



ESCAPE FROM THE PRESSURES OF DAILY LIFE WITH A RELAXING AND REJUVENATING VISIT TO THE BELFRY'S LEISURE CLUB.

The Leisure Club incorporates a heated indoor swimming pool, solaria, two spa pools, a sauna and an AquaSpa treatment. The AquaSpa is a separate complex within The Leisure Club offering a two hour 'Fire and Ice' experience using cleansing steam, piercing ice showers, aromatherapy, mood lighting and chilled water to purify and restore the body. Journey through the range of 12 bio-thermal rooms and leave feeling invigorated, relaxed and rejuvenated.

With, energy levels renewed, visitors can make use of our squash and tennis courts or fitness gym, or join one of our studio classes.



simply THE spa

Visit the new re-styled spa, managed by specialists in the health and beauty industry, offering popular and traditional treatments such as hot stones and Swedish massage along with contemporary innovations including Botox, specialised golf treatments, deep tissue massage and much more.

To find our more call 01675 477024

REVIVE

OPENING HOURS

Leisure Club & AquaSpa

Package	Usage	Last Entry
Full Membership	Monday - Sunday (06:30 - 22:00)	21:00
Off Peak	Monday - Friday (06:30 - 16:00)	15:00
	Saturday - Sunday (18:00 - 22:00) (Excludes Bank Holidays)	21:00
Seniors (over 50's)	Monday - Friday (06:30 - 16:00) (Excludes Bank Holidays)	15:00
Child*	Monday - Sunday (06:30 - 20:00)	19:00

*Children must be supervised by an adult at all times

Crèche

Opening Times (maximum stay period 33/4hours)	
Monday-Saturday.....09.00-14.00	Sunday.....Closed

REVIVE

LEISURE CLUB
 AQUASPA
 CRÈCHE

MEMBERSHIP PACKAGES

Includes unlimited use of the following:

- Indoor heated swimming pool
- Two spa pools
- Fitness gym
- Ladies and gents saunas
- Aqua Spa experience (subject to availability bookable 5 days in advance)
- Aerobic classes
- Mixed steam room
- Initial fitness consultation
- Three all-weather outdoor floodlit tennis courts
- Two squash courts
- Power Plate

Other facilities: (additional charges apply)

- Crèche
- Sunbeds
- Snooker and pool tables
- Towel hire - £0.50 / Robe hire - £5.00
- Technogym Wellness System - A one-off charge of £10 will apply for the set up of this facility (2 consultations per member, per year)
- Physiotherapy
- Health Screening Additional discounts available throughout the resort. Ask your membership advisor for further details.

PRICES

Join the leisure club with no joining fee no contract and free membership freeze facility.

Monthly Subscription (By Direct Debit)

Full Single (16 years +) £59.00 per month

Full Joint (16 years +) £99.00 per month residing at the same address

Off Peak £35.00 per month

Seniors (over 50's) £29.00 per month

Child 2-4 years £12.50 per month

Child 5-15 years £25.00 per month

Annual Membership

Choose our annual membership package and receive one month FREE membership or five FREE guest passes.

Members Guest Rates (Per visit)

Each adult member is entitled to bring a maximum of two guests per visit.

Adult (16 years +) £10.00 per guest Monday – Friday

Adult (16 years +) £15.00 per guest Saturday, Sunday and Bank Holidays

Child 2-4 years £2.50 per guest Monday – Sunday

Child 5-15 years £5.00 per guest Monday – Sunday

Non-member day fee (weekday) £40.00

Non-member day fee (weekend) £45.00

Please ask a memberships advisor for up-to-date details of club offers.

PRE-BOOKABLE FACILITIES

To guarantee the use of the following facilities it is advisable to pre-book at the Leisure Club Reception. NB: You may only attend classes within the stated time periods of your membership.

Sunbeds

Available in both male and female changing areas

Members Residents

For 3 minutes £3.00 £4.50

For 6 minutes £6.00 £9.00

For a 30 minute course £27.00 N/A

Eye protection must be worn when using the sunbed, available free of charge from Leisure Club Reception.

