



Danesfield Spa

## Membership Benefits

- Unrestricted use of the ozone-cleansed swimming pool, spa bath, sauna, steam room and TechnoGym fitness studio.
- 20% members discount for luncheon (food only) in the Orangery or Oak Room Restaurants of Danesfield House (excluding Sundays)
- 25% members discount off published Spa Treatment List (not applicable to members guests nor sunbed use)
- Annual fitness assessment and subsequent personalised fitness programme with continuous guidance.
- Complimentary fitness classes to be taken from any of those offered in the class schedule for the Zen studio and pool hall.
- Use of the swimming pool and changing room area for members children at the specified time and providing the child has been enrolled for membership and is supervised at all times by the parent.
- Ability to invite paying guests in accordance with the Rules and Regulations governing Spa Membership.
- A calendar of lifestyle events and promotions.
- One complimentary nights stay at Danesfield House each year of membership per membership [Individual or joint], in an executive double room, dates subject to availability.



Danesfield Spa

## **Fitness Class List**

### **Monday –**

- 09.30 – 10.30 – **First Class Blast** - Judy
- 10.30 – 11.30 – **Cardio Tone** – Judy
- 11.45 – 12.45 - **Flow Yoga** - Sinead
- 18.15 – 19.15 – **Legs, Bums and Tums** – Radka
- 19.15 – 20.15 – **Pilates** – Aylin

### **Tuesday -**

- 09.00 – 10.00 – **Tai Chi** – Ian
- 10.00 – 11.00 – **Fitball** – Sarah
- 11.00 – 12.00 – **Pilates Beginners** – Jo
- 11.00 – 11.45 – **Aqua** - Sarah
- 12.00 – 13.00 – **Pilates Intermediate** – Jo
- 18.30 – 19.15 – **Step Aerobics** - Radka
- 19.15 – 20.15 – **Hatha Yoga** - Sinead

### **Wednesday –**

- 09.30 – 10.30 – **Body Conditioning** – Sarah
- 10.30 – 11.30 – **Salsacise** – Trevor
- 11.30 – 12.15 – **Aquacise** – Trevor
- 12.00 – 13.00 – **Mind, Body and Soul** – Judy
- 18.00 – 18.45 – **Salsacise** – Trevor
- 19.00 – 20.30 – **Power Yoga** – Sinead

### **Thursday –**

- 09.30 – 10.30 – **Mind, Body and Soul** – Judy
- 10.30 – 11.30 – **Cardio Tone** – Judy
- 12.00 – 13.30 – **Fitness Yoga** – Sarah
- 18.00 – 19.00 – **Tai – Chi** – Ian
- 19.00 – 20.00 – **Pilates** – Aylin

### **Friday –**

- 10.00 – 11.30 – **Yoga** – Rosemarie
- 10.45 – 11.30 – **Aqua** – Sarah
- 11.30 – 12.30 – **Pilates** – Jo
- 12.30 – 13.30 – **Legs, Bums and Tums** – Jo

### **Saturday –**

- 10.00 – 11.00 – **Body Shape**– Radka
- 11.00 – 12.00 – **Pilates** – Aylin
- 12.00 – 13.00 – **Yoga** – Sinead

All Fitness classes are complimentary to spa member's please book your place at spa reception.



Danesfield Spa

## **Membership Tariff**

Membership tariff and joining fees are shown inclusive of VAT.

<b>Membership</b>	<b>Joining Fee</b>	<b>Annual Fee</b>	<b>Monthly Fee</b>
<b>Individual</b>	£250.00	£1380	£115
<b>Joint</b>	£350	£2280	£190
<b>Child 17 – 19 years</b>	£100	£960	£80
<b>Child 7 – 16 years</b>	£100	£420	£35

### **Joining Fee**

The Joining Fee is a one-off charge payable on joining the Spa. It is only charged in subsequent years if membership is cancelled or lapsed for any length of time.

### **Annual Fee**

Membership can be relinquished at any time but a three-month notice period has to be given.

### **Guest Fees**

A fee of £25 per visit is applicable per adult and £12.50 per child over 7 years of age. See Conditions of Membership for full details regarding guest visit entitlements

### **Child Fees**

Members children may have access to the pool and changing room areas at the designated times shown in the Conditions of Membership, providing they are over 7 years of age and have been registered as Child Members.

