



Call: (+44) 01362 687742  
Greenbanks, Main Rd, Great Fransham, Norfolk NR19 2NA  
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This Complex Includes Indoor Heated  
Swimming Pool, Sauna & Hot Tub.

### Opening times:

**07.00 - 22.00 Monday-Saturday**  
**07:00- 18:00 Sunday**

**Trial swim for 1 hour - £15.00 per person**

#### **LIFETIME JOINING FEE**

1st Member £40  
2nd Member £30  
Quality Swim Hat included in joining fee

Once you have paid the joining fee; you have the option to 'pay as you swim' or monthly membership subscriptions are available as follows:

#### **MEMBERSHIP**

(Paid monthly, 3 monthly or annually)  
Swim as often as you like, 1 hour sessions, booked in advance.

#### **ADULTS**

£55 Monthly  
£143 - 3 Months  
£236 - 6 Months  
£435 - 12 Months

#### **JUNIORS**

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

£33 Monthly  
£83 - 3 Months  
£154 - 6 Months  
£242 - 12 Months

#### **1 HOUR SESSIONS**

Adults: £12  
6 - 16 years: £8  
Under 5 years: £6

- Exclusive use of pool facilities for 1 hour - £54
- Children's parties by arrangement if convenient and do not disturb any previous bookings.
- Personal details requested & recorded for health & safety.
- Signed disclaimer required once pool rules and conditions are understood.
- Medical information also required.
- Please arrange your hourly times in advance.
- Please print your name in the swim diary against your preferred hourly slot, bearing in the mind the limit of 4 swimmers per hour.
- Please phone or email if you cannot attend your time.

#### **CLUB RULES**

- Each 1 hour session includes your changing / shower time, please do not enter the pool area before your allocated time slot.
- 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 damage. 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 accepting 4 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.

**We thank you for your cooperation.**