Aqua Spa 'Fire and Ice' Journey

This is a separate complex within the club where you can experience a two hour "Fire and Ice" bio-thermal session. Invigorating, relaxing, rejuvenating and, above all, fun! Meditate and relax to the soothing lighting and music to help relieve the stresses and strains of everyday life. Unlimited use of the AquaSpa is included within membership (subject to availability).

Physiotherapy and Sports Injury Clinic

Jim Walker, our resident physiotherapist offers a variety of treatments for all kinds of injuries; including pre and post operative, rehabilitation, long term injuries and recent injuries.

Jim also offers a full health screening service which looks at your cholesterol, glucose (diabetes), lung function, ECG, blood pressure, BMI, body fat, height and weight at a reduced rate for members for only £30. Jim Walker - 07725 536705

Aerobic Studio

The studio classes are suitable for all abilities -from beginner to advanced. Squash Courts The Leisure Club has two squash courts. Rackets and balls are available to hire at £3.00 each.

NB: White soled shoes must be worn.

Tennis Courts

There are three all-weather floodlit tennis courts. Hire fee (inc. rackets and balls) £3.00

Snooker and Pool Room

This is a separate area within the club.

Members Residents

Snooker (per 1/2hour) . . . £1.50 . . . £3.00

Pool (per game) £1.00 . . . £1.00

AquaSpa JOURNEY

The AquaSpa is a two-hour relaxation orientated experience consisting of a range of different bio-thermal rooms.

Heated Bench and Footbaths

A preliminary treatment upon entry to the AquaSpa; sit back on the heated bench whilst bathing the feet, relax and let the heat stimulate the circulatory system.

Feature

Shower Initially prepares the body before entering one of the therapy rooms: choose between Tropical, a combination of large, warm water droplets and tropical warm lighting, or Ice Drench, an intense injection of tiny, freezing droplets, shadowed by a mixture of bright blue/green lighting.

Caldarium

Designed by the Romans, the caldarium is a mild relaxation treatment room created for warm air bathing. The soft lighting, citrus aroma and warmth generated through the floor and walls provide an ideal environment to relax for long periods prior to entering the sauna, crystal steam room or sanarium.

Aroma Cave

A light aromatic steam room consisting of a mixture of humidity and a mist of vaporized essence. Whilst the mild heat generated through the floor and the walls appeal to the circulatory system, the humidity is inhaled to ease any respiratory difficulties.

Sauna

The sauna is the warmest of the treatments within the AquaSpa; at around 100 degrees the heat promotes exfoliation of impurities from the pores of the skin through perspiration. This improves the natural toning of the tissue and enhances the feeling of purity.

Shower Grotto

After the dry heat of the sauna the grotto offers three types of cold showers for cooling down and freshening up.

- Ice Hose – slowly work the cold water up and down the entire body
- Ice Shower – an invigorating total body cooler
- Ice Bucket – brace yourself, pull the chain wake up your entire system

All three cold treatments benefit both body and skin. The sudden change in temperature will close the pores of the skin, there by improving tone and clarity.

Igloo

The chilled floor, walls and bench create a cold environment where ice remains frozen. The cold air of the igloo will be sufficient for most people to cool down following a heat treatment. The hardened individual may wish to try a complete ice rub down!

Tranquillity Room

This room is designed for perfect relaxation. The soothing sound and lighting create an ideal environment to sit back in reclining chairs and relax.

Crystal Steam Room

This is a full aromatic steam room with strong eucalyptus vapour designed to revitalise the body and mind. The heat from the benches and floor combined with 100% humidity create the perfect environment to cleanse the impurities from the skin.

Hydrotherapy Pool

The main attraction in the AquaSpa, the hydrotherapy pool operates around five stations situated in different areas of the pool. These stations activate at different intervals, each for an estimated five-minute duration. By working around each different station the major muscle groups within the body will be stimulated providing the next best thing to a full body massage.

- Water Curtain – an elevated wide showerhead that injects a fast flowing stream of water that breaks on and massages the back, neck and shoulders.
- Air Pad – small pumps situated around the bottom of the pool gently massage soles of feet
- Lounger Air Blower – a reclined bench from where a gentle flow of air is pumped to stimulate hamstring and lower back
- Turbo Seat – a range of jets injects air and fast flowing water to manipulate all regions of the lower body
- Jet Stream – three different level pressure jets propel a sharp flow of water into the major muscle groups in the legs to ease tension.

