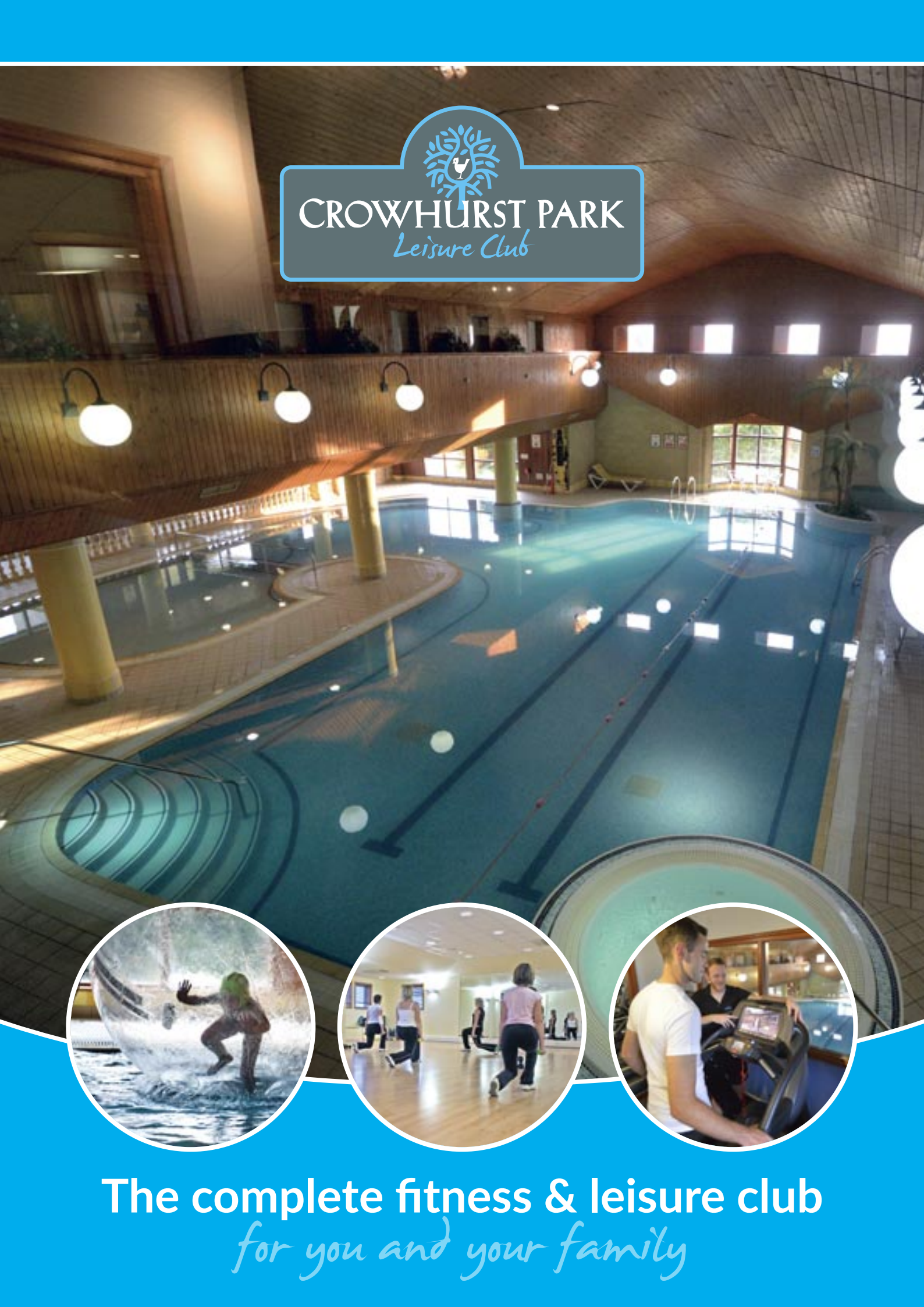




CROWHURST PARK
Leisure Club



The complete fitness & leisure club
for you and your family

Crowhurst Park Leisure Club is renowned for its friendly and welcoming atmosphere that caters for families and sports people alike. Our facilities are suitable for all levels of fitness. We can also provide personal training.



