



Newsletter

14 for 12 Membership Promotion

It's your last chance to take advantage of our current Membership Promotion; Pay up front for a year's Membership before Friday 30th November and get 2 Months FREE! (Promotion available to all current and new Members, please contact reception for more details).



Sport's Hampers

We are now selling Sport's Hampers which can be tailor made to suit your sporting needs. Hampers are made up for Squash, Racketball, Tennis and Badminton containing everything you need for your chosen sport including a Free Session Voucher.

Pool Timetable Changes

The whole of the Swimming Pool will be available to Members between 08:30 to 10:00 on Friday 30th November.

Please be aware that at the following times 2 lanes of the swimming pool will be closed due to a Pool Lifeguard Course;

Tuesday 4th December – 11:30-12:30

Wednesday 5th December – 10:30-12:30

Thursday 6th December – 10:30-12:30

Also, just a quick reminder that the whole swimming pool will be closed on Tuesday 4th December from 13:30 – 18:30 and 50+ Aqua will run 12:30-13:15 (LTS & KSOS will run as normal) due to a King's School Gala, sorry for any inconvenience this may cause.

Yoga

Due to Liz's leg injury, early morning Yoga will not be running on Wednesday mornings, all other sessions will run as normal with Kate except for Thursday 6th December.

Centre Car Park

Please can we remind all Members that parking in the Car Park is only allowed whilst using the Centre facilities. Our car park is often at full capacity and therefore we ask that usage is kept to a minimum.



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