

LEISURE, GOLF AND SPA  
**MEMBERSHIP**





# WELCOME

Set in over 650 acres of beautiful Vale of Glamorgan countryside, it is difficult to imagine you are only minutes away from J.34 of the M4, less than 20 minutes from Cardiff city centre and only 15 minutes from Bridgend.

Few UK resorts can offer the wide range of facilities available at the Vale Resort; a 143 bedroom luxury hotel, two championship golf courses with a golf academy, three restaurants, Wales' largest spa, conference centre, and of course, one of the UK's leading private members fitness clubs.

A number of membership options are available to suit individual requirements and budget. A dedicated membership team is on hand to assist with any questions you may have and provide you with a comprehensive tour of our extensive facilities if required.

Members social events are organised throughout the year. These include Christmas parties and our very popular November 5th firework celebrations.

Members also benefit from a number of exclusive discounts and offers which are detailed within this pack.

**Welcome to the Vale Resort, a healthier and fitter lifestyle is now a lot closer than you think.**





# MEMBER BENEFITS

Once you join as a member you will receive a number of exclusive resort benefits as well as exclusive offers from marketing partners.

All members receive the following:

- **No annual fixed contract.**
- **Dedicated Fitness Team.**
- **Induction upon joining** followed by a programme design to include goal-setting.
- **Periodic complimentary reviews.**
- **Mywellness tracking programme.**
- **20% discount off individual spa treatments** on production of your membership card. For more information on treatments please call 01443 665888.  
*(Monday to Thursday 9.00am - 6.00pm, excludes any other offers or discounts).*
- **10% off food and beverage** throughout the resort on production of your membership card.
- **Additional 5% food and drink credit**, will be added to your membership card when £100 or more of credit is purchased.
- **Birthday gift and card.**
- **Exclusive discounts on accommodation** at the Vale Resort.  
*Rates from £75 per room B&B\* (For member stays only) and can be booked three days or less prior to arrival.*

In addition to the above, if you refer a friend to the club and if they subsequently join you will be entitled to receive an exclusive referral gift.

