



STAVERTON PARK
HOTEL & GOLF CLUB

2025 MEMBERSHIP PACK

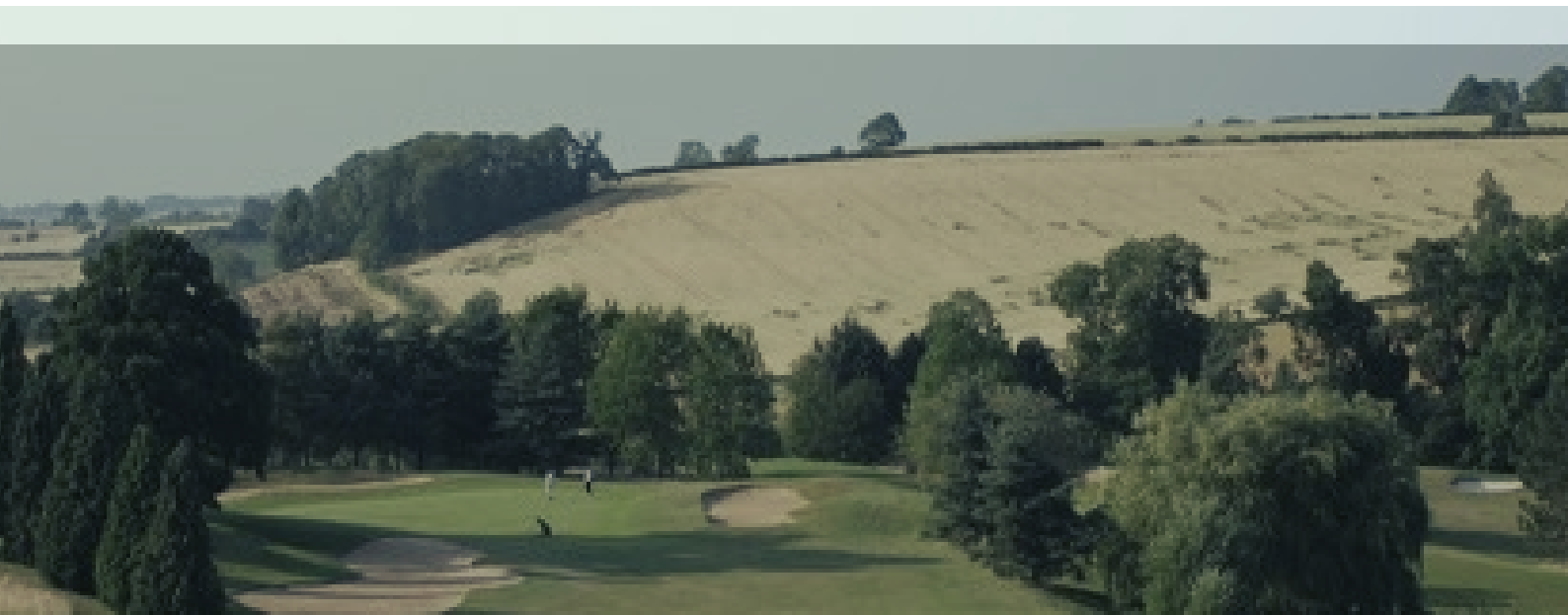
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WELCOME TO STAVERTON PARK HOTEL HEALTH CLUB!

Staverton Park Hotel and Golf / Est. 1972

Set in Glorious Northamptonshire Countryside with outstanding views, our Health Club offers an extensive range of facilities and exceptional service from a team of friendly staff.

Thank you for your enquiry into Health Club Membership at Staverton Park Hotel and Golf Club.



WHATS INCLUDED?

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- 18 station gym, with a full free weights section
- Heated indoor 15-meter swimming pool
- Jacuzzi
- Sauna and Steam Room
- If you'd like to use the lockers, a £1 coin is required.
- There are towels available £1 per towel.



EXCLUSIVLEY FOR YOU

As a member you are entitled to a range of offers including:

- Complimentary fitness programme
- 20% off drinks at Staverton Park Hotel (excluding tea and coffee)
- Complimentary Wi-Fi in our clubhouse

If you would like any more information or have any questions regarding Leisure membership at Staverton Park please ask a member of the Leisure team

FULL OPENING TIMES

Monday - Thursday	Friday	Saturday	Sunday
07:00 - 21:00 [Last entry 20:00]	07:00 - 20:00 [Last entry 19:00]	07:00 - 19:00 [Last entry 18:30]	07:00 - 18:00 [Last entry 17:30]

CHILDRENS SWIM TIMES

Session	Monday - Friday	Saturday	Sunday
Morning	09:00 - 10:00	09:00 - 10:00	09:00 - 11:00
Afternoon	16:00 - 17:00	15:30 - 17:30	15:30 - 16:30

In busy periods and holiday times please expect a high volume of users in the Swimming Pool

CHILDRENS SWIMMING LESSONS

	Monday	Tuesday	Thursday	Friday
Swim Lessons	16:00 - 19:00	16:00 - 18:00	16:00 - 16:30	15:30 - 19:00
Turtle Tots	Saturday 10:00 - 14:00			

Times subject to change

Membership Category	Annual Payment	Monthly Direct Debit
Single	£575.00	£53.00
Couple	£875.00	£88.00
Family	£900.00	£99.00

All new memberships are subject to an admin fee £20 Single, £30 Joint and Family

The Leisure Club is a members club, but we do offer a trial day for £15 if you would like to try before you buy a membership.

Members are more than welcome to bring guests (adult or child) to use the facilities at an additional cost.

Payment Terms

Monthly Direct Debit Memberships

- Memberships run on a contract scheme for a minimum of 12 months, and thereafter on a rolling monthly basis
- Memberships are applied for 15th of each calendar month
- Should you apply for a membership after the 1st of any given calendar month, we will require payment for the remainder of the month on a pro rata basis.

Family Memberships

- Memberships apply for up to two adults and children under the age of 16
- Direct Debit Memberships are subject to the same terms as above

Guest Fees

- Guest fees apply only to those using the club with a fully paid up member accompanying
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HEALTH CLUB RULES

Gym

- Appropriate clothing and footwear must be worn at all times
- No person under the age of 16 is permitted to use the gym
- All equipment has been designed and tested to be safe, please ensure for your own safety you receive full instruction on how to use if needed
- Regular checks are made to the gym and its users throughout the day

Pool

- The pool and spa shall be monitored either physically or by means of CCTV whilst they are occupied
- Changing facilities are specific to males and females
- Over 8's must use a suitable changing room for their age
- Appropriate swimming attire only allowed in pool and wet area
- Please use shower on entering the pool and wet area
- Please read and observe the notices displayed in the pool area
- We operate a strict adult to child regulation policy in order to comply with health and safety standards and therefore any child or children up to the age of 16 years must remain under the control and supervision of an adult at all times in accordance with the following adult to child ratios
 - o1 Adult to 1 Child under 5 years old
 - o1 Adult to 3 Children aged 5 – 16 years old
- Children under the age of 16 are not permitted to use the Sauna, Steam Room or Jacuzzi
- No child under the age of 16 is allowed in the pool area unattended
- For safe Swimming limit to 45 minutes per visit
- For safe Jacuzzi bathing, limit to 15 minutes per visit
- For safe use of Sauna and Steam Room limit to 10 minutes per visit
- A pool side alarm is only to be used in the case of emergency
- Diving and jumping into the pool is not permitted
- Children and babies who are not fully toilet trained must wear the appropriate "swim nappy" when using the swimming pool