



Call: (+44) 01362 687742

Greenbanks, Main Rd, Great Fransham, Norfolk NR19 2NA  
enquiries@greenbankshotel.co.uk - www.greenbankshotel.co.uk

This Complex Includes Indoor Heated  
Swimming Pool, Sauna & Hot Tub, Fishing Lakes.

### Opening times:

**07.00 - 22.00 Monday-Saturday.**

**07:00-20:00 Sunday.**

**£12.00 Trial swim for 1 hour per person.**

### LIFETIME JOINING FEE

1st Member £40

2nd Member £30

Quality Swim Hat included in joining fee

### MEMBERSHIP (Paid monthly, 3 monthly or annually)

Swim as often as you like, 1 hour booked in advance. To include changing, Sauna and Spa.

#### ADULTS

£50 Monthly

£130 - 3 Months

£215 - 6 Months

£395 - 12 Months

#### JUNIORS

(Under 16 years MUST be accompanied by an adult member)

£30 Monthly

£75 - 3 Months

£140 - 6 Months

£220 - 12 Months

### 1 HOUR SESSIONS

Adults: £9

6 - 16 years: £7

Under 5 years: £5

~ Children's parties by arrangement if convenient and do not disturb any previous bookings. 1 Hour Session.

~ Exclusive use of pool for 1 hour - £54

~ Personal Details Requested & recorded for health & safety.

Medical information also required.

Signed Disclaimer when Rules and Conditions Understood.

### ADVICE

Please arrange your hourly times in advance.

Advance payment, monthly / 3 monthly / annual slot.

Please print your name in the swim diary against your preferred hourly slot.

Please phone if you cannot attend your time.

### CLUB RULES

No outdoor shoes to be worn around the pool area.

Please wear a SWIMMING HAT every time you swim in order to protect the filters from being damaged.

Hairs, as at home, will clog the plugs and cause complete breakdown of the system.

Please return equipment used to the correct place.

### POOL SAUNA & SPA ADVICE

1. 15 minutes is the ideal length of exposure time to relax in the sauna. If you are new to the sauna or spa/hot tub start gradually, and stay in only as long as you are comfortable, increasing the time each visit up to 15 minutes.
2. If you experience dizziness, problems with breathing or a general feeling of ill health, leave pool, sauna or spa immediately.
3. Make sure you and anyone with you always drink 400ml of water before and after swim/ sauna or spa.
4. Sauna treatments should be limited to once a week.
5. Don't eat immediately before entering the pool, sauna or spa.
6. Hydro therapist emphasize that everyone should rest for 10 minutes after a sauna so the body returns to normal temperature.
7. Never use the sauna if you regularly take prescriptive medicines.
8. Never swim, exercise, sauna or use the spa if you are under the influence of drugs (tranquillisers, stimulants, recreational drugs) as they alter the body's metabolism.
9. Swimming is ideal but do not use the sauna or spa during pregnancy.
10. Never use a sauna if you have a fever.
11. Children under 11 and people over 75 years of age are not permitted to use the sauna and spa/hot tub.
12. If you have a medical problem which causes you to worry whether you are fit to be in the sauna, spa/hot tub or pool, do not use facilities until you have sought medical advice.
13. There could be up to 6 swimmers in the pool at the same time.