

Lifestyle Plus Membership

The 25 metre heated outdoor swimming pool is open during the summer months, and is included in the membership. Indigo Spa offers preferential rates on treatments and products to members, included in this is the Indigo hydrotherapy pool, steam room, sauna and Jacuzzi

Our Family Membership offers a range of additional activities for children including an Arts and Crafts club and a Children's Movie Show,. All sessions are held in conjunction with school holidays please contact for further assistance.

If you have any further questions regarding memberships or benefits don't hesitate to call and speak to our reception staff. We look forward to seeing you at Atlantic Reach soon.

Swimming Lessons are available for all ages and abilities; please contact Reception for further details

Coming Soon to Lifestyle Plus

- Evening Yoga classes,
- Adult & Children's Swimming lessons
- Pilates

Please contact Reception for further details
01726 860775

Opening Hours

Gym

Mon – Fri: 7am – 9pm
Sat – Sun: 8am – 8pm

Swimming Pool

Daily: 8am – 8pm

Yoga

- Tuesday 6pm -7pm
 - £3.50 Members £21 (x6 weeks)
 - £ 5.00 Non Members £30 (x6 weeks)
- X 6 week courses payment required beyond classes commence

Golf

- X1 round of golf per week complimentary
- £6.00 per round for over 16's Children £3.50
- £5 hire of clubs £20 deposit
- Golf Balls £1 hire
- Tees x5 for £1

Gym and Swim

- Unlimited use of both our indoor and outdoor pools (Please be aware that during the summer period the outdoor pool is very busy).
- Unlimited use of the fitness suite. Life fitness cardio vascular equipment, resistance and free weights area.
- Inductions and personalised programmes are included in the membership, appointments necessary.

Tennis

- £5 per court for member's usage, per hour (Max 2hrs)
- £1.50 non member guest.
- £20 deposit -2 rackets + balls

Ball and Racket hire available, courts are hired hourly. Pre booking is essential

Aqua aerobics

- 1hr class - all welcome £2.50 member's £4.00 non member, Tuesdays & Thursdays 8 - 9 pm

Spa Amenities

- 5% off Indigo Spa treatments & Elemis Products (Excluding Spa packages & Gift Boxes)
- Preferential rate of £3 per hour for the use of our Indigo Spa Hydrotherapy Pool, Steam Room, Sauna and Jacuzzi. Pre booking is essential. Over 16's only
- Indigo Spa treatment voucher (Exclusively for new members): £15 single membership £25 double or family membership. Redeemable within 1 month.

Blueroom Restaurant

- 10% discount on meals , in conjunction with opening hours (Excluding special offers)

Additional Family Membership benefits:

- Complimentary use of the Indigo Spa Hydrotherapy Pool, Steam Room, Sauna and Jacuzzi on a Sunday, 11am-12pm or 12pm-1pm Pre booking is essential. (Over 16's only)
- Children's Arts and crafts club £2 member's £4 non members (seasonal)
- Children's Movie Show Free to members £3 to non members (seasonal)

(Under 16's must be accompanied by an adult)

Lifestyle Plus Membership Prices Free inductions to the Gym for all Life Style Plus members

MEMBERSHIP TYPE	MONTHLY DIRECT DEBIT	ANNUAL	ADMINISTRATION FEE	INDUCTION
SINGLE	£30.00	£360.00	£20.00	INCLUDED
JOINT OR 1 ADULT & 2 CHILDREN*	£45.00	£540.00	£20.00	INCLUDED
FAMILY (2+2)*	£55.00	£660.00	£20.00	INCLUDED
SENIOR/STUDENT SINGLE	£25.00	£300.00	£20.00	INCLUDED
SENIOR/STUDENT JOINT	£35.00	£420.00	£20.00	INCLUDED
OFF-PEAK SINGLE (MON-FRI 10.00 - 16.00)	£25.00	£300.00	£20.00	INCLUDED
OFF-PEAK JOINT (MON-FRI 10.00 - 16.00)	£35.00	£420.00	£20.00	INCLUDED
SWIM ONLY	£25.00	£300.00	£20.00	N/A
SWIM ONLY JOINT	£35.00	£420.00	£20.00	N/A
JUNIOR SWIM ONLY (AGED 4 – 18) Under 16's must be accompanied by an adult at all times	N/A	£100	N/A	N/A
CORPORATE Lifestyle Plus Buy 7 get 1 free	£25	£300	N/A	INCLUDED
CORPORATE Indigo Spa Lifestyle Plus Buy 4 get 1 free	£52	£624	N/A	INCLUDED

Please note that Joint and Family membership rates apply to members of the same household only. Proof of address will be required.

For an extra £10 per month you can have reciprocal membership at Lakeview Country Club and Atlantic Reach Country Club.

If you join today, day rate is taken off your membership fee.

Lifestyle Plus Day Rates

Non Member Prices

ADULT (UNDER 4'S FREE)	UNDER 16 SWIM GYM	ADULT GYM	ADULT & GYM SWIM	SENIOR SWIM	SENIOR SWIM OR GYM
£6.00	£4.00	£5.00	£10.00	£4.00	£8.00

Opening Hours

Gym

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Sat – Sun: 8am – 8pm

Swimming Pool

Daily: 8am – 8pm

Aqua aerobics

- 1hr class - all welcome
- £2.50 member's £4.00 non member
- Tuesdays & Thursdays 8 - 9 pm

Yoga

- Wednesday 7pm -8pm
 - £3.50 Members £ 5.00 Non Members
- don't forget your Yoga Mat

Golf

- £6.00 per round for over 16's Children £3.50
 - £5 hire of clubs £20 deposit
 - Golf Balls £1.25 hire
 - Tees x5 for £1
- To book Tennis & Golf times please go to reception

Tennis

- £5 per court for member's usage, per hour (Max 2hrs)
- £1.50 non member guest.
- £20 deposit -2 rackets + balls

Ball and Racket hire available, courts are hired hourly.
 Pre booking is essential

We reserve the right to restrict non member use of our facilities