

the small print

thespa 

opening times

Monday - Friday	6.30am - 10.00pm	(Last entry 9.15pm)
(Off Peak)	8.30am - 5.00pm	(Last entry 4.15pm)
Saturday/Sunday	7.00am - 9.00pm	(Last entry 8.15pm)
(Off Peak)	1.00pm - 9.00pm	(Last entry 8.15pm)

From time to time there may be variations to the above e.g. public holidays but notice will always be given.

membership tariff

A joining fee of £154 per person is applicable to all membership categories.

Membership is only available to those over the age of 18.

full membership

Single Full Membership	£101* per month
Joint Full membership	£179* per month

off-peak membership

Single Off Peak Membership	£80* per month
Joint Off Peak Membership	£134* per month

outdoor pool membership

The outdoor pool is open May to September inclusive.

For more details please speak to the Membership Sales Manager.

* please note that prices have been rounded up the to nearest pound; the membership team will advise you of the actual monthly amount that will be debited from your account
all prices are valid until April 2012 and are subject to changes in vat.

membership

Whilst using the spa facilities all members should abide by the terms and conditions* of membership: -

- All memberships require an initial one-off joining fee, payable at the time of joining. Should a monthly payment be missed, without notice in writing, the membership will be considered lapsed
- If a lapsed member wishes to rejoin then the relevant joining fee will apply again
- The minimum duration of any membership is six months
- Memberships are payable by monthly direct debit. We will be pleased to accept quarterly, half yearly or annual payments, although no reduction will apply
- The facility to change membership types is available free of charge after six months. The change in monthly subscriptions will apply
- Corporate membership details are available on request from the Membership Sales Manager
- Membership to the spa includes use of the following facilities: indoor swimming pool, gymnasium, studio classes, saunas, plunge pools, eucalyptus steam room, whirlpool bath, outdoor tennis courts, children's play area, junior gym trail, members' lounges and garden
- A supplementary fee is applicable for outdoor pool membership
- All new members must complete a health screening form before using any of the facilities
- A gym induction programme must be completed before using any of the gym equipment

*On joining the spa you will be issued and required to sign our full terms and conditions of membership

general information

the spa is for use by spa members and hotel residents only. For reasons of personal safety, hygiene and courtesy to others, we request that all members observe the following -

- Smoking is not permitted in any internal area of the hotel or spa.
- The use of mobile phones and laptop computers is not permitted within the spa.
- We strongly advise that you do not consume alcohol before using any of the spa facilities. You should not have consumed alcohol prior to exercising. Anyone who appears to be under the influence of alcohol will not be permitted to use the facilities.
- It is inadvisable to consume alcohol prior to undergoing beauty treatments and, in some cases, subsequent to particular treatments. We advise that you consult your therapist for further guidance
- Please note that we do not permit the consumption of alcohol in the spa that has not been purchased within the hotel or spa.
- Receive instruction on the safe use of the gym equipment before use
- Shower prior to entering the wet areas of the spa
- Refrain from running on poolside due to slippery flooring
- Refrain from diving as the pool depths are such that diving may result in injury
- Outside shoes are not to be worn on poolside
- Refrain from drying clothes or leaving newspapers / books in the saunas
- Refrain from shaving in any area of the spa with the exception of the changing rooms
- Wear appropriate attire in the pool area, gym and studio
- Utilise the lockers provided for the safe storage of all personal belongings
- The spa will not accept any liability for the loss of any personal property
- Behave in an appropriate manner in the spa environs out of courtesy to other members, residents and staff
- We reserve the right to refuse admission to any member and their guests

membership benefits

loyalty booklet

This is our quarterly way of rewarding members with discounts and offers that can be exchanged throughout the hotel and spa and also includes a calendar of forthcoming members' events.

member discounts

Spa members are eligible for a discount of 15% on food for up to four people per visit in our riverside restaurants, The Lock, or leftbank and the lounge.

beauty discounts

Spa members discounts apply to all beauty treatments Monday to Thursday (10%); and as a new member you may enjoy any one hour treatment at a reduction of 50% of the normal price. Valid for six weeks from joining.

gym

You will receive a complimentary initial personal training session upon joining and every new member is entitled to a complimentary 15 minute trial session with one of our fitness consultants on Powerplate. Our gym is equipped with the latest Technogym resistance and Cardio equipment and our professional team will guide you through your 'Footpath to Fitness' programme.

studio classes

We offer an extensive range of classes for up to 20 participants for all levels from beginner to advanced and regularly hold studio taster days for members. Classes can be booked a week in advance at spa reception.

tennis lessons

The spa has three outdoor tennis courts for members' use: two synthetic grass courts and one multi-sport hard court. Courts can be booked through spa reception for up to one and a half hours at no extra cost. Racquets and balls are available with a £5 returnable deposit from spa reception. Our tennis professional is resident all year round for adult workshops, children's coaching and private tuition.

parking facilities

We offer extensive complimentary parking for our members.

member gets member scheme

Recommend a friend who has not been a member before with us and earn yourself one of our fantastic rewards. Terms and conditions apply.

social events

We offer a calendar of social events where you can meet other members and the spa team in a fun and relaxed environment.

little extras

Towels, shower gels, shampoo and body lotions are provided in the spa; robes and slippers are also available on request. Our garden room is exclusively available to members and residents and is somewhere to relax where you can read the selection of daily newspapers and books provided and enjoy our freshly prepared light snacks and refreshments throughout the day. Hot drinks and juices are also available to all members on a complimentary basis every day and complimentary fruit is also available throughout the day.

riverside jetty

Our private riverside jetty is a private relaxation area on the water's edge for the exclusive use of spa members and hotel residents.

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