Much more than just a pool

One of the best-kept secrets is our 18 metre heated indoor pool. Swim at your own leisure or relax and unwind in the steam room, sauna and Jacuzzi. There is also a children's pool area and swimming coaching is available for children via an independent swim school. A range of pool activities are available including adult only swim times, aqua fit and splash time for kids.



See for yourself

Just phone us on 01424 775644 and we will be more than happy to show you all the great facilities we have on offer - no strings attached.

A great place to keep fit

Whether you want to lose weight, tone up or train for an event we have the facilities to help. Our air-conditioned gym contains a wide range of cardiovascular equipment, plus resistance machines for a full body workout. There are also gym balls, steps and free weights to incorporate into your routine.

You will receive an initial assessment and can benefit from ongoing support from our fitness team, together with personal training if required.



Fitness Studio

There is a large air-conditioned fitness studio with sprung floor where a wide range of classes take place each week - charges apply.



Accessibility

There is ramped access to the Leisure Club, disabled changing rooms with hoist and a Dolphin Dipper poolside hoist by the swimming pool. There is also a disabled stair lift to the first floor.

The Therapy Lodge

The Therapy Lodge is one of Crowhurst Park's newest assets offering a wide range of treatments for the body and mind.

Each of our three rooms create a serene atmosphere providing the perfect setting for each of our therapies including:

- ✓ Sports therapy
- ✓ Clinical hypnotherapy
- ✓ Sports massage
- ✓ Hebe aesthetics
- ✓ Physiotherapy
- ✓ Indian head massage
- ✓ Reiki
- ✓ Diet and nutrition review
- ✓ Reflexology
- ✓ Emotional freedom techniques
- ✓ Acupuncture

For more information please contact Kimberley on 07874 881414 or email enquiries@thetherapylodge.co.uk



So much more than just a Leisure Club!

Not only do you have access to all the facilities in the Leisure Club there's so much more to enjoy at Crowhurst Park, just look at what's on offer:



The Manor House

After a workout why not relax in our 17th century Manor House where you'll find a charming bar and restaurant. There's an external decked area and a children's adventure playground. We have a weekly programme of quizzes and themed nights in our restaurant.

The Manor House is the ideal venue for weddings, birthday parties and celebrations. Complete wedding packages start from £2495.



Annual Golf Club Membership for only £200!

Yes that's right, we are offering Leisure Club members annual membership at The Bay View 9 hole golf course in Pevensey Bay for only £120 (normal price £315).

The Green Room

A number of wonderful beauty treatments are available that are tailored specifically for each client. The products we use are organic and free from parabens.

We offer relaxation packages and pamper parties that include hen parties, children pamper parties and even spray tan parties.

We offer the following treatments:

- ✓ Hand and foot treatments
- ✓ Waxing
- ✓ Facials
- ✓ Spray tanning
- ✓ Massage including hot stone
- ✓ Eye treatments
- ✓ Hair and make up

For more info please contact Tracie on 07928 074324 or email Tracie.collins1@btinternet.com



Indoor and outdoor activities for all ages. You can indulge in your favourite sports or learn a new set of skills.

For further information please call 01424 773344.



Archery Club

Over 30 tournament and 3D targets are laid out within 90 acres of unspoilt woodland of the Crowhurst Park estate - separate membership available.

How to join

Complete the application form and return it to the Crowhurst Park Reception.

Photographs

Please enclose two passport size photographs for each applicant and identify with name and address.

Monthly payment option

If paying on a monthly basis your application form should be accompanied by cash, cheque, debit or credit card for the Joining Fee and the first month's subscription together with a completed Direct Debit Mandate for future monthly subscriptions.

Annual payment option

If paying on an annual basis your application form should be accompanied by cash, cheque, debit or credit card for the Joining Fee and the annual subscription.

