



*Calcot Spa*

*MEMBERSHIP DETAILS*

## Opening hours

The club is open 7 days a week, 364 days a year. It is closed to members on Christmas Day.

The swimming pool and gym are open between 7.00am and 9.00pm.

The relaxation room, steam room, sauna and hot tub are open between 9.00am and 9.00pm.

Treatments can be booked between 9.00am and 8.30pm.

The tennis courts are open during daylight hours.

These hours may be altered according to our terms and conditions.

Children's sessions are listed on the next page.

## Your membership includes

- Full use of the pool, gymnasium, steam room, sauna, tennis courts, hot tub, garden and lounges on the relevant days of your membership type.
- Full induction to the Technogym equipment and ongoing fitness advice.
- 15% discount on beauty treatments Monday to Thursday (excluding courses).
- Provision of a robe and towel on each visit.
- Ability to invite guests. Members may invite a guest to use the facilities with them for a fee of £25 per visit. The number of guests on any one day will be limited, and guests must be booked in advance.
- Invitations to promotional evenings hosted by our chosen product houses to learn more about new treatments and products or just to enjoy the wine and canapés.
- Priority booking of Calcot's superb crèche facilities.
- Access to a range of fitness classes. These are included within the membership fee but must be booked in advance.
- Specialist classes may be chargeable.

## Facilities

- 16 x 7m heated swimming pool with level deck and a constant depth of 1.2m. Water maintained at a temperature of 29 degrees centigrade.
- Small toddlers pool heated to 32 degrees centigrade.
- 8-seat hot tub in courtyard set in front of a log fire.
- 90 m.sq. Gymnasium equipped with 21 pieces of state-of-the-art equipment from Technogym, with on line computerised record keeping (The Wellness or "Key" System).
- Exercise studio.
- Club lounge.
- Juice Bar serving a range of fruit based cocktails, smoothies, bottled beer and wine, coffee and light lunches.
- Relaxation area with steam room and sauna.

- 7 treatment rooms.
- Caci non surgical face lift and body toning machine.
- Guinot specialist facials.
- Aromatherapy Associates face and body treatments.
- Thalgo Body Wraps.
- Make-up area.
- Nail bar.
- Retail area.

## Crèche

The crèche caters for children from new born to 16 years of age. It is packed with toys and games and the mezzanine floor incorporates a cinema and studio equipped with play stations, X-boxes and computers for older children. Qualified nannies entertain your children while you relax in the spa.

PLEASE NOTE: In the interest of all our guests, we reserve the right to refuse entry to the Playzone when babies and children appear to be unwell.

Pre-booking is essential and payment is made on collection of your children.

The charges (rounded up to 15min) are:       £5.00 per hour for Children under 3 years

£4.40 per hour for 3–16 years.

## Children

Calcot is a Family Hotel and we welcome children. We want children of our Club Members and of our hotel residents to enjoy our indoor swimming pool and so have allotted times for child play in the pool. Those times are 3.45pm to 5.15pm all week and also 8.45am to 10.15am on a Saturday and Sunday. Swimming Lessons are also available, please ask for details.

Health and safety regulations stipulate that one adult may supervise not more than 2 children and that the parent remains in or by the pool.

In consideration to the members who are using the Spa as a haven of tranquillity, it is important that we are childfree promptly at the end of those sessions and would welcome your assistance in reverting to a haven 15 minutes after the swimming session ends. The crèche will be happy to look after your children if you wish to extend your time in the spa.

Again in the interest of our other club members we will not be serving drinks and snacks to children but a full children's menu is available in The Gumstool Inn where again children are made most welcome.

A swimming lane will remain open throughout the children's session.

## Gymnasium

The gym is supervised by qualified instructors who are on hand to assist, advise and motivate as required. Additional one to one personal training can be purchased.

Our gym equipment is supported by a state-of-the-art computer system, which allows your training schedule and results to be recorded on your personal "Key". The Key is used to set up each machine for your personal use in an instant and your results can be monitored, analysed and progressed by our qualified fitness instructors to maximise the benefits of your work-out.

- **Cardiovascular**

1 Excite 700 Cardio Wave

2 XT 600 Cross Trainers

2 Excite 700 Recline Bikes

2 Excite 700 Upright Bikes

3 Excite 700 Treadmills

2 Concept II Rowers

- **Resistance**

Vibrogym

Selection Line – Leg Curl

Selection Line – Abductor

Selection Line – Adductor

Selection Line – Leg Extension

Selection Line – Pulldown

Selection Line – Ercolina Rehab (cable tower)

Selection Line – Shoulder Press

Selection Line – Chest Press

- **Free weights**

10 pairs of Dumbbells 1–10 KG

5 pairs of Dumbbells 12–20 KG

Adjustable benches

3 fit balls

- **Running and cycling**

Within the 220 acres of surrounding farmland we have a Trim Trail and a running/cycling track. Please ask Reception for a route map. Mountain bikes are available for this purpose and it is part of the philosophy of the club to incorporate outdoor activity within personal training regimes whenever possible.

- **Entertainment**

The gym overlooks the central courtyard of the club, and some machines have been orientated towards this view. The majority of the machines overlook a choice of 4 plasma television screens offering a choice of Sky and Terrestrial channels. Sound is provided by a cardio theatre system offering 8 channels of TV, music and radio.

- **Fitness classes**

The club offers an exercise studio with views over the adjoining countryside. Classes include Body Conditioning, Salsacise and Aquafit and are included within the membership fee. Yoga, Pilates and some other specialist classes are available at an additional cost.

- **Swimming pool**

The 16 x 7m swimming pool is heated to 29 degrees centigrade and has a constant depth of 1.2m.

A swimming lane is always in place throughout children's sessions and any Aquafit classes.

Swimming lessons are available to both adults and children.

- **Hot tub**

In our beautiful south facing courtyard set into decking is an 8-seater hot tub in front of a burning log fire. Warm your robe by the fire while relaxing outside under the stars.

- **Tennis**

Both adult and child members are able to make use of our two all weather outdoor courts.

- **Changing rooms**

The club is fitted out with luxury changing rooms with individual lockers. Each changing room has a generously sized vanity area with hair driers, 4 individual power showers, and costume spinners. The Ladies changing room also has two individual changing cubicles. Complimentary toiletries are available for use in the changing rooms.

- **Steam and Sauna and relaxation room**

On the first floor of the club is a relaxation room, offering a warm quiet environment in which to unwind whilst using the spa. Adjoining this room is the sauna and the steam room.

- **Food and drink**

Within the Spa for those spending all day and not wanting to de-robe for lunch, we offer a very simple light snack menu featuring salads and sandwiches.

Our juice bar stocks popular fruit smoothies, soft drinks and a limited range of wine and beers.

- **Club room**

Central to the club is the club room overlooking the courtyard, stocked with the day's papers and magazines, and furnished with sofas and armchairs providing a place to relax before, after and during use of the spa's facilities.

- **Contact**

For more information, visit our website at [www.calcotspa.co.uk](http://www.calcotspa.co.uk), email us [spa@calcotmanor.co.uk](mailto:spa@calcotmanor.co.uk) or telephone us on 01666 891232



*Calcot Manor*



*Calcot Spa*



*William's Kitchen  
at Calcot*

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