervals allowing you to gauge your progress. Ask at reception for further details.

Can I bring guests to the Club?

YES! You are requested to limit your guests to a maximum of six at any one time, up to six times per year. Please note the current guest fees listed on the Fees and Charges leaflet. All guests must be booked in with reception and the appropriate fee paid on arrival at the Sports Club.

What about the Pool?

The Swimming Pool is 25m in length and 13m wide. The shallow end is 1.2m deep and the deep end is 3m deep.

The temperature is a constant 28C (84F).

We disinfect the pool using a combination of Ultra-Violet Light and a small residual level of Sodium Hypochlorite (Chlorine) making your swim a far more comfortable experience.

Lockers are available in the changing rooms and are operated using a £1.00 coin (returnable on collecting your belongings).

Please note Terms and Conditions of Membership are listed over the page.

**SHOULD YOU HAVE ANY FURTHER QUESTIONS PLEASE DO NOT
HESITATE TO CONTACT THE SPORTS CLUB. TEL: 01600 714381**