



Staverton Park Hotel Health Club

Membership Information

Welcome

Welcome to Staverton Park Hotel Health Club! 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.

What's included?

As a member you are entitled to full use of our Leisure Facilities:

- Full Range Gym
- Heated Indoor Swimming Pool
- Jacuzzi
- Sauna & Steam Room

Exclusively for you

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

- Complimentary Fitness Programme
- 20% off food and drinks at Staverton Park Hotel (excluding Tea and Coffee)
- Complimentary WIFI in our clubhouse

Opening Times

| | | | |
|---------------------------|---|--|---|
| Full Opening Times | Monday - Thursday 07:00 – 21:00 [Last Entry 20:00] | Friday 07:00 – 20:00 [Last Entry 19:00] | Weekend 07:00 – 18:00 [Last Entry 17:30] |
|---------------------------|---|--|---|

Children's Swim Times

| | | |
|------------------|----------------------------------|------------------------------------|
| Morning | Monday - Friday 09:00 – 10:00 | Saturday – Sunday 09:00 – 10:00 |
| Afternoon | 16:00 – 17:00 | 15:30 – 16:30 |

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

Health Club Membership Prices

| Membership Category | | Annual Payment | Monthly Direct Debit |
|---------------------|--------|----------------|----------------------|
| Full | Single | £550.00 | £49.00 |
| | Couple | £850.00 | £85.00 |
| Family | | £900.00 | £99.00 |

All new memberships are subject to an Admin Fee:

Single £20.00

Joint & Family £30.00

Guest Fees

Adult £10.00

Child £5.00

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 Membership

- Memberships apply for two adults and two 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

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
 - 1 Adult to 1 Child under 5 years old
 - 1 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
- Children's swimming times; please note that non-member children can use the pool between the following houses

| | |
|-----------|---|
| Morning | 09:00 – 10:00 |
| Afternoon | 16:00 – 17:00 (Mon - Fri) & 15:30 – 16:30 (Sat - Sun) |

Contact Us

Direct Numbers

Leisure Reception 01327 302 109

Direct Email

Leisure Club leisure@stavertonpark.com

Leisure Club Address

Staverton Park Hotel and Health Club
Staverton Estate
Daventry Road
Daventry
Northamptonshire
NN11 6JT