

Crèche Charges

£4.00 per hour | £3.00 per ½ hour
2 Children 1hour £7.00 | 2 Children ½ hour £5.00

Maximum stay 3 hours. Maximum age 12 years old.
Pre booking is required, which can be made up to 14 days in advance. Regular user cards are available
(20x 1/2 hr sessions= £36.00).

There is a charge for cancellations made on the same day.

Children's Birthday Parties

For a fun action packed Birthday Party including food why not give us a thought?
Themes include Wet 'N' Wild, a Traditional party and Sporty Fun.

For more details, contact the Creche - stmellion-leisure@crowm-golf.co.uk

Junior Members & Guests

All children aged 15 and under must be accompanied by an adult (18+) at all times.
Members and Guests under 18yrs old can access the pool area from 8am - 8pm only

Juniors aged 14 and under are not permitted to use the sauna, steam room or spa pool.

Junior Gym Programme

Upon completion of a gym induction Juniors between 12-15yrs old will be able to use:
Cardiovascular Machines for £2.00.

Junior Gym admittance for members and guests is between 8am - 8pm only

To book an induction please contact Health Club Reception: [01579 352003](tel:01579352003)
or speak to a member of gym staff today.



project
YOLO

JANUARY

SWIMMING POOL ACTIVITIES



HEALTH CLUB OPENING TIMES

Monday-Thursday
06.30-22.00
Friday 06.30-21.00
Saturday & Sunday
08.00-20.00

CRÈCHE OPENING TIME

Monday-Friday
09.00-15.00
(Wednesday 09.00-12.30)
Saturday
09.30-13.00

SPA OPENING TIME

Monday-Saturday
09.00-20.00
Sunday
09.00-17.00



MONDAY

10.00-10.45 Aqua Aerobics (Half Main Pool)

TUESDAY

11.00-11.45 Aqua Aerobics (Half Main Pool) (Not 1st)
12.30-15.00 Waterbabies * (Not 1st)

WEDNESDAY

11.45-12.30 Aqua Aerobics (Half Main Pool)
13.00-14.00 School Swim ** (Not 2nd)(St Dominick)
20.00-Closed Jacuzzi closed

THURSDAY

09.45-10.30 Aqua Zumba (Half Main Pool) (1 swim lane in pool)
11.00-11.45 Aqua Aerobics (Half Main Pool)
12.30-15.00 Waterbabies * (Not 3rd)

FRIDAY

09.00-10.00 Tadpoles * (Not 4th)
10.30-11.15 Aqua Aerobics (Half Main Pool)
13.00-14.15 School Swim ** (Not 4th) (St Mellion)

SATURDAY

14.30-15.30 Birthday Party*(5th Jan)(Half Leisure Pool)
17.00-18.00 Wet and Wild ***

SUNDAY

10.00-11.00 Wet and Wild ***
13.30-14.30 Wet and Wild ***

Key: * Half leisure pool being used
** Whole main pool being used
*** Whole leisure pool being used

SWIMMING LESSONS (Start 02nd Jan 19)

Monday with Neil

11.00-18.30 Individual M or L pool
18.30-19.00 Improver 2 Main pool

Tuesday with Neil

11.00-19.00 Individual M or L pool
16.00-16.30 Beginners Leisure pool
16.30-17.00 Beginners Leisure pool
17.00-17.30 Improver 1 Main pool
17.30-18.00 Improver 1 Main pool
18.00-18.30 Improver 2 Main pool
18.30-19.00 Individual Main pool
19.00-19.30 Improver 3 Main pool

Wednesday with Neil

10.30-18.00 Individual M or L pool
18.00-18.30 Improver 2 Main pool
18.30-19.00 Improver 3 Main pool

Thursday with Neil

14.00-19.00 Individual M or L pool
17.30-18.00 Improver 1 Main pool
18.00-18.30 Improver 2 Main pool
18.30-19.00 Improver 2 Main pool
19.00-19.30 Improver 3 Main pool

Friday with Neil

14.00-19.00 Individual M or L pool

Sunday with Neil

09.00-17.45 Individual M or L pool

Admission Policy

- One adult (18 yrs +) must be in the water with a maximum of two children aged 0-7 yrs. (More children are allowed if 8 yrs +)
- One adult (18yrs +) must be in the pool hall to supervise children 8-11 yrs
- One adult (18yrs +) must be present in the clubhouse & contactable for children aged 12-15 yrs using the pool hall
- One adult (18yrs +) must be within the gym rooms supervising their children between the ages of 12-15yrs *
- All 16 & 17 yr olds can use the pool & gym halls unsupervised between 8am & 8pm
- Only 18 yrs + can use the club before 8am and after 8pm.
- Children 14 yrs and under are not permitted to use the Spa pool, Sauna and Steam Room.