

## **Personal Training**

If you are training for a particular event or just want that extra support our expertly trained personal trainers are on hand to look after you. Prices are displayed in club.

## **Showering**

Showering between using all of all poolside facilities is vitally important for hygiene reasons, please do respect this.

## **Spa**

The Spa is situated upstairs on the first floor of the Health Club. Our friendly and professional spa therapists are on hand to deliver exceptional treatments to you. You receive an exclusive members treatment discount of 25% Monday-Friday and further discounts each month. Treatment brochures are available at reception. Our relaxation lounges are a great way to end your day with complimentary water and herbal teas to enjoy.

Mon – Wed: 9.00am – 7.00pm

Thurs – Fri: 9.00am – 8.30pm

Sat – Sun: 9.00am – 6.00pm

## **Suspension of Membership**

Memberships can be suspended for 1 month for £5 per month for a maximum of 3 months. Please provide 1 month notice from the 15th of the month to [admin@holmerpark.co.uk](mailto:admin@holmerpark.co.uk).

## **Swimming Pool**

Our stunning Roman styled, deck level swimming pool is 20m x 15.5m and heated to between 28-30 degrees c.

## **Swimming Accessories**

Costumes and a wide range of swimming accessories are available to purchase from the Café Bar.

## **Swimming Lessons**

Swimming lessons are available at an additional charge. Please contact our Fitness Coordinator on [Fitnesscoordinator@holmerpark.co.uk](mailto:Fitnesscoordinator@holmerpark.co.uk) for more information.

## **YOU**

No-one is more important to us than YOU. If there is anything we can do for you then please don't hesitate to ask a member of the team.

# **MEMBER A-Z DIRECTORY**

## **Aqua Fit**

Please note aqua fit is held in the pool at the following times:

Mon: 11:30am-12:15pm

Wed: 6:30pm-7:15pm

Thurs: 11:30am-12:15pm

## **Café Bar**

The Cafe bar is located just off reception on the ground floor serving drinks from 7.00am-9.00pm.

The Orchard Cafe is available should you wish to dine with us and food is served Monday-Friday- 8.00am-7.00pm and Sat-Sun 9.00am-5.00pm. Members receive a 10% discount.

## **Car Parking**

The Car Park is situated to the front of the Club and is available free of charge to all members. Please park considerately. During busy periods please maximise the space by parking at right angles at the side of the pool hall.

## **Club News**

Email is an effective way of keeping you up to date. We will email you regularly with the club information and exclusive offers so please do ensure that your email address is kept up to date.

## **Children's Swim Times**

Children are welcome at Holmer Park during the following times:

Monday-Thursday: 3:30pm-5:30pm

Saturday: 3:00pm-6:30pm

Friday & Sunday: 3:30pm-08:00pm

When using the pool please stay in the left lane of the pool and adhere to rules displayed around the pool hall.

## **Cancellation of Membership**

We really wouldn't want you to leave us and if there is anything we can do please contact the General Manager on [manager@holmerpark.co.uk](mailto:manager@holmerpark.co.uk). In the event that you would like to end your membership please provide 1 month notice from the 5th of the month to [admin@holmerpark.co.uk](mailto:admin@holmerpark.co.uk).

## **Conference Facilities**

Please enquire with our admin office for details of our facilities. Our price list is available on request.

## **Contact details**

Please see the club contact email addresses in case of query, we'd love to help!

General Manager - [Manager@holmerpark.co.uk](mailto:Manager@holmerpark.co.uk)

Duty Manager- [Dutymanager@holmerpark.co.uk](mailto:Dutymanager@holmerpark.co.uk)

Spa Manager - [Spamanager@holmerpark.co.uk](mailto:Spamanager@holmerpark.co.uk)

Sales Manager - [Salesmanager@holmerpark.co.uk](mailto:Salesmanager@holmerpark.co.uk)

Head Chef - [Chef@holmerpark.co.uk](mailto:Chef@holmerpark.co.uk)

Club Administrator - [Admin@holmerpark.co.uk](mailto:Admin@holmerpark.co.uk)

Fitness Coordinator - [Fitnesscoordinator@holmerpark.co.uk](mailto:Fitnesscoordinator@holmerpark.co.uk)

Reception - [Info@holmerpark.co.uk](mailto:Info@holmerpark.co.uk)

## **Dietary requirements**

If you have any special requirements please contact the Head Chef who will be happy to assist.

## **Disabled Car Parking**

Disabled car parking spaces are available at the front of the main entrance and at the side of the pool hall.

## **Spa Gift Vouchers**

Gift vouchers for Holmer Park Spa are available for purchase from the club reception.

## **Guest Entry**

Members are able to bring 3 guests to Holmer Park at any one time at the following guest fees:

16+ £9.25      5-15 £4.95      0-4 £2.50

## **Gym Induction**

Our gym staff, trained to premium standards, will create an individual fitness plan tailored to your requirements. When you first join Holmer Park, an initial exercise programme will help you establish areas in which you would like to improve and the best ways to achieve your goals. Along the way, your progress will be closely monitored, so our instructors can identify any necessary improvements or amendments, whilst providing supportive encouragement and motivation.

## **Group Fitness**

Whether you're looking to raise a sweat at one of our Spin classes, or stretch out at a relaxing Yoga session, there are numerous classes taking place throughout the week at various times, so no one misses out. Every class is absolutely free of charge to members and you can book online 24/7 at [www.holmerpark.co.uk](http://www.holmerpark.co.uk).

## **Lockers**

Lockers are provided for your convenience. Please do not leave belongings in them overnight as they may be removed.

## **Lost Property**

Any lost property found in the Club is placed in storage. Please contact reception.

## **Membership Credit**

You are able to apply credit to your membership account to purchase various products at Holmer Park. Please speak with a member of the team for more information.

## **Maintenance**

Things do go wrong from time to time. Please inform reception or the Duty Manager of any issues.

## **Newspapers**

National and local newspapers are available in the lounge and on poolside.

## **Opening Times**

The Club is open Mon-Sun 7am-10pm