

Membership Type	3 Months	6 Months	12 Months	Direct Debit over 12 months
Full Single	£145	£275	£485	£45
Couples	£245	£475	£795	£75
Corporate Single	£120	£225	£385	£35

Membership Information:

Opening Times:

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

Children times:

8.30 am till 11.00am
 3pm till 6pm

Treatment Times:

- 10am – 6pm Monday to Sunday
- **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	National Trust	Dragon LNG
Military	Ledwoods	Bluestone Resort
Police	Tesco's	British Gas
Fire Service	RNLI	Puma Energy
County Council	Milford Haven Port Authority	
Coast Guard	GD Harries	Open Reach BT
Valero	Welsh Water	Hertel
Murco	Royal Mail	SSE

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.