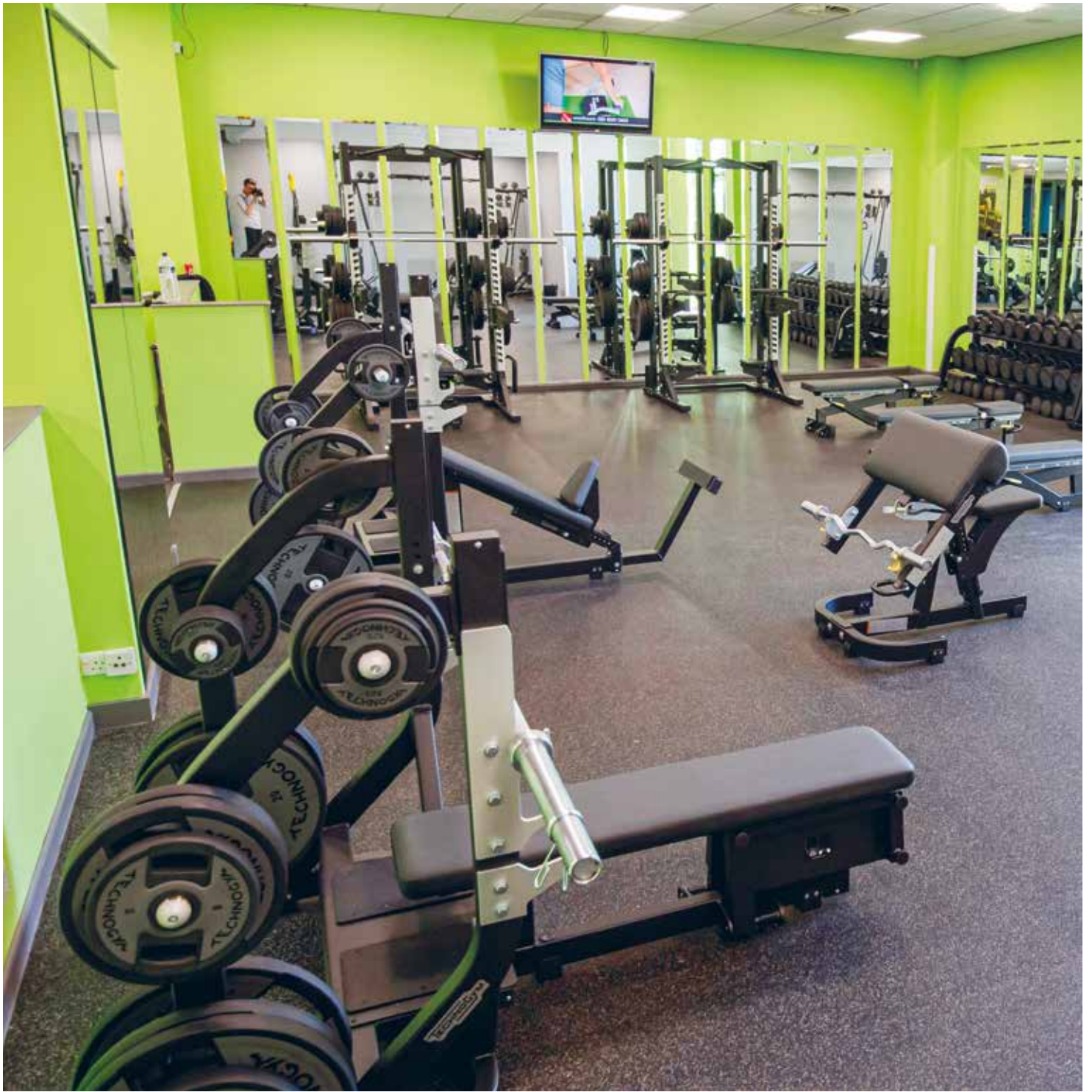
#### Terms and Conditions

\*Based on a maximum of two guests sharing a standard room. Rate is subject to availability and can be booked a maximum of three days before arrival. Extra bed for children up to 16 years in family room £10pcpn (usually £20pn). This offer is open to all Golf & Leisure Club members for their use only, cannot be used for friends and family stays. Membership card must be shown at check in. Full non-refundable payment must be made at the time of reservation. Excludes New Years Eve, special event dates.

## STAY *in the* KNOW

Sign up to our **Health Club Member's Facebook page** and keep up to date at all times with the latest news.





# GENERAL CLUB INFORMATION

## OPENING TIMES

<b>Monday to Friday</b>	<b>06.00</b>	<b>-</b>	<b>22.30</b>
<b>Saturday to Sunday</b>	<b>07.30</b>	<b>-</b>	<b>22.00</b>
<b>Bank Holidays</b>	<b>07.30</b>	<b>-</b>	<b>22.00</b>

*(Hours and classes may vary over the festive season)*

## FACILITIES

- Extensive free car parking
- 20 metre pool
- Large gymnasium with a wide range of cardiovascular, resistance, and Kinesis machines
- Wattbikes
- Skillmills
- Large, free weights training area
- Three fitness studios with over 90 classes per week
- Outdoor marquee with functional fitness equipment
- Power Plates
- 5-a-side pitch
- Three squash courts
- Three tennis courts (*Outdoor*)
- Sauna
- Steam room
- Whirlpool bath
- Family activities and children's classes
- Personal training
- Coaching\* - tennis/squash/swimming
- Crèche and day nursery\*
- Supervised junior activities room
- Sports bar
- Sports shop
- Exclusive member's area

**All facilities close half an hour prior to the club closure time.**

\*Extra charge.

## CLASS AND COURT BOOKINGS

Individual classes and courts can be booked via reception or by calling **01443 665800** up to seven days in advance. Classes may also be booked online using the Mywellness app.

If you are unsure of what classes will best suit you a member of the fitness team will be happy to advise you. You can collect an up to date timetable of activities from the club reception or view online at **www.valeresort.com**

24 hours notice is required for the cancellation of a booking.

Please notify a receptionist of your booking on arrival at the club.

## MEMBERSHIP CARDS

Membership cards can be collected from the club reception within your first week of membership.

Members are required to present their membership card every time you use the facilities.

If you misplace your card, please notify us and we will issue a new card at a cost of **£5**.

## GUESTS

For a small fee, your guests will be able to use all the normal club facilities for the entire day with the standard member terms and conditions applying.

### Current guest fees:

<b>Adults</b>	<b>£15</b>
<b>Children</b> ( <i>Over five</i> )	<b>£6</b>
<b>Children</b> ( <i>Under five</i> )	<b>Free of charge</b>

## CHANGING ROOMS

Male and female dry changing rooms are situated on the lower floor of the club. Wet changing facilities are situated on the ground floor and include bathing suit spin dryers and family changing areas with play pens and changing mats. Both changing rooms offer showers, lockers, hair dryers and toilet facilities.

Lockers in the changing rooms are operated using a padlock or token system. Please lock away all valuables whilst you are using the club and remove contents before leaving. All lockers are emptied every evening and the contents held at reception for a period of one month. The club will not be held responsible for any loss or damage to member or guests personal items if left unattended.

## LOST PROPERTY

Lost property will be held at leisure reception for a period of one week, unclaimed items will be disposed of after this period. Please note, in the interest of health and hygiene, we are unable to keep goggles, swimwear, hair accessories and underwear.

## TOWELS

Towels are available to hire from reception at a nominal charge.

