



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

Winter/Spring Class Timetable 2018

Monday	07.00 Spinning	10.00 Aqua Aerobics		18.00 spinning	18.30 – 19.15 Shape & Tone
Tuesday	10.00 Shape & Tone	13.00 Circuits	15.00 – 18.00 Children’s Swim Lessons	18.00 Spin & Abs	19.00 Step Aerobics & Aqua Aerobics
Wednesday	07.00 Spinning	10.00 Aqua Aerobics	10.00 HIIT	18.30 – 19.15 Shape & Tone	18.00 Spinning
Thursday	10.00 Shape & Tone	16.30 – 18.00 Children’s Swim Lessons	18.00 Spinning	19.00 Yoga	19.00 Circuits
Friday	07.00 Spinning	10.00 Low Impact Aerobics	10.30 Aqua Aerobics		18.30 – 20.30 Dance Blast with Ciara Ginty
Saturday		10.00 – 12.00 Dance Blast with Ciara Ginty			

Opening Hours

Monday – Friday7am – 9:30pm

Saturday9.30am – 7pm

Sunday & Bank Holidays9.30am – 6.00pm



Contact

Telephone: 096 72813 / 085 8065338

Email: leisure@twintreeshotel.ie

Web: www.twintreeshotel.ie

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	€260

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	€145

3 Month Membership

Adult Single	€99
Couple/Gym Buddy	€180
Over 55's – Single	€99
Family (2 Adults/2 Children U18)	€240
Student (ID Required)	€99
Group/Corporate	€99

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: _____

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 an 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:.....