

Renewing your membership

You can renew your membership by post, but please note that you will need to collect your membership and sign for it in person at the health club kiosk. New membership applications should be made in person at the health and leisure club reception.

If you lose your membership card

Replacement membership cards are available at a charge of £5.00.

NB. All memberships expire: 30.06.2012

- heated indoor swimming pool with mosaic tiles •
- heated outdoor swimming pool with sheltered sun terrace •
- fitness suite with power plates, treadmill, rowers, steppers, bikes and cross trainers •
- free weights and weight machines • stretching area and fit balls • two saunas •
- full bar snack menu • private bar • self serve drinks • massage therapy • personal fitness plans •
- subsidised trips and events for members • free members' car park •

NOTICE TO ALL MEMBERS

We're proud that our health and leisure club is such a friendly and popular place to come and relax. We think that one of the reasons for this is the mutually respectful behaviour of our members. Should any member abuse this mutual respect and trust between staff and members - for example by misusing equipment, making a nuisance to other members, or not paying for facilities used - the management reserve the right to terminate membership without refund.



THE BARNSTAPLE HOTEL ★★ ★

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Tariff and Membership 2011/12

Welcome to The Barnstaple Hotel Health and Leisure Club

As a membership-only club, we're proud to offer an exclusive place for you to relax that's different from other leisure facilities. Here, you can feel at ease in the knowledge that the club is looked after and cared for, not only by its management and staff, but also by its members.

We have five membership packages for you to choose from, depending on your lifestyle:

Standard Membership – Standard membership allows you to use the Health and Leisure facilities when you feel like it on a 'pay as you use' basis.

Executive Membership – This is ideal if you want to use the facilities on a regular basis. Membership includes unlimited use of the Pools, Relaxation Suite, Fitness Suite, Power Plates and Sauna.

Monthly Executive Membership – Includes unlimited use of the Pools, Relaxation Suite, Fitness Suite, Power Plates and Sauna.

Monthly Swim Membership – Includes unlimited use of our Pools, Relaxation Suite and Sauna.

Monthly Gym Membership – Includes unlimited use of our Fitness Suite, Power Plates and Sauna.

Membership is open to anyone over the age of 18. All gym users will be asked to complete a cardiovascular, weight and power plate induction before using any of the equipment.

Opening

7.00am – 9.30pm every day. Last admission 9.00pm.



Standard Membership:

	adult (18 & over)	senior citizen (60 & over)
1st July 2011	£30.00	£20.00
1st October 2011	£25.00	£15.00
1st January 2012	£20.00	£10.00
1st April 2012	£15.00	£5.00

Standard Corporate Membership:

Corporate groups of 10 or more: £25 per person from 1st July to 30th September 2011. All corporate applications must be received by 30/09/2011. Sorry, no additions can be made at a later date unless the additions total a group of 10 or more. Please feel free to contact the health club manager to discuss your requirements.

Executive Membership:

	adult (18 & over)	senior citizen (60 & over)
1st July 2011 to 30th June 2012	£425.00	£375.00

Monthly Membership:

	adult (18 & over)	senior citizen (60 & over)
Monthly Executive.....	£38.00	£35.00
Monthly Swim.....	£33.00	£30.00
Monthly Gym	£33.00	£30.00

Administration and joining fee of £25.00. Payable by Direct Debit for a minimum contract period of 6 months.

Guests

All members may sign in up to 3 paying guests, of which a maximum of 2 can be under 16 years old. Members are responsible for guests at all times.

Tariff July 2011 - June 2012

	Member	Guest	Children
Swim and Sauna	£3.50	£4.50	£3.00 (swim only)
Gym and Sauna	£6.00		
Gym, Power Plate and Sauna.....	£8.00		
Power Plate only	£4.00		
Gym, Swim and Sauna	£8.00		
Gym, Swim, Sauna and Power Plate	£11.00		
Swim, Sauna and Relaxation Suite.....	£5.00	£6.00	
Gym, Swim and Relaxation Suite.....	£10.00		
Gym, Swim, Sauna, Power Plate and Relaxation Suite	£12.00		
Gym induction to include fitness and Power Plate programme	£15.00		

Please note that both the indoor and outdoor pools may be limited at peak times. Due to health and safety restrictions, we can't allow non-members to use the gym. All gym users must complete an induction. Booking is required for Power Plates and Relaxation Suite.

Children's Tariff

All children under the age of 16 years must be accompanied by a competent adult swimmer in the pool, with a maximum of 2 children per adult.

Under 2s go free – However we insist that substantial branded swim nappies are worn by all under 2s in and around the pool areas.