



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

Class Timetable 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Yoga @ 9:30am Karen	Yoga @ 9:30am Karen	Yoga @ 9:30am Karen		Yoga @ 9:30am Karen	Yoga @ 10am Karen	
Aqua Aerobics 10am Staff	Shape & Tone 10am Cliona	Aqua Aerobics @ 10am Staff	Shape & Tone @ 10am Cliona	Aqua Aerobics @ 10am Staff	Little Swimmers 9:15am- 2:30pm Maeve	
Little Swimmers 4pm – 6pm Maeve	Children’s swimming lessons 3:30 – 6:30 (Pool Restricted) Patrick	Little Swimmers 4:30-7pm Maeve	Children’s swimming lessons 3:30 – 6:00pm (Pool Restricted) Aisling	Little Swimmers 11am- 1pm Maeve		Pool Restricted 1:30pm – 4:30pm
Shape & Tone 6:30pm- 7:15pm Cliona		Shape & Tone 18:30- 7:15pm Cliona	Yoga @ 7pm Bernie			
Yoga @6:30pm Karen	Step Aerobics 6.45pm Staff	Pilates 7pm Patrick	Step Aerobics 7pm Staff			
	Yoga @7pm Karen	Yoga @8pm Karen	Abs @7:45pm Staff			
	Aqua Aerobics @ 7.30pm Staff					

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	€100
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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Web: www.twintreeshotel.ie

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:.....