### **Corporate Membership**

<b>Membership</b>	<b>Joining Fee</b>	<b>Annual</b>	<b>Monthly</b>
<b>Individual</b>	£190	£1140	£95
<b>Joint</b>	£190	£1860	£155

We welcome enquiries from local companies for corporate membership. For further details please contact Gordon Barker on 01628 891881.

Updated 30<sup>th</sup> September 2007



Danesfield Spa

Reference number:

--	--	--	--	--	--	--	--	--	--

### Membership Application Form

#### Individual Membership

Title.....First Name.....Surname.....

Date of Birth:.....

Home Address:.....

.....

Post Code:.....

Telephone Number [Daytime].....

Telephone Number [Evening].....

Email.....

#### Joint Membership

*Partner/spouse please complete the following: -*

Title.....First Name.....Surname.....

Date of Birth:.....

*For membership of children, please indicate the names and dates of birth below: -*

.....

- I wish my/our membership to commence: \_\_\_\_\_
- I/we wish to apply for individual/joint membership of the Danesfield Spa.
- I /we have read, understood and hereby agree to abide by the Conditions of Membership and Spa Rules.
- I/we agree to settle my/our monthly fees and treatments/sundries signed for in the Spa by direct debit.
- Access to the Spa will be suspended on non-payment of membership fees or sundries until all outstanding balances are paid in full

Signed.....Signed.....

[Partner/Spouse]

Date.....Date.....

**Cheques for the joining fee and one months membership should be made payable to 'Danesfield House Hotel Limited'.**

**FOR SPA USE ONLY:**

Joining fee received: \_\_\_\_\_ (amount)

Membership received: \_\_\_\_\_ (amount)

Payment method:  Cheque  
 Credit card  
 Cash

By whom: \_\_\_\_\_

Date: \_\_\_\_\_





Danesfield Spa

## Conditions of Membership and Spa Rules

### Conditions of Membership

1. **The Spa**
  - 1.1 The name of the Spa is the Danesfield Spa, owned by Danesfield House Hotel Ltd.
  - 1.2 The Spa is situated at Danesfield House Hotel, Marlow-on-Thames, Buckinghamshire SL7 2EY.
2. **Membership**
  - 2.1 A prospective member of the Spa shall complete the official Membership Application Form and Direct Debit Arrangement and submit them to the Spa Sales Manager.
  - 2.2 The Spa Management has the right to reject any application or renewal for membership without ascribing any reason to do so.
  - 2.3 Membership will be confirmed in writing and a membership number allocated.
  - 2.4 Membership is non-transferable and non-refundable.
  - 2.5 Upon taking up membership, members must accept the Spa Rules and agree to be bound by them. The General Manager and Spa Manager, whose decision shall be final and binding on all members, shall determine any dispute arising from the interpretation of the Spa Rules.
  - 2.6 The Spa reserves the right to terminate membership at any time without giving a reason.
  - 2.7 Members may relinquish their membership at any time but must give three months written notice of their intention.
  - 2.8 Any member wishing to rejoin after previously cancelling or allowing their membership to lapse will be charged the then current joining fee.
  - 2.9 Access to the Spa will automatically be suspended on non-payment of membership fees or sundries until all outstanding balances are paid in full.
  - 2.10 The Spa fees and tariffs shall be fixed by the Spa and may be altered at any time. Members will be notified of changes prior to the date of alteration.
  - 2.11 The Spa may vary the Spa Rules, opening hours and facilities available. Notice of any impending changes will be displayed in the Spa.
  - 2.12 The Spa facilities may be closed for maintenance, redecoration or for any reason at any time. The Spa will endeavour to give as much notice of this as possible.
3. **Guests**
  - 3.1 All guests must be accompanied at all times by a member and must sign the guest register.
  - 3.2 Members may bring up to three guests per visit, subject to prior arrangement. A guest fee of £25 will be made each visit.
  - 3.3 Each guest is limited to a maximum of six visits per membership year.
  - 3.4 Members may not leave the Spa before the guest and are responsible for their good conduct and safety whilst on the premises.
  - 3.5 All guest admissions are at the management's discretion.
4. **Children**
  - 4.1 Children under the age of 16 years are not eligible for individual membership.
  - 4.2 No children will be admitted below the age of 7 [ age at renewal date ].
  - 4.3 Children between the ages of 7 and 16 must be registered as child members before access to the pool and changing room areas only is allowed.
  - 4.4 Children are allowed access to the pool and changing room areas only between the hours of 1400 – 1700 hours Monday to Friday and 0800 – 0900 and 1400 – 1700 hours Saturday and Sunday.
  - 4.5 All children must be supervised at all times by the member/resident parent.
  - 4.6 Children are not permitted to enter any areas of the Spa except the pool and changing rooms and must do so at the designated times only.

