

# Fitness 14

Swim, Gym & Sports

|           |              |
|-----------|--------------|
| Monday    | 7:00 - 21:00 |
| Tuesday   | 7:00 - 21:00 |
| Wednesday | 7:00 - 21:00 |
| Thursday  | 7:00 - 21:00 |
| Friday    | 7:00 - 21:00 |
| Saturday  | 8:00 - 18:00 |
| Sunday    | 8:00 - 18:00 |

# Café 14

|           |              |
|-----------|--------------|
| Monday    | 9:00 - 14:00 |
| Tuesday   | 9:00 - 14:00 |
| Wednesday | 9:00 - 14:00 |
| Thursday  | 9:00 - 14:00 |
| Friday    | 9:00 - 14:00 |
| Saturday  | CLOSED       |
| Sunday    | CLOSED       |

Opening and Closing times can vary and are under review continuously adhering to government guidelines.

As a club we are not accepting walk ins, all facilities must be pre-booked and pre-paid. This can be done up to 48 hrs beforehand, all bookings are nontransferable and nonrefundable.

When using the club please adhere to a 2- meter social distance and use a face covering where mandatory, sanitizer facilities and cleaning stations are provided.

## Facility Prices

## Courts & Classes

|                          | Member | Guest  |
|--------------------------|--------|--------|
| Squash (40mins)          | £6.70  | +£3.40 |
| Badminton 1x Hour        | £6.70  | +£3.40 |
| Fitness Suite            | £3.95  | £6.35  |
| Drop in Classes (45mins) | £3.95  | £6.35  |
| Drop in Classes (30mins) | £2.95  | £5.35  |
| Circuit Weights          | £4.95  | £7.35  |

We offer membership options from £9.00 per month

Please be aware we are currently only taking cashless payments.

## Non-Member Usage Times

| Sessions - | Morning      | Afternoon     | Evening       |
|------------|--------------|---------------|---------------|
| Monday     | 9:00 - 11:30 | 14:00 - 15:30 | 20:00 - 21:00 |
| Tuesday    | 9:00 - 11:30 | 14:00 - 15:30 | 20:00 - 21:00 |
| Wednesday  | 9:00 - 11:30 | 14:00 - 15:30 | 20:00 - 21:00 |
| Thursday   | 9:00 - 11:30 | 14:00 - 15:30 | 20:00 - 21:00 |
| Friday     | 9:00 - 11:30 | 14:00 - 15:30 | 20:00 - 21:00 |
| Saturday   | 9:00 - 16:00 |               |               |
| Sunday     | 9:00 - 16:00 |               |               |

Join today and do not be restricted

## Keep 2m apart



We have a social distancing programme in place, please respect this and adhere to the signage on premises

**Be socially safe**



**Wear face mask**

## Swimming Pool Guidelines -

Limited shower facilities available

Only 3 people at one time in each wet changing rooms.

1 family per changing room during family swim times.

Lane swimming only. During family swim times one lane per family.

Please use cleaning stations to wipe down after yourself when leaving changing area.

Time restrictions of 45 mins per sessions

## Fitness Suite Guidelines -

Limited shower facilities available, please come dressed to exercise if possible.

Train alone, all equipment that requires spotting is out of use.

Wipe down all equipment after use, cleaning stations provided.

Time restrictions of 45 minutes per session.

Only 4 people at one time in each dry changing rooms

You may remove your face covering when exercising only

**"Please do not come to the club if you feel unwell or are displaying any Covid-19 symptoms"**

(will be updated with the current government guidelines and any new measures)

Download the NHS COVID 19 app and check in.



SWIM SESSIONS  
Included in  
Multi Ticket

## Swim Prices

|               | Member | Guest |   |
|---------------|--------|-------|---|
| Adult         | £3.35  | £5.75 | Now at the club 6 times a week, contact direct. |
| Junior        | £2.25  | £3.35 |   |
| Concessionary | £2.75  | £5.15 |   |

waterbabies

Retired Members can swim FREE between 9:00am to 12:00 noon & 2:00pm - 4:00 pm Monday to Friday.  
(Swim sessions need to be pre-booked & pre-paid for before attending the club)

## Pool Opens from 7am Daily Monday- Friday

## Family Swim hours available throughout the week

### Adult Only Swim times –

| Sessions  | Morning     | Afternoon     | Evening       |
|-----------|-------------|---------------|---------------|
| Monday    | 7:30 - 8:30 | 13:30 - 14:30 | 20:00 - 21:00 |
| Tuesday   | 7:30 - 8:30 | 13:30 - 14:30 |               |
| Wednesday | 7:30 - 8:30 | 13:30 - 14:30 | 20:00 - 21:00 |
| Thursday  | 7:30 - 8:30 | 12:30 - 13:30 | 20:30 - 21:00 |
| Friday    | 7:30 - 8:30 | 13:30 - 14:30 | 20:30 - 21:00 |
| Saturday  | 8:00 - 9:00 | 13:00 - 14:00 | 17:00 - 17:30 |
| Sunday    | 8:00 - 9:00 |               | 17:00 - 17:30 |

OVER 14'S Members Children can swim at these times if accompanied by member parent/guardian.  
During child swimming times an adult or member child must accompany non-member children. Non-Member children must be accompanied by an adult at all other times.

One adult member on a 1 to 2 basis for children under 9 years old at all times, remember 1 adult member to 2 children max

Refer to the swim timetable for all other swim sessions available

## Class Timetable

|           |              | Member | Guest |
|-----------|--------------|--------|-------|
| Monday    |              |        |       |
| 11am      | Extend       | £3.95  | £6.35 |
| 7pm       | Zumba        | £3.95  | £6.35 |
| Wednesday |              |        |       |
| 5pm       | Spin         | £3.95  | £6.35 |
| Thursday  |              |        |       |
| 5pm       | Yoga Balance | £3.95  | £6.35 |

'Drop-in Classes' (all must be pre-booked & pre-paid, currently being held in the Sports Hall) nontransferable & nonrefundable.

Face Coverings must be worn on entry to the club but can be removed during the class session.

## Autumn Class Timetable to be available September 2021



# Fitness 14

## Swim, Gym & Sports

CMC Sports & Social Club

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