Rules

1. The Club

The Club shall be called the Crowhurst Park Leisure Club (The Club) and shall be a proprietary Club owned by Crowhurst Park, Battle, East Sussex TN33 0SL, and administered by the Leisure Club Manager (the Manager) or by such person the Owner shall nominate.

2. Membership

- Membership is on an annual basis.
- Persons wishing to become Members of the Club shall complete the application form attached and return it to the Main Reception.
- Absolute discretion is granted to the Owner to reject, any application for, or renewal of membership without ascribing any reason for so doing, in such cases any monies sent will be refunded.
- On acceptance of application, the applicant will be sent a Membership Card which will remain the property of the Owner and upon the termination of membership for whatever reason will be returnable to the Owner on demand.
- Membership is strictly non transferable.
- Temporary membership is offered to the park's guests during their stay at the park.

3. Joining Fee

A joining fee as per the current tariff must be paid before membership can commence. The joining fee is per person and is not transferable. If Club membership is terminated or lapses through non payment of subscription the joining fee will become payable before membership can resume.

4. Subscriptions

- Membership is on an annual basis. Subscriptions may be paid monthly. On the annual basis the appropriate annual subscription is payable in full in advance either in cash or by cheque or direct debit. No increase in subscription rates will be levied during the year for which an annual subscription has been paid. On the monthly basis the first month's subscription must be paid in cash or by cheque and accompanied by a properly completed Direct Debit Mandate for future monthly subscription. The Club reserves the right to increase or revise the monthly subscription rates on giving one month's notice.
- The Owner shall from time to time determine the amount of the

subscription and charges, if any, for each of the facilities. Changes shall be solely at the Owner's discretion.

- Membership of the Club shall commence from the day of acceptance following receipt and clearance of the subscription cheque.

5. Club Facilities and Usage

Staff are available to demonstrate and supervise correct use of the training equipment.

- Persons under 14 years of age must be accompanied in the Club by an adult who will at all times be responsible for the persons conduct. It being recognised that neither the Club, the Manager nor the Owner has responsibility on their behalf. Children under the age of 8 using the pool must be accompanied in the water at all times by an appropriate adult (an adult being 16 years old or over). Children under the age of 8 are not permitted to use the spa pool (this is due to health reasons).

- For health and hygienic reasons, all persons are requested to shower before using the pool, Jacuzzi or children's pool.

- Members and their Guests are particularly advised not to undertake strenuous physical activity for which they might be medically unfit and neither the Owner nor the Manager will be in any way responsible for any harm which may come to Member or Guest as a result of their undertaking within the Club, any activity which is beyond their physical capability. Members and Guests are advised to have a medical consultation and assessment before commencing exercise. All members must have an induction prior to using the gym equipment.

- Members should not use the Club while under the influence of alcohol, anti-histamines, vasoconstrictors, narcotics or tranquilisers. Those with diabetes, heart disease or high/low blood pressure should check with their doctor that it is safe for them to use the Club's facilities.

- Members and their Guests should be suitably attired whilst using the facilities. Gym shoes should be worn at all times in the gymnasium. No swimwear or jeans upstairs.

- Sauna, steam room and Jacuzzi are available. Instructions are posted in plain view in each room and must be complied with. The Owner shall not be liable for the consequences of any person failing to follow such instructions and shall be entitled to remove from the club forthwith any such persons.

Opening times and membership

Monday to Thursday 6.30am - 10.00pm
Friday 6.30am - 9.00pm
Saturday and Sunday 8.00am - 7.00pm
Bank holiday opening times may vary

FULL MEMBERSHIP

Unlimited use, 7 days a week

OFF PEAK MEMBERSHIP

Mon - Fri, 6.30am - 5.00pm (1st Mar to 31st Dec),
Unlimited use, 7 days a week (2nd Jan to 28th Feb)

6 MONTHS MEMBERSHIP

Unlimited use, 7 days a week, full payment upon joining.

CHILD MEMBERSHIP

Juniors must always be accompanied by an adult member.

Membership is offered on an annual basis. Membership is non-transferable. Fees are non-returnable.

