

## WHAT CAN I USE?

Membership to the Thurlestone Hotel Country Club entitles you to use:-

- Indoor Swimming Pool
- Sauna, Spa Bath, Fitness Studio
- Squash, Badminton and Tennis Courts
- 9 Hole Par 3 Golf Course
- Rock Pool – Out door pool (*restricted use in July and August*)

## HOW DO I GET IN?

Access to the facilities is obtained by a swipe card. Once you have paid membership each adult member will be issued with a swipe card, which will be valid for the current year, and this will give you access to both Pool areas. Each card will be registered to one member and memberships are not transferable. All cards will automatically be cancelled at the end of the membership year and will be reinstated when the membership has been renewed. The cards remain the property of the Club. If you should lose your card please advise reception and the lost card will be deactivated and a new card issued.

## CAN I BRING GUESTS?

### Gold Voucher scheme

Each member can purchase up to four gold vouchers each year. The gold voucher is a weekly temporary membership for guests of members. Each voucher is for a specific guest and valid for a seven-day period and the guest will be able to use all the Club facilities on production of the voucher. Each voucher will cost £35.00 and the member will be held responsible for their guest – Vouchers can be obtained from Reception.

Members are not allowed to invite guests to use the indoor or outdoor pools unless via the Golf Voucher Scheme.

Members can invite guests to use the Golf Course or the Squash, Badminton or Tennis for a Guest fee of £5.00 on a daily basis.

## CAN CHILDREN USE THE POOL?

Children under 15 years of age are required to be supervised by a responsible adult at all times and must vacate the Indoor pool area by 6pm - From 6pm daily the pool use is restricted to adults only.

## FINAL WORD

Members using the Club facilities will be required to observe the necessary standards of dress and behaviour at all times. The management reserves the right to refuse or withdraw memberships from any applicant or member without giving a reason.

Members and Guests use all the facilities at their own risk.



# COUNTRY CLUB HANDBOOK



## THURLESTONE HOTEL

Thurlestone, near Kingsbridge, South Devon TQ7 3NN  
Telephone: (01548) 560382 • Fax: (01548) 561069  
enquiries@thurlestone.co.uk • www.thurlestone.co.uk



## THURLESTONE HOTEL

## INDOOR POOL COMPLEX

*Our indoor pool complex is for the exclusive use of Country Club Members and hotel Residents only*

Indoor Swimming Pool is

- Length - 12 metres long
- Depth – 1 metre at the Shallow end
- Depth – 2 metres at the Deep end
- Water Temperature (averages) 28c – 30c (84-86f)
- Baby Paddling Pool

Separate Ladies and Gentleman's Changing Rooms equipped with Showers, Changing Cubicles, Lockers (refundable £1 coin required), Hairdryers and baby Changing facilities. We also provide towels and laundry bags, for your wet costumes, and you will find loungers around the poolside should you wish to just relax and unwind.

Our filtration system uses ozone gas and this means that a very limited amount of chlorine is needed in the pool water, making swimming a much more pleasant experience.

**The Indoor Pool complex is open daily from 8.00am until 9.30pm.**

Children under 15 years of age are required to be supervised by a responsible adult at all times and must vacate the pool area by 6pm.

From 6pm daily the pool use is restricted to adults only.

*Please note the pool attendant is not always on duty throughout the day.*

## SAUNA

Our wooden Sauna is located on the poolside and is available **daily from 9.00am until 9.30pm**. All members and Hotel Guests are asked to shower before and after each session in the Sauna. There is a shower located adjacent to the Sauna for your convenience.

Instructions on how to use the sauna are posted outside the sauna and these instructions **MUST** be read before entering the sauna.

## SPA BATH

Our spa bath is located by the shallow end of the pool and is available **daily from 8.00am until 9.30pm**. All members and Hotel Guests are asked to shower before and after each session in the Spa Bath.

Instructions on how to use the Spa Bath are posted on the wall by the Spa Bath and these instructions **MUST** be read before entering the Spa Bath.

Should the Spa Bath Cover be still in place please contact attendant on Duty or reception before removing the cover.

## THE FITNESS STUDIO

Our air-conditioned fitness studio is situated in the Indoor pool complex. You will find a variety of Techno Gym equipment that is designed for maximum safety with ease of use. The equipment offers a wide range of cardiovascular exercise that enables you to improve your fitness and endurance with a comprehensive workout. You will also find extensive resistance equipment and free weights, which aim to tone, firm and strengthen specific muscle groups. All members who use the equipment will be asked to complete a health and safety questionnaire before beginning their training. We regret children under 15 years of age are not permitted to use the fitness studio.

## OUTDOOR POOL WITH ROCK POOL AL FRESCO DINING

Our Outdoor heated Swimming Pool and sun terraces are a very popular 'al fresco' leisure area to play and relax.

The Outdoor pool is open daily from May to the end of September from 8.00am to 8.00pm excluding July and August. The use of the outdoor pool is restricted in the months of July and August to 8.00am until 10.00 am and 5.00pm until 8.00pm. Due to the weather these opening hours may be subject to change.

- Length – 17 metres long
- Depth – 1.3 metre
- Water Temperature (averages) 26c - 28c (82-84f)
- Baby Paddling Pool

Separate Ladies and Gentleman's Changing Rooms equipped with Showers, Changing Cubicles, Lockers (refundable £1 coin required) and baby Changing facilities. We also provide towels and laundry bags, for your wet costumes, and you will find loungers around the poolside should you wish to just relax and unwind. Children under 15 years of age are required to be supervised by a responsible adult at all times

The Rock Pool Al fresco dining area is located next to the Outdoor pool and is available from May to September serving a variety of poolside snacks, meals and ice creams.

## PAR 3 GOLF COURSE

The Hotel 9 hole par 3 golf course situated in the Hotel Grounds is available free of charge to all Country Club Members. The course is available daily from "Dawn to Dusk" and guests of Country Club members are also entitled to 50% discount on the Green Fees. There is no need to pre-book and course scorecard and maps are always available from the Hotel Reception. Children under 15 years of age are required to be accompanied by a responsible adult.

## TENNIS

Our two 'En tout cas' all weather tennis courts are situated near the Par 3 golf course and available to all Country Club Members. The courts can be pre-booked at the Hotel Reception (up to 48 hours in advance) to avoid any double booking. Free equipment hire is available from Reception if required.

## SQUASH AND BADMINTON COURTS

Two Squash Courts and one Badminton Court are available for Country Club Members. The courts are situated in our Sports Hall in the hotel Grounds and can be pre-booked at the Hotel Reception (up to 48 hours in advance) to avoid any double booking. Free equipment hire is available from Reception if required.

## CROQUET

For those of you who prefer a more relaxed outdoor activity the recreational game of croquet can be fun for all ages. In the hotel grounds we have the wickets and the Mallets and Balls can be obtained from Hotel Reception.

## HAIR AND BEAUTY SALON

### HAIR STYLIST

Telephone (01548) 563524

Monday - Friday

9.00am - 5.00pm

*(Extended opening hours may be arranged upon request)*

### BEAUTY THERAPIST

Telephone (01548) 560382

Monday – Saturday

9.30am – 5.30pm

*An alternative therapist available on request*

All appointments can be arranged either at Reception or direct with the Therapist or Stylist

Cancellation Charges may apply for clients who do not attend their pre booked appointments or for late cancellations.