

VOYAGE SPA

Our Voyage Spa Indoor leisure complex is for the exclusive use of Country Club Members and Hotel Residents only.

Open daily from 8.00am until 9.00pm

Please note the following House rules for the Voyage Spa

- Everybody entering the Voyage Spa must sign in and out
- Children under 15 must be accompanied by an adult
- Children must not swim after 6 pm
- Children must not use the Thermal Suite or Fitness Studio
- Glassware is not permitted poolside
- Running is not permitted anywhere in the spa complex
- Diving and jumping are not permitted
- Please shower before entering the pool - there is a shower poolside
- Outdoor footwear is not permitted poolside
- In the event of a fire, please leave by the nearest fire exit
- Please note there is not always an attendant on duty

INDOOR SWIMMING POOL

- Length – 12 meters
- Depth – 1.3 meters maximum throughout
- Water Temperature (average) – 27°C (84°F)

Separate ladies' and gentlemen's changing rooms are available, equipped with showers, changing cubicles, keypad lockers, hairdryers, toilets and baby changing facilities. We also provide towels and laundry bags, and a spin dryer for your wet costumes.

You will find loungers around the poolside should you wish to just relax and unwind.

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

THERMAL SUITE

- Sauna
- Steam Room
- Laconium (gentle, dry heat)

All members and hotel guests are asked to shower before and after each session. A *Specialty Shower and shower* are located in the suite. Additional showers can be found in the changing rooms and poolside. *Instructions on how to use the different facilities are posted outside the individual suites and these instructions MUST be read before using the facilities.*

Please ensure that doors are firmly closed to preserve the ambient temperature in each of these areas.

We regret that children under 15 are not permitted to use the Thermal Suite.

JET HYDROTHERAPY POOL

This is located at the far end of the swimming pool. Instructions on how to use the Jet Hydrotherapy Pool are posted on the neighbouring wall and these instructions **MUST** be read before entering the pool. All members and hotel guests are asked to shower before and after each session in the Jet Hydrotherapy Pool.

Children under 15 must be accompanied by an adult.

FITNESS STUDIO

Our air-conditioned fitness studio is situated in the Voyage Spa complex. You will find a variety of Techno Gym equipment that is designed for maximum safety and 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

- Length – 17 meters
- Depth – 1.3 meters
- Water Temperature (average) 26°C - 28°C (82°F - 84°F)
- Baby Paddling Pool

Our outdoor heated swimming pool and sun terraces are a very popular 'al fresco' leisure area in which 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 during the months of July and August to 8.00am – 10.00 am and 4.00pm – 8.00pm.**

Due to the weather, these opening hours may be subject to change.

Separate ladies' and gentlemen's changing rooms are available, equipped with showers, changing cubicles, toilets, lockers 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 (This may be extended – weather permitting) serving a variety of poolside snacks, meals and ice creams.

PAR 3 GOLF COURSE

The hotel's 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 a 50% discount on the Green Fees. There is no need to pre-book and course scorecards 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 COURTS

Our two all-weather tennis courts are situated near the 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.

TREATMENT SUITE AND RELAXATION AREA

Situated in the Voyage Spa, our luxuriously appointed beauty therapy rooms offer treatments using Decléor's world famous aromatherapy and phytotherapy natural skincare and cosmetic products, along with Ytsara, inspired by an Asian blend of healing and therapeutic remedies.

See our separate Beauty Treatments booklet for all the treatment options.

Open beauty treatment rooms are available daily to residents and non-residents. Booking is essential to avoid disappointment.

Beauty appointments can be arranged either at Reception (01548 560382) 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

WHAT CAN I USE?

Membership of the Thurlestone Hotel Country Club and Voyage Spa entitles you to use the following facilities:-

- Voyage Spa Indoor leisure complex
- Indoor Swimming Pool
- Fitness Studio
- Thermal Suite (Laconium, Sauna and Steam Room)
- Squash, Badminton and Tennis Courts
- 9 Hole Par 3 Golf Course
- Rock Pool – Outdoor pool (Restricted use in July and August)

HOW DO I GET IN?

Access to the facilities is obtained by a key card. Once you have paid membership fee each adult member will be issued with a key 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 transferrable. 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.

Please make sure you sign the book on entering and leaving the Spa Complex and Outdoor pool, this is important for safety reasons.

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 £70.00 per guest and the member will be held responsible for their guest. Vouchers can be obtained from Reception. *Members may not invite guests to use the indoor or outdoor pools unless via the Gold Voucher Scheme.*

Members can invite guests to use the Golf Course or the Squash, Badminton or Tennis for a Guest fee 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 and Voyage Spa Handbook



Thurlestone Hotel, Thurlestone, Kingsbridge,

South Devon, TQ7 3NN

Telephone: 01548 560382

Facsimile: 01548 561069

Email: enquiries@thurlestone.co.uk

Website: www.thurlestone.co.uk