



The Beach Club

HEALTH AND FITNESS

Pool Opening Times

Pool Opening Times: 7am - 10pm Monday - Sunday

Aqua Aerobics

Tuesday 9.30 - 10.30am and Thursday 6 - 7.00pm

Join in with this fun and effective workout! Using water as resistance, you will exercise your whole body. The nature of the workout will enable you to work at your desired intensity which makes this a class suitable for everybody.

£5 for non-members (£7.50 for class + swim) , £2.50 for members and £4 for Senior Citizens.

Aqua circuits Wednesday evening 7.30 - 8.30

Swimming Lessons

Monday to Friday 3pm - 6.30pm, Sat 8.30 - 1.30 and Sunday 12 - 2pm

One to one lessons or small groups sessions are available. Pupils will be taught water confidence and water skills and will learn how to improve their swimming strokes. Non-swimmers, beginners and improvers welcome.

One to one sessions cost £8.50, group sessions (2 or more pupils) cost £6 per pupil.

Lessons last 25 - 30 minutes

Fun Sessions (for children up to 12 years)

Session times and prices will be advertised in advance

These sessions are designed to help children learn water skills through structured play and guided discovery.

With emphasis on fun and play, children are given a certain degree of freedom to use floats and toys.

Please enquire at reception about future sessions. Participants must be able to swim 10m.

£3.50 per child if they are members or currently have swimming lessons. £5.00 otherwise.

Hotel guests free of charge.

Parents/guardians may enjoy refreshments in The Beach Club or Feathers Bar.

For more information or to book a place on any of these sessions please see a member of Beach Club staff or ring us direct on 01326 310509.

During all these sessions a section of the pool will be roped off. We will remain open for swimming at all times.

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