

3. Monthly memberships

If you use our facilities regularly, our great-value memberships allow you to pay by an affordable monthly direct debit payment, and could save you money!

We offer a wide variety of memberships, including Fitness, Health Suite, Swimming and Swimming Lesson memberships.

If you want any more information about our memberships, our staff will be happy to help.

4. Booking details

All activities must be paid for at time of booking. This can be done by telephone, or at Reception. Notice of 24 hours is required for a cancellation. If you fail to give 24 hours notice of cancellation, you will not receive a refund for the lost booking. Members and Activage card holders will be charged a £2.00 cancellation fee.

5. Feedback procedures

We are keen to get your feedback on our services and facilities. Please provide feedback via our 'Comments and complaints' leaflet. If you feel a member of staff has served you exceptionally well, please express this via our 'Excellence in customer service' leaflet.

6. General opening hours

Monday to Thursday: 7:00am – 10:00pm

Saturday and Sunday: 8:00am – 5:00pm

Friday: 7.00am - 8.00pm

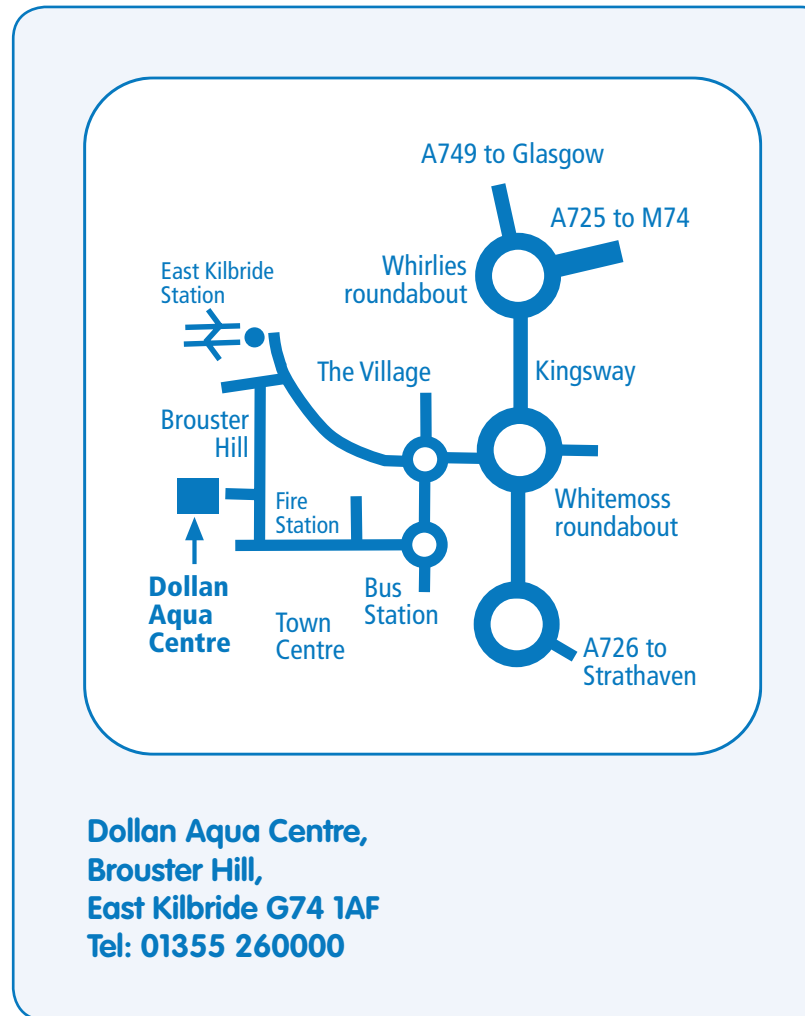
For more information about South Lanarkshire Leisure and Culture's other facilities and services, please pick up a 'Discover South Lanarkshire Leisure and Culture' leaflet, or visit www.slleisureandculture.co.uk.

Welcome to Dollan Aqua Centre



This guide provides information about our:

1. Facilities and services
2. Pay-as-you play prices
3. Monthly Direct Debit membership prices
4. Booking Details
5. Feedback procedures
6. General opening hours



This information can be made available in large print, please ask at Reception, or telephone: **01698 476202**. For information on disabled access, please see our 'Customer access' leaflet.

1. Our Facilities and Services

The Club Gym



Our club gym is well-equipped with a wide range of modern cardio-vascular and resistance equipment.

The Club Gym is open:
 Monday to Thursday: 7:00am – 10:00pm Saturday and Sunday: 8:00am – 5:00pm
 Friday: 7:00am – 8:00pm

Please refer to 'The Club' leaflet for more information.

Fitness Classes

Dollan Aqua Centre has a vast fitness class programme with classes ranging from Yoga to Body Combat. Pick up a 'Fitness class timetable', or visit www.slleisureandculture.co.uk for details of all South Lanarkshire and Culture centres' timetables.

Health Suite

Dollan Aqua Centre's health suite includes a detoxifying sauna, a hydrating steam room, solarium, a relaxation area and an invigorating spa bath. It is the perfect way to relax and unwind.

The health suite is open:
 Monday-Thursday 9:30am – 9:30pm Saturday and Sunday: 9:30am – 4:00pm
 Friday: 9:30am – 8:00pm

All sessions are mixed (except Wednesdays, ladies only). Swimwear must be worn. Admittance over 16's only.

Swimming Pool



Whether you want to lane swim on your lunch break to stay fit or attend swimming lessons, Dollan Aqua Centre's 50 metre pool with its adjustable floor provides a safe, spacious swimming environment for you.

The main pool is open:
 Monday – Thursday 7:30am – 9:30pm* Saturday** and Sunday: 8:00am – 4:00pm
 Friday: 7:30am – 8:00pm

Adults only on Monday night.

* No public swimming between 4:30pm and 6:00pm due to swimming lesson and club programme excluding Wednesday.

** Public Swimming in 2 lanes only between 8:00am – 9:15am.

2. Pay-as-you-play prices (1 April 2011 - 31 March 2012)

At Dollan Aqua Centre you can pay for your activities as you attend, or pay monthly by direct debit with our great-value memberships (see overleaf for details).

Activity	Adult	Junior
Swim	£4.20	£2.45
Health Suite	£5.60	-
Group Swimming Lessons for block of 8	£40.00	(see memberships)
Private Swimming Lessons	£17.85	£15.10
Gym Session	£5.10	£2.55
Fitness Class	£4.60	£2.30
Club Active	£29.20	£14.60

* Family Swim (2 adults, 2 children=£10.85+£1.45 per extra child)

** Gym orientation programme, free for fitness members

Leisure For All

Concession, Student and Scholars cards entitle holders to up to 50% off most pay-and-play activities. Active cards allow free use of SLLC indoor leisure facilities for South Lanarkshire residents aged 60 or over. Contact reception for application form.