5. **Liability**  
The Spa Management shall not be held responsible or liable for any loss or damage to property whatsoever or any bodily injury, death or illness of any Member and/or guest, howsoever caused, sustained or incurred arising out of or in any way connected with the use, whether proper or otherwise, of any of the equipment and/or facilities of the Spa. Members are advised to undergo a medical examination prior to joining the Spa. Danesfield House Hotel will not be responsible for the death, injury, illness and/or mental impairment of any member caused and/or aggravated by any prior injury or illness of the nominee whether known or unknown through the use of the Spa facilities
6. **Acceptance**  
The members will accept and be bound by the above conditions relating to membership and in addition to the Spa Rules. The purpose of the Conditions and Rules is to ensure the better enjoyment of the facilities by the users.
7. **Data Protection**  
The personal information that you provide is held subject to and in accordance with the Data Protection Act 1998. This Act regulates the use of personal data and gives you various rights relating to the maintenance and use of that personal data.

### Spa Rules

1. Members, guests and hotel residents must sign in at the Spa reception prior to use of the facilities.
2. Members must present their membership card on each visit to the Spa prior to use of the facilities.
3. **Safety and Hygiene.**  
For reasons of safety and hygiene all members and their guests must adhere to the safety and hygiene guidelines requested by Danesfield Spa including:-
  - 3.1 Shower before and after using the indoor pool, spa bath, saunas and steam rooms.
  - 3.2 Food and drink must not be consumed in any area other than the Juice Bar.
  - 3.3 Swimwear must be worn in the mixed gender steam and sauna rooms, spa bath and indoor pool.
  - 3.4 Towels and clothing must not be dried in the sauna rooms.
  - 3.5 Correct exercise attire must be worn at all times when exercising.
  - 3.6 Correct poolside footwear and exercise shoes must be worn in the poolside and Fitness Studio/Zen Studio areas respectively.
  - 3.7 Running, diving and jumping are not permitted in the pool and surrounding area.
  - 3.8 Members are not allowed to use the facilities whilst under the influence of alcohol or drugs.
  - 3.9 Members with diabetes, heart problems, high/low blood pressure or who are on medication should consult their doctor before exercising or using the spa bath, pool, sauna or steam rooms.
  - 3.10 Prior to using the Fitness Studio, members should have an individual consultation and fitness assessment with a member of the Fitness Studio staff and sign a medical disclaimer.
  - 3.11 The instructions for using the sunbed must be adhered to.
  - 3.12 No pets are allowed in the Spa.
  - 3.13 The Spa is a designated non-smoking area.
4. Members are respectfully requested to keep noise to a minimum, especially in the relaxation areas. No mobile telephones, musical equipment, radios or laptop computers are allowed in the Spa.
5. Members must sign for or settle any charges incurred for treatments, classes or refreshments prior to leaving the Spa. Missed appointments for treatments or personal training will be charged if pre-booked and missed, unless 24-hour notice of the cancellation has been given, a 100% charge will be incurred for cancellations.
6. Members and their guests receive free day use of changing room lockers. If a key is lost, a replacement charge will be made.
7. Members are requested to use the designated Spa car park and entrance.
8. **Opening Times**  
The Spa will be open from 0630 – 2200 hours Monday – Friday and 0700 – 2200 hours Saturday and Sunday. Members can sign in up to an hour prior to the Spa closing time and must vacate the pool, steam and sauna rooms, Zen Studio and Fitness Studio 20 minutes prior to closing time to allow time for showering and dressing.
9. Hygiene and safety guidelines are displayed throughout the Spa and copies of these and the Spa Rules and Conditions of Membership are available from the Spa Reception.

The management reserve the right to vary, revoke or add to these rules from time to time at its discretion. Notification of changes will be displayed in the Spa.