

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	

water babies

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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