**WE OPERATE A NO SMOKING POLICY THROUGHOUT THE CLUB.**





**CARDIO & RESISTANCE GYM**



**3 SQUASH COURSES**



**3 TENNIS COURSES**



**FREE WEIGHTS TRAINING AREA**



**OVER 90 CLASSES**



**OUTDOOR FITNESS MARQUEE**

# FITNESS

Our gymnasium is fully equipped to cater for every fitness need, choose from 53 pieces of cardiovascular equipment, 20 resistance machines, 3 state of the art Kinesis stations, free weights area plus an extensive activities timetable held in three fully equipped studios. The marquee houses the latest functional fitness equipment including plyometric boxes, prowlers, a sled and a farmers walk station.

## BEFORE YOU START

You will be required to complete a health commitment statement, which will help us gain vital information to ensure your personalised fitness programme is right for you. Once this is completed, a personalised programme appointment will be made with one of our fitness consultants.

## FITNESS SUITE CONSULTATION PROCESS

- Membership starts
- Mywellness account set up and induction
- Two week review to include programme design and goal setting.
- Ongoing reviews and updates
- Full body composition analysis - using Tanita equipment.
- Health check
- Personal training consultation

## FITNESS SUITE PERSONAL PROGRAMME

This is a uniquely designed training programme to meet your health and fitness needs. Your programme will be designed by one of our highly qualified fitness consultants and will be loaded on to your mywellness account and available on the interactive wellness app. You can then monitor your progress to help ensure you reach your wellness goals.

## WORKOUT REWARDS

Simply register 12 or more visits to the club through the wellness system, in one calendar month and your name will appear on our monthly list for you to collect your prize from the fitness desk.



# mywellnessapp

# DOWNLOAD

The **mywellness** mobile application for iOS and Android platforms is designed to help you keep track of all your physical activity and give you access to your training programme in and out of the gym, anytime, anywhere.

## THE APPLICATION COMPRISES OF THREE SIMPLE PAGES:

### FACILITY AREA

Access facility information and opening hours. Easily and quickly, connect to third party apps and devices

### MY MOVEMENT

View your programme, start and stop your workout anywhere, anytime

### MY RESULTS

View your activity data, personal records, progress, body measurements (taken in the gym on the Tanita scales) and trends

## DOWNLOAD TODAY

1. Search for **'mywellness'** within the iOS App store or Google Play Store
2. Download and install on your mobile
3. Log in with your mywellness username and password and begin enjoying the benefits!



THE MYWELLNESS APP IS ALSO THE QUICKEST AND SIMPLEST WAY TO BOOK ALL ADULT FITNESS CLASSES



**20M SWIMMING POOL**



**LANE SWIMMING**



**WHIRLPOOL SPA**



**SAUNA & STEAM ROOM**



**AQUA CLASSES**



**SWIMMING LESSONS**

# SWIMMING

The Vale Resort has a luxurious 20 metre swimming pool that is temperature controlled to ensure you have an enjoyable swim. Other wet facilities include a mood-lit steam room, traditional wooden sauna and a relaxing whirlpool spa.

## ADULT ONLY SWIM TIMES

### Monday to Friday

**06.00 - 10.00**

*(09.00 during school holidays)*

**12.00 - 14.00**

*(except Mondays & during school holidays)*

**20.00 - 22.00**

### Saturday and Sunday

**07.30 - 09.00**

**20.00 - 21.30**

## JUNIOR SWIM TIMES (UNDER 18's)

### Monday

**10.00 - 20.00**

### Tuesday to Friday

**10.00 - 12.00**

**14.00 - 20.00**

### Saturday, Sunday, School and Bank Holidays

**09.00 - 20.00**

Swimmers can enjoy a dedicated swimming lane.

Children under 14 years must be accompanied by an adult in the pool at all times.

Please shower prior to entering any of the poolside facilities and ensure children under two years are wearing waterproof nappies when in the pool.

There is an emergency phone and button situated on poolside.

## CHILD SUPERVISION GUIDELINES



**1 Child = 1 Adult**  
(4 months - 4 year)



**2 Children = 1 Adult**  
(5 to 7 years)



**4 Children = 1 Adult**  
(8 to 13 years)

## SAUNA AND STEAM ROOM

Situated at the rear of the swimming pool for use by adults and children over 14 years only. Shaving and the use of oils is prohibited in these areas.

## WHIRLPOOL SPA

Also situated at the back of the swimming pool and is for use by adults and children over 14 years only. The whirlpool operates on a push button system situated either side of the entrance steps.

## AQUA CLASSES / SWIMMING LESSONS

Aqua classes and swimming lessons\* are held regularly - please check the activities timetable for details and ensure you book at the club reception to avoid disappointment.

\*Extra charge.



