

Membership and prices

Membership Types

Pay As You Go

Pay a small monthly subscription and then 'Pay as You Go' on all activities at a reduced price.

All Inclusive

Unlimited use of the following Gym, Swim, Classes and Squash Court.

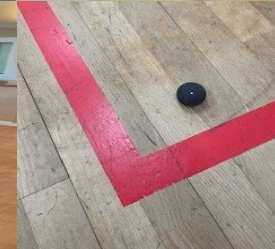
Other Services

Swimming lessons; Adult, School age children, Parent and Child, SEND, Squad and 1:1

Personal training and Programs

The Health and Fitness facilities include:

- 20 metre main pool
- 8 metre learner pool
- Hydro-therapy pool
- Fully equipped gym
- Full range of fitness classes (both in the pool and in our studios)
- Treatment room offering a range of therapies
- Squash court
- Meeting and function rooms for hire
- Light refreshments



General Membership Prices

Types	One off joining fee	PAYG	ALL INCLUSIVE
Staff	£7	£3	£20
Foundation	£7	£3	£20
Student	N/A	£3	£18
Retired SDH staff	£7	£3	£19
Public membership	£10	£4	£25

Referral Membership Prices

Types	One off joining fee	1 activity per month	All Inclusive per month
Referral	£10	£17	£24
Child referral (under 16)	£10	£15 (option gym or swim)	N/A
Hydro therapy spinal pool	£10	10 session pass (no time limit) £27	N/A
Cardiac rehab exercise support group	N/A	10 session pass (no time limit) £27	N/A