Sanarium

A mixture of dry heat and light humidity improves the circulatory system and eases respiratory difficulty.

Conservatory

The ideal end to your session, relax on loungers in our quiet conservatory area.

PRICES

Residents.....£30 per person

Leisure Club Members.....included in subscription

Please note: pre-booking of sessions is advised to avoid disappointment.

Please call the Leisure Club team on 01675 470 301 Ext 7308.

CRÈCHE

Whilst using the Leisure Club facilities, why not bring your children to the crèche, conveniently located within the club. Our aim is to provide a quality nursery environment within a crèche that will provide a fun, educational, stimulating and safe environment whilst meeting the individual needs of each child.

Booking

Due to the popularity of the crèche, it is necessary to book a place for your child/ children.

Ages and Ratios

The crèche is registered with Ofsted and we are therefore bound by their requirements with regard to the child/adult ratios. We can accept children from six weeks old up to their eighth birthday. The longest period your child can stay, (without a break), is three hours and forty five minutes.

Settling In / First Visit

For the first few occasions your child comes to see us we suggest you arrive fifteen minutes before your scheduled session to allow you to settle your child in, fill in the crèche registration card, and also get to know the staff. Please note that it is our policy to contact you within fifteen minutes if your child is upset and cannot be distracted or comforted.

Activities

We have a wide range of facilities and offer activities for all children within the six areas of learning listed below as recommended by Ofsted.

- Communication, language and literacy
- Mathematics
- Physical
- Creative
- Personal, social and emotional
- Knowledge and understanding of the world

There is also a soft play area consisting of a small ball pit, slide and soft climb area. For the 'little ones' we have bouncing chairs, baby gyms, baby toys and a quiet area for when they need to sleep. There is also a changing area and toilets.

A certificate of Ofsted registration is displayed on the notice board, and the facility has public liability insurance.

General Points

- Please provide bottles and food for babies
- For older children you may bring food in if required, or order it from The Café Bar
- We will heat your child's bottle if needed
- We will change nappies. Please provide your own nappies and wipes in a labelled bag
- We will tell you what your child has been doing whilst they have been in the crèche
- We are always willing to discuss any thoughts or problems you may have

Please:

- Do not bring your child in if they have been ill in the last 24 hours. This is for the comfort of your child and also for the health of the other children
- Inform us of any changes to the information on the crèche registration card as soon as possible
- Remain in the resort whilst your child is with us
- Bring spare clothes for your child
- Label any bags, bottles and cups
- Book in and out at the crèche reception on each visit. This is in accordance with fire regulations
- Please drop off and collect your child at the allocated crèche time in accordance with regulations

First Aid

We have a first aid kit and trained first aiders in the crèche. If your child has a minor accident we will treat them and inform you when you return to the crèche. If your child has a more serious accident you will be contacted at once.

Late Arrivals

Anyone arriving more than fifteen minutes late for their booking is liable to lose their place. If you are late for any reason you must still pay for the booked time.

Cancellations

A minimum of 24 hours notice of cancellation is required on any place that is booked. Please be aware that if you are late picking up your child then a £5 charge will be made for every 15 minutes that you run over. A credit card number and mobile telephone number will be required at the time of booking.

Infectious Disease Information

- Chicken pox
Incubation: 21 Days, Isolation: 7-10 Days (Until all spots are dried over)
- Conjunctivitis
Isolation: Please allow 24 hours after your child's first treatment before entering the crèche.
- Diarrhoea
Isolation: Please allow 48 hours after your child's last loose stool before entering the crèche.
- Measles
Incubation: 10-15 days, Isolation: 7 days min
- Mumps
Incubation: 12-26 days Isolation: Until swelling has subsided
- German Measles
Incubation: 14-21 days Isolation: 4 days from the onset of rash

PRICES

	Members	Non Members
Up to 1 hour	£4.50	£7.00
Up to 2 hours	£8.00	£12.00
Up to 3 3/4hours	£12.00	£18.00