# CHILDCARE

## CRÈCHE

Available for siblings from three months up to five years. The cost per child is £6.50 per hour (£12 for two children) and the maximum stay allowed is two hours. This facility is only provided for members and their guests who intend staying in the Club for the duration of the child's stay. Bookings can be made up to two weeks in advance. Those requesting cancellation of a booking within 24 hours will incur charges in full. Day Nursery facilities are also available, please contact the Childcare Department for information.

## OPENING TIMES

<b>Monday - Friday</b>	<b>09.00 - 18.00</b>
<b>Saturday/Sunday/Bank Holidays</b>	<b>09.00 - 13.00</b>

## JUNIOR ACTIVITIES

This is included in the price of the Junior Membership. Suitable for 4 - 15 years and offers a range of team sports, arts and craft, console games and videos. Maximum stay per child is two hours and is only provided for members and guests who intend staying in the Club for the time the child is in the junior activities.

## OPENING TIMES

<b>Saturday/Sunday/Bank Holidays</b>	<b>09.00 - 13.00</b>
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## DAY NURSERY

The Vale Day Nursery is open for full and half days Monday to Friday and operates from 7am\* to 6pm.

The nursery caters for children of all ages, and has a separate section for under twos, providing a warm, caring, safe and secure environment for all our children. Our professional and enthusiastic staff all have recognised childcare qualifications with a wide range of experience and skills.

\*7am - 8am extra charge





# ARTS & CRAFTS CAMP

Suitable for children 4 – 15 years and offers a range of team sports, arts and crafts, console games, DVD's and much much more! This is a play-scheme type service provided for children during the school holidays and is open 8.00am – 5.00pm, Monday to Friday. The full day price includes all activities.

**Daily and weekly rates available. Ask at Leisure Reception for prices and activities.**

## STAFF

All our staff hold relevant childcare qualifications and have undergone a full CRB or DBS check. They are friendly, caring and confident with the children they work with.

## FACILITIES

The children take part in organised, structured activities throughout the day, which are designed to help them learn and develop. We also have access to an outside play area that is covered with astro-turf for safety and provides a safe space for outdoor activities when weather permits. CCTV in operation.

## ARTS AND CRAFTS CAMP

**Monday - Friday**

**8.00 - 17.00**

*(Not available bank holidays)*



# MEMBERSHIP OPTIONS

We are so much more than just a Health Club!

Enhance your membership by upgrading to one of the following options:

## RESORT MEMBERSHIP

A Resort Membership is the perfect choice for the Golfer in you. Why not spend some time on the course before using the health club?

A Resort membership includes:

- Choice of 5 day or 7 day membership in the Golf and Health Club
- Exclusive membership discounts throughout the Resort including spa treatments, resort events and food and beverage
- A schedule of exclusive golf members' events throughout the year
- Online tee time reservations which may be booked up to 14 days in advance
- Discounted buggy hire
- Exclusive members coaching courses
- Inclusive GUW subscriptions and handicap management
- Access to 16 bay driving range and short game area
- Regular members' competitions throughout the year
- Access to over 80 classes a week from Yoga to Aqua Aerobics
- Full use of gym with regular personalised programmes and FREE body composition testing
- A 20m swimming pool
- Use of Jacuzzi, steam room and sauna
- Resort memberships start from £75

## JUNIOR RESORT MEMBERSHIP

Golf and Leisure isn't just for grown-ups! Our younger members can take up a Junior Resort Membership from the age of 10.

Junior membership includes:

- Access to the Lakes course
- Junior Competitions
- Monthly group coaching throughout the Summer
- Reduced coaching rates
- £20 free credit for range balls
- Leisure club membership \*
- Junior activities
- Full Junior class timetable

## PREMIUM MEMBERSHIP

Upgrade your Leisure membership for an additional £20 a month and receive the following:

- 2 x guest passes per month (worth £30)
- FREE towel hire for each visit \*

\*One towel per premium member



# SPA FACILITIES

The Vale Spa is located on the first floor of the health and racquets club and as Wales' largest spa it will come as no surprise to find our choice of treatments endless and totally indulgent. The spa's holistic approach treats the mind body and spirit in an atmosphere that stimulates the senses.

- 19 treatment rooms
  - 5 relaxation zones
  - 3 Double suites
  - Chai Café
  - Boutique shopping
- 
- **20% discount off individual spa treatments** on production of your membership card. For more information on treatments please call 01443 665888.  
*(Monday to Thursday 9.00am - 6.00pm, excludes any other offers or discounts).*



**143 BEDROOM HOTEL**



**HEALTH & RACQUETS**



**WALES LARGEST SPA**



**2 CHAMPIONSHIP GOLF COURSES**



**AWARD WINNING DINING**



**MEMBERS INCENTIVES**



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