

Opening Times

Monday to Thursday	6.30am - 9.30pm
Friday	6.30am - 9.00pm
Saturday & Sunday	7.00am - 8.00pm

Bank Holidays & the festive season opening times are subject to restricted opening times.

Please check the website or call health club reception on 01257 478246 for amended times during this period

Gym Kids

For junior members between the ages of 8 to 15 years old.

Please note all parents must have completed pre-exercise screening forms for their children upon joining.

- ▶ Children are only permitted to use the gymnasium for a 45 minute period between 10am & 4.45pm, vacated by 4.45pm
- ▶ Children have use of the pool up to 7.30pm.
The pool must be vacated by this time. Last gate entry is 7pm
- ▶ Children must be under parental supervision at all times.
- ▶ Children are only permitted to use the cross trainers, rowers and bikes.
They must not use any other equipment other than specified above.
- ▶ All parents bringing children to Gym Kids sessions must be aware of the club rules.