

North Lakes Spa Tariff

1st April 2010 - 31st March 2011



Opening Times	Monday - Friday Saturday Sunday	6.30am - 9.30pm 7.00am - 8.00pm 7.00am - 8.00pm
Daytime Hours	Monday - Friday Saturday	6.30am - 4.30pm 7.00am - 2.00pm
Senior Membership (65 years and over)	Monday - Friday	10.00am - 4.00pm
Adult Only (excl. bank holidays)	Monday - Friday	9.00am - 10.00am

Full Membership	Monthly Direct Debit	Annual Fee	Joining Fee
Single	£61.00	£732.00	£100.00
Husband & Wife	£113.00	£1356.00	£180.00
Plus 1 child 0-3 years	-	-	-
Plus 1 child under 14 years	£29.00	£348.00	-
Plus 1 child 14-18 years	£37.00	£444.00	-
Daytime Membership	Monthly Direct Debit	Annual Fee	Joining Fee
Single	£48.00	£576.00	£100.00
Husband & Wife	£89.00	£1068.00	£180.00
Student Membership	Monthly Direct Debit	Annual Fee	Joining Fee
Single	£42.00	£504.00	£50.00
Senior Membership	Monthly Direct Debit	Annual Fee	Joining Fee
Single	£39.00	£468.00	-

All membership and joining fees include VAT at the current rate.
A 5% discount applies to all annual fees - subject to membership availability.

Spa Facilities

- 13m deck level swimming pool with relaxation area
- Fully equipped exercise area, air-conditioned with the latest computerised Life Fitness cardio vascular and Cybex equipment - over 35 stations
 - Children's activity room with computerised games
 - Large whirlpool
 - Children's splash pool
 - Poolside mixed steam room
 - Sauna in each changing area
- Lounge area with selection of complimentary hot drinks, daily newspapers, magazines and satellite television
- *Fast Tan Sunbed
- *St Tropez tanning booth
- Air conditioned activity studio and wellness studio with comprehensive range of inclusive classes

Spa Treatments

- * 6 air conditioned treatment rooms
- Luxurious relaxation area
- Changing rooms
- Open Monday-Wednesday 9.00am-7.00pm, Thursday-Friday 9.00am-9.00pm, Saturday 9.00am-7.00pm and Sunday 9.00am-5.15pm

Additional Services & Benefits of Membership

- Fully qualified instructors are registered on the Register of Exercise Professionals
 - 25% off weekend breaks and food and beverage within Shire Hotels (conditions apply, please see website for more information)
 - Regular activities and social events for all ages
 - Members of Fitness Industry Association
 - *Swimming lessons
 - Nutrition consultation
 - Complimentary towel use
 - *Cholesterol testing
 - 20% off BUPA Membership
 - *Personal training
 - Complimentary lifestyle consultations & exercise programmes tailored to individual requirements
 - Use of other Shire Hotels Spas throughout the country
 - Senior memberships - Option to freeze your membership for any 3 months over the course of the year
- *Additional charges

Hotel

Your membership buys you so much more than a healthy lifestyle. One of the benefits of being a Shire Hotels Spa member is that you receive exclusive discounts on weekend breaks at all the hotels. You can also enjoy the surroundings and relax in the bar or restaurant and receive 25% discount on food and drink at any Shire Hotel! So, whether it's a glass of wine with friends, a cosy supper for two, or a celebration meal to remember - why not make the most of your membership?

We'd also love to talk to you about your family celebrations, weddings, christenings and other gatherings - although your 25% discount will not automatically apply, you may be entitled to preferential rates on the event.

Business Membership

Available on a limited basis for 6 or more employees - please contact the Spa Manager for more details. Corporate incentives for your company can be incorporated, dependant upon the number of employees that subscribe.

Guests

Members may sign in up to 2 guests at advertised rate. £12.00 per adult, Child 0-3 Free, Child 4-13 £6.00 14-18 as normal per visit (please note child usage times). Guests are allowed only one visit per calendar month. Please check Terms and Conditions for restrictions.

How to Pay

Payment can be made either:

- 1) In full by credit card, debit card, cheque or cash, or
- 2) Monthly direct debit, available from the Spa.

Payment By Monthly Direct Debit

The joining fee plus subscription up to the next available direct debit date must be paid in full, with the direct debit form completed at the Spa. New members need to provide photo identification or a utility bill on application.