



# 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](http://www.twintreeshotel.ie) | Facebook: [www.facebook.com/TwinTreesLeisure](https://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](mailto:leisure@twintreeshotel.ie)**

## Winter/Spring Class Timetable 2018

<b>Monday</b>	Spin 7am – 8am	Aqua Aerobics 10am – 11am		Shape & Tone 6.30 – 7.15	Spin 6pm – 7pm
<b>Tuesday</b>	Shape 'n' Tone 10am – 11am	Circuits 1pm – 2pm	Children's Swim Lessons 3.30 – 6pm	Spin & Abs 6pm – 7pm	Step Aerobics 7pm – 8pm
<b>Wednesday</b>	Spin 7am – 8am	Aqua Aerobics 10am – 11am	Hiit 10am – 11am	Shape & Tone 6.30 – 7.15	Aqua Aerobics 7pm – 8pm
<b>Thursday</b>	Shape & Tone 10am – 11am	Children's Swim Lessons 4.30 – 6pm	Spin 6pm – 7pm	Yoga 7pm – 8pm	Circuits 7pm – 8pm
<b>Friday</b>	Spin 7am – 8am	Low Impact Aerobics 10am – 10.30	Aqua Aerobics 10.30 – 11am		
<b>Spin Classes €4 Members €8 Non- Members</b>	<b>Other Classes Free to Members €7 Non- Members</b>				

### Opening Hours

**Monday – Friday** .....7am – 9:30pm  
**Saturday** .....9.30am – 7pm  
**Sunday & Bank Holidays** .....9.30am – 6.00pm



### Contact

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## Twin Trees Leisure Club Rates

### **Annual Membership**

Adult Single	€350
Couple/Gym Buddy	€600
Over 55's – Single	€200
Family (2 Adults/2 Children U18)	€800
Student (I.D. Required)	€199
Group/Corporate	Contact Leisure Centre Manager

### **6 Month Membership**

Adult Single	€180
Couple/Gym Buddy	€350
Over 55's – Single	€100
Family (2 Adults/2 Children U18)	€450
Student (ID Required)	€150
Group/Corporate	Contact Leisure Centre Manager

### **3 Month Membership**

Adult Single	€99
Couple/Gym Buddy	€180
Over 55's – Single	€99
Family (2 Adults/2 Children U18)	€230
Student (ID Required)	€99
Group/Corporate	Contact Leisure Centre Manager

### **10 Visit Pass**

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

### **Single Visit Rates**

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



### Contact

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## Membership Application Form

Primary Applicant  
Name:

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Membership  
Choice:

12 MONTHS

6 MONTHS

Address:

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Email:

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Mobile No.:

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Date of Birth:

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Occupation/Sector:

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Additional Member - Couple/Buddy Package

Name:

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Address:

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Email:

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Mobile No.:

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Date of Birth:

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### 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:**.....

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