



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 9:30am-7pm Saturday and Sundays and Bank Holidays 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

Opening Hours

Monday – Friday7am – 9:30pm

Saturday9.30am – 7pm

Sunday & Bank Holidays9.30am – 6.00pm

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Aqua Aerobics 10am Aisling Grier	Shape & Tone 10am Cliona McNamara	Aqua Aerobics @ 10am Aisling Grier	Shape & Tone @ 10am Cliona McNamara	Aqua Aerobics @ 10am Michelle Traynor	Little Swimmers 9:15am- 2:30pm Maeve Grimes
Pilates 11am Patrick €4 Member €7 Non Members	Children's swimming lessons 3:30 – 6:30 (Pool Restricted) Susan Millar	Little Swimmers 4:30-7pm Maeve Grimes	Children's swimming lessons 3:30 – 6:00 (Pool Restricted) Emmet Healy Aisling Grier	Little Swimmers 11am-1pm Maeve Grimes	
Shape & Tone 18:30-7:15pm Cliona McNamara		Shape & Tone 18:30-7:15pm Cliona McNamara	Yoga @ 7pm Bernie Kelly €10		
	Step Aerobics 7pm Aisling Grier	Pilates 7pm Patrick	Step Aerobics 7pm Aisling Grier		
	Aqua Aerobics @ 7pm Michelle Traynor	Strength & Conditioning7: 30-8:15pm Emmet Healy	Ab Blast 7:45-8pm Aisling Grier		

Class Timetable 2018

Contact

Telephone: 096 72813 / 085 8065338

Email: leisure@twintreeshotel.ie

Web: www.twintreeshotel.ie

Twin Trees Leisure Club Rates

Twin Trees Leisure Club Membership Rates

<u>Category</u>	<u>12 Months</u>	<u>6 Months</u>	<u>3 Months</u>
Single	€320	€165	€105
Couple	€550	€300	€165
Family	€750	€400	€220
Student -valid Id (12yrs+)	€199	€130	€80
Over 55's	€250	€140	€99
Corporate	€260	€145	€99
Child pool only Under 12s	€90	€50	€30

Please Note: Juniors under 16 have access till 7pm
Any queries contact any of the team on 096-72813

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



Contact

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Membership Application Form

Primary Applicant

Name: _____

Membership
Choice:

12 MONTHS 6 MONTHS 3 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:.....