- In order not to offend other Members, normal swimwear should be worn in sauna.

- Children under the age of 16 are not permitted to use the gymnasium at any time. Smoking and the use of drinking glasses are not permitted in the Leisure Club.

- The use of breakable crockery and glasses is confined to the Manor House. These items may not be taken to the poolside.

- The Owner reserves the right to restrict the numbers of Members using the facilities at any one time.

- In the interests of safety, running, jumping and diving are not permitted in the pool area nor the use of snorkels, flippers and beach balls etc.

- Last admission will be 45 minutes prior to closing. The facilities must be cleared 15 minutes before closing time to allow adequate time for showering and dressing.

6. Club Admission

- On entering the Club, all Members must sign in at the reception desk. All Guests must be accompanied by a Member and must sign the Guest book. Current membership cards must be shown.

- Except with the prior consent of the Manager, no Member shall at any time introduce any Guests who has been rejected as a Member or had membership terminated or suspended.

- A Member introducing a Guest shall be responsible for the good conduct of such Guest whilst on Club premises and shall be responsible for payment of the appropriate charges (specified from time to time by the Owner) for such Guest's use of the facilities.

7. Opening Times

The times at which any or all of the facilities shall be available to Members and Guests shall be at the discretion of the Owner or the Manager. Any or all of the facilities may be closed at any time for the purpose of the cleaning, decorating, repairs, events or for special functions. In the event of equipment not working it will be replaced as soon as practically possible. Members subscription will not be refunded, reduced or extended.

8. Owners Liability

The Owner and its employees will not be liable in any way for the loss of, or damage to, the property of Members or Guests or for the personal injury to or

death of, any Member or Guest, except to the extent that such loss, damage, personal injury, or death arises from the wilful act, neglect or default of the Owner or any of its employees or agents.

9. Termination of Membership

The Owner and the Manager in their absolute discretion and without giving any reason therefore may at any time terminate the membership of any Member. It shall be at the sole discretion of the Owner, whether or not a Member's subscription shall be repayable to him in whole or in part in any case of termination of membership.

10. Closing of the Club

The Owner shall have the power and the right at any time upon one month's notice to Members to discontinue the Club upon refunding to Members the unexpired portion of their current subscription.

11. Compliance with Rules

- By their membership Members accept and agree to be bound by the Rules of the Club from time to time in force, and to use the Club and its facilities in a proper and prudent manner.

- Any Member or Guest who in the sole opinion of the Manager does not comply with the rules shall be required to leave the premises immediately and without argument.

- The Club reserves the right to require any Member to make good or indemnify the Club against any danger or destruction of Club facilities caused by the negligence, default or wrongful act of such Member or their Guest(s).

- The Owner in its sole discretion may at any time vary these rules or any entry fee or membership subscription or any of the charges for the use of any or all of the facilities. No refunds of subscriptions will be made.

- Members will further comply with any discretion which the Manager may give to ensure the smooth operation of the Club, the use of the facilities and the convenience of all.

- Any dispute or difference which may arise in regard to the interpretation of these Rules shall be determined by the Manager whose discretion shall be final and binding on all Members.

12. Additions

- The Leisure Club has a no smoking policy.

- Members are not permitted to bring pets onto the park.

Prices

FULL MEMBERSHIP

	Joint (2 people)	Individual (16 yrs +)	Child (4 to 15 yrs)
Annual Fee	£877.80	£574.20	£132
Monthly Fee (direct debit)	£79.80	£52.20	£12.00

OFF PEAK MEMBERSHIP

Annual Fee	£574.20	£349.80	£132
Monthly Fee (direct debit)	£52.20	£31.80	£12.00

6 MONTHS MEMBERSHIP

Fee	£478.80	£313.20	£72
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JOINING FEE

	£100	£50	£20
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No Joining Fee for any type of membership if you pay in full up front

Membership fees include use of

18x18 metre indoor swimming pool, children's pool, jacuzzi, sauna, steam room, gymnasium (not including personal training, fitness tests or programmes), clubhouse bars, restaurant and coffee lounge, children's adventure playground and small fishing pond. Excludes all fitness classes and beauty treatments.

