

Membership Type	3 Months	6 Months	12 Months	Direct Debit over 12 months
Full	£139	£269	£460	£42
Couples	£239	£469	£780	£71
Corporate	£114	£219	£360	£33

Membership Information:

Opening Times:

7am – 9pm Monday to Friday
 8am – 9pm Saturday
 8am - 8pm Sunday

Children times:

8.30 am till 11 am
 3pm till 6pm

Treatment Times:

- 10am – 6pm Monday to Sunday
- 10am - 8pm Monday & Thursday
- **Children under 16 are welcome in our pool as long as they are accompanied by an adult, although children 14 and under are not permitted to use the gym facilities, Jacuzzi, Sauna or Steam Room.**
- You will be entitled to the discounted Corporate Membership if you are employed by one of the following:
 - NHS
 - Military
 - Police
 - Fire Service
 - County Council
 - Coast Guard
 - Valero
 - Murco

Benefits:

- 20% off Spa Treatments
- 10% off Food & Beverage at Lamphey Court Hotel
 - 10% off Spa Retail products
- Members can bring guests in for £12.50, children for £5.00. (children under 3 – no charge)
 - Free Coffee Friday
 - One member to bring one guest **FREE** on last Friday of month.