



Be Better Today

THAN YOU WERE YESTERDAY

Twin Trees Hotel

& LEISURE CLUB | BALLINA

Information Pack and Membership Form



Contact Twin Trees Leisure Club | Telephone: 096-72813
Web: www.twintreeshotel.ie | Facebook: www.facebook.com/TwinTreesLeisure

About Twin Trees Leisure Club

Twin Trees Leisure Club is a modern leisure complex with superb facilities and equipment. It is situated within walking distance of Ballina town centre and has plenty of on-site parking.

Our doors are open to the local community and hotel residents alike, and our qualified instructors look forward to helping every visitor, regardless of ability or fitness level.

Our Facilities Include

- Heated 15metre swimming pool and a separate children's pool
- Fully equipped gym
- Aerobics studios for a range of classes
- Sauna, steam room and Jacuzzi
- Squash Court

Our team of dedicated staff members are on duty from 7:00am to 9.30pm weekdays and weekends 9:30am-6pm. You and your family are welcome to join us for a single visit, or we can help you choose a membership that is suitable to your needs. Group and club packages are also available, and can be tailored to suit your requirements.

Our aim is to provide a welcoming facility for our members to enjoy, hassle-free, day or evening.



Twin Trees Swimming Pools

Our swimming pools are open at all times except times outlined in the class timetable below. They are also available for group bookings.

You can join our adult or children's swimming lessons via reception.



Gym & Studio Facilities

All classes are provided by trained professionals.

We also offer competitive rates for personal training.

Our training rooms and studios can also be booked for private sessions.

For further information, telephone (096) 72813 or email leisure@twintreeshotel.ie

Class Timetable from 12th June 2017

	Morning		Afternoon	Evening	
Monday	Karen's Yoga 9.30 – 10.30	Aqua Aerobics 10.30 - 11.30		Disco Spinning 7.00 – 8.00	Ab Blast 8.00 – 9.00
Tuesday	Shape 'n' Tone 10.00 – 11.00	Active @55 11.00 – 12.00	Children's Swim Lessons 4.30 – 6.00	Shape 'n' Tone 7.00 – 8.00	
Wednesday	Karen's Yoga 9.30 – 10.30	Spin and Kettle Bells 11.00 – 12.00		Spinning Class 7.00 – 8.00	Body Blitz 8.00 – 9.00
Thursday	Shape & Tone 10.00 – 11.00	Aqua Aerobics 10.30 – 11.30	Children's Swim Lessons 4.30 – 6.00	Adult Swim Lessons 7.30 – 8.30	
Friday	Spin and Kettle Bells 10.00 – 11.00		Teen Fitness Hour 5.00 – 6.00	Spinning Class 7.00 – 8.00	
Saturday	Children's Swim Lessons 10.30 – 12.00	Karen's Yoga 11.30 – 12.30			

Opening Hours

Monday – Friday 7am – 9:30pm
 Saturday & Bank Holidays.....9.30am – 6.30pm
 Sunday.....9.30am – 6.30pm



Contact

Telephone: 096 72813 / 085 8065338
 Email: leisure@twintreeshotel.ie
 Web: www.twintreeshotel.ie

Twin Trees Leisure Club Rates

Annual Membership

Adult Single	€350 (direct debit €35 per month)
Couple/Gym Buddy	€600 (direct debit €55 per month)
Golden Years - Couple/Gym Buddy	€400 (direct debit €35 per month)
Golden Years – Single	€220 (direct debit €20 per month)
Family (2 Adults/2 Children U18)	€800 (direct debit €70 per month)
Student (I.D. Required)	€199
Corporate	Contact Leisure Centre Manager

All direct debits are for a period of 12 months. Golden Years – Over 55's

6 Month Membership

Adult Single	€200
Couple/Gym Buddy	€350
Golden Years - Couple/Gym Buddy	€250
Golden Years – Single	€140
Family (2 Adults/2 Children U18)	€450
Student (I.D. Required)	€150
Corporate	Contact Leisure Centre Manager
Golden Years – Over 55's	

10 Visit Pass

Adult Single – Pool & Gym	€55
Child Pass	€40
SPECIAL: Family (2 adults & 2 children)	€150

Single Visit Rates

Adult	€7
Child Pass	€5
Family (2 adults & 2 children)	€20

Group & corporate packages are available on full membership, gym or pool only access, contact John on 096 72813 / 085 8065338 or leisure@twintreeshotel.ie for rates



Contact

Telephone: (096) 72813

Email: leisure@twintreeshotel.ie

Web: www.twintreeshotel.ie

Membership Application Form

Primary Applicant

Name: _____

Membership
Choice:

12 MONTHS

6 MONTHS

Address: _____

Email: _____

Mobile No.: _____

Date of Birth: _____

Occupation/Sector: _____

Additional Member - Couple/Buddy Package

Name: _____

Address: _____

Email: _____

Mobile No.: _____

Date of Birth: _____

Payment Details

Total Due: € _____ :

Amount Paid: € _____ :

Balance Due: € _____ :

Method of
Payment:

Cash

Cheque

Credit
Card

Laser

- Please make cheques payable to: Twin Trees Hotel

Rules & Regulations

1. All guests must sign in at reception to enter the leisure centre.
2. Members must scan in with their key tag on every visit.
3. All children under the age of 12 must be accompanied by and adult at all times in the pool area.
4. Swim nappies are compulsory.
5. Swim caps must be worn at all times in the pool area.
6. Gym, sauna and steam room are for over 16s only.
7. No horseplay or diving into the pool.
8. Proper swim attire must be worn at all times, t-shirts are not allowed to be worn in the pool or Jacuzzi.

I agree to abide by the rules & regulations of Twin Trees Leisure Club.

Signed:

Date:.....

For Official Use Only:

Membership No.:.....

Date Issued:.....

Expiry Date:.....