Additional fees

Adult guest £5.00 per day, child guest £2.50 per day. Beauty treatments and reflexology, sports massage, aqua fit and studio classes - details of charges found at the Leisure Club. Maximum of 2 guests per visit. The same guest shall only be admitted 6 times in any one subscription year.

Prices subject to VAT at 20%.

Application Form

Applicants Details

Surname Mr/Mrs/Miss _____

First Name _____

Name of Joint Member _____

Name of Child _____ D.O.B _____

Name of Child _____ D.O.B _____

Name of Child _____ D.O.B _____

Address _____

_____ Postcode _____

Email _____

Telephone _____

Where did you hear about us? _____

Type of Membership Required

FULL OFF PEAK 6 MONTHLY

Individual (16 yrs+) £ _____

Joint (2 people) £ _____

Child (x _____) £ _____

JOINING FEES Individual (16 yrs+) £ _____

Joint (2 people) £ _____

Child (x _____) £ _____

TOTAL AMOUNT DUE £ _____

Payment Details (please tick relevant boxes)

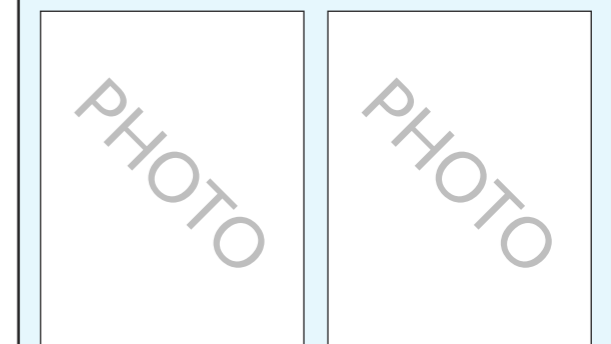
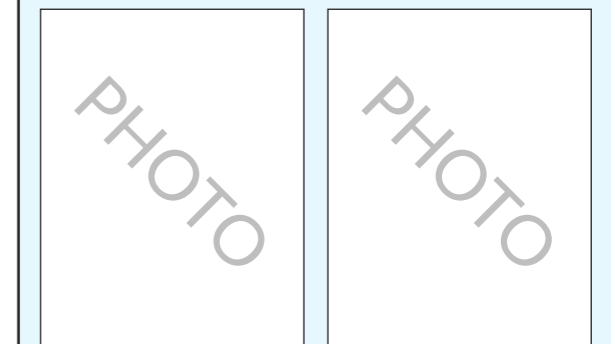
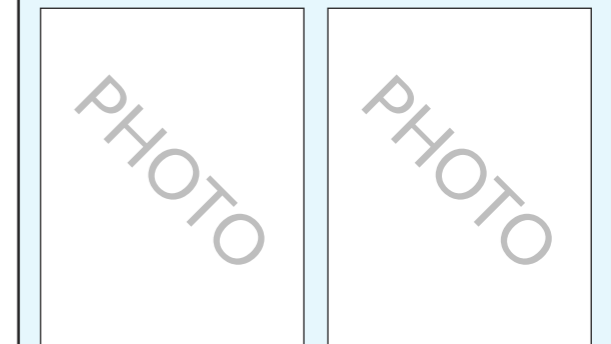
PAYMENT AMOUNT ENCLOSED £ _____

Cheque (payable to Crowhurst Park) Cash Card

Signature _____ Date _____

Crowhurst Park VAT number 530715569

FOR OFFICIAL USE ONLY



Membership Category: _____

Membership Number: _____

Direct Debit Ref No: _____

Comments: _____



CROWHURST PARK

Leisure Club

Crowhurst Park Leisure Club
Telham Lane, Battle, East Sussex TN33 0SL
Crowhurst Park Main Telephone 01424 773344
Leisure Club Telephone 01424 775644
leisure@crowhurstpark.co.uk www.crowhurstpark.co.uk

Find us on:

