

## Membership Information

### Membership benefits...

- ★ Access to the pool, sauna, steam room, spa bath, gym and our personal trainers\*
- ★ Bring a visitor with you, once a month to enjoy our facilities, free of charge (adult members only) \*\*
- ★ Discount on sun shower sessions
- ★ Discount in our pop-up coffee shop
- ★ 10% Discount in Number Nine restaurant, Kirkby Lonsdale
- ★ 10% Discount in Dotty & V Children wear shop
- ★ Blue Light card holder discount \*\*\*

\* Inductions included and some sessions with the gym manager are (currently) included with new memberships. Please arrange within the first couple of months of membership

### Monthly (Direct Debit) Memberships: (+ £5 one-off admin)

	Adult	Over 60	Young Person (16 - 22)	Child (3yrs +)
<b>Full</b>	£71	£66	£49	£23
<b>Off Peak</b>	£57	£53	£43	£23

### 2 Months Membership:

	Adult	Over 60	Young Person (16 - 22)	Child (3yrs +)
<b>Full</b>	£142	£132	£98	£46
<b>Off Peak</b>	£114	£106	£86	£46

**Guest passes:**

	<b>Adult</b>	<b>Child (3yrs +)</b>
<b>Member's guest</b>	£10	£5
<b>Non member guest****</b>	£15	£7.50

**Opening hours:**

	<b>Monday - Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Full membership</b>	7am - 8pm	8am - 8pm	9am - 4pm
<b>Off Peak</b>	9.30am - 5pm	8am - 8pm	9am - 4pm
<b>Children</b> Weds. (11-11:45 Not allowed)  Thurs. (1-1:45 Not allowed)	8am - 6.30pm	9am - 6.30pm	10am - 4pm

Bank Holidays: Sunday hours

**Please note that the pool is closed for swimming and to children during Aqua Aerobic classes:**

\*\* Complimentary 'monthly' member guest passes are non-transferable, cannot carry over to the following month and are only valid whilst membership is current. Additional purchased member's guest passes are non-transferrable and must be used within 18 months of purchase and only whilst membership is current. Purchased passes expire with the end of membership.

\*\*\* Blue Light card holder discount - No joining fee!

\*\*\*\* Visitor passes are issued at the Management's discretion and only in quiet periods. Please call to book 015242 71326. These are a two-hour pass using all of the Club's facilities

Email : [kirkbylonsdalehealthclub@gmail.com](mailto:kirkbylonsdalehealthclub@gmail.com)

Website : [www.kirkbylonsdalehealthclub.com](http://www.kirkbylonsdalehealthclub.com)

Facebook : Kirkby Lonsdale Health Club

Instagram : @kirkbylonsdalehealthclub

