



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 times.

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: £10

6 - 16 years: £7

Under 5 years: £5

~ 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 ADVICE

If you are feeling unwell at all or are experiencing any symptoms of COVID-19, we will ask that you do not attend your session and contact us immediately.

1. If you experience dizziness, problems with breathing or a general feeling of ill health, leave pool immediately.
2. Make sure you and anyone with you always drink 400ml of water before and after your swim.
3. Don't eat immediately before entering the pool.
4. Never swim, if you are under the influence of drugs (tranquillisers, stimulants, recreational drugs) as they alter the body's metabolism.
5. If you have a medical problem which causes you to worry whether you are fit to be in the pool, do not use facilities until you have sought medical advice.
6. At present we are only accepting 3 swimmers per hour if they are from different households. If you are from the same household up to 6 people can be in the pool during the hour.
7. We are asking that all swimmers come 'Beach Ready' (swimwear under clothes) to reduce the time spent in communal areas.
8. The showers are still available, but this is just for rinsing off, no prolonged showers, washing hair etc. (The hair dryer is also not to be used)

These guidelines will be reviewed as lockdown restrictions ease.

We thank you for your cooperation.

Sauna and Hot Tub

Unfortunately, our sauna and Hot Tub are currently closed due to COVID-19 guidelines.