



CALCOT SPA

Membership Details

(from January 2020)

PART OF THE CALCOT COLLECTION

CALCOT SPA

THE PAINSWICK
— *Treatment Rooms* —

BARNSLEY SPA

Calcot Spa . Near Tetbury . Gloucestershire . GL8 8YJ | T: 01666 891232 | E: spa@calcot.co | W: calcot.co



CALCOT SPA

Opening hours & membership features

Opening Hours

The club is open 7 days a week, 364 days a year. It is closed on Christmas Day.

The swimming pool and gym are open between 7.00am and 9.00pm.

The relaxation room, steam room, sauna and hot tub are open between 7.00am and 9.00pm.

Treatments can be booked between 9.00am and 8.30pm.

The tennis courts are open during daylight hours.

These hours may be altered according to our terms and conditions.

Children's sessions are listed on a separate page.

Your membership includes

- Use of the pool, indoor and outdoor gym, steam room, sauna, tennis courts, hot tub, garden and lounges (depending on your membership type).
 - Full induction to the Technogym equipment and ongoing fitness advice.
 - 15% discount on beauty treatments Sunday to Thursday (excluding courses).
 - Provision of a robe and towel on each visit.
 - Ability to invite guests. Members may invite a guest to use the facilities with them for a fee of £30 per visit. The number of guests on any one day will be limited, and guests must be booked in advance.
 - Access to a range of fitness classes (depending on your membership type), including our online SPAFIT training portal (for when you're too short on time to get to a class).
 - 10% discount on food and drinks when dining at The Conservatory, The Gumstool Inn, The Painswick, The Potager and The Village Pub at Barnsley House (Please provide your membership number on booking. Applicable for tables of up to 8).
 - Complimentary bottle of house Champagne when dining at The Conservatory for a party of four or more on your birthday (please book through Natalia our Membership Manager).
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CALCOT SPA

Facilities

Facilities

- 16m x 7m heated swimming pool with level deck and a constant depth of 1.2m. Water maintained at a temperature of 30 degrees centigrade.
 - Small toddlers pool heated to 32 degrees centigrade.
 - 8-seat hot tub in courtyard set in front of a log fire.
 - 90 m.sq. gymnasium with Technogym equipment, using computerised record keeping (The Wellness or 'Key' System).
 - 6-piece Kompan outdoor gym (4 cardio and 2 resistance).
 - Exercise studio.
 - Club lounge.
 - Bar serving a range of fruit based smoothies, bottled beer and wine, coffee and light lunches.
 - Relaxation area with steam room and sauna.
 - 7 treatment rooms.
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CALCOT SPA

Children

Crèche

The Playbarn caters for new born babies to children up to 14 years of age. It is packed with toys and games and the mezzanine floor incorporates a cinema and studio equipped with play stations, X-boxes and computers for older children. Qualified nannies entertain your children while you relax in the spa.

PLEASE NOTE: In the interest of all our guests, we reserve the right to refuse entry to the Playbarn when babies and children appear to be unwell. Pre-booking is essential and payment is made on collection of your children.

The charges (rounded up to 15min) are:

£7.00 per hour for children under 2 years.

£6.00 per hour for children under 2 to 16 years.

Children

Calcot is a Family Hotel and we welcome children. We want children of our Club Members and of our hotel residents to enjoy our indoor swimming pool and so have allotted times for child play in the pool. Those times are 3.45pm to 5.15pm all week and also 8.45am to 10.15am on a Saturday and Sunday.

Health and safety regulations stipulate that one adult may supervise not more than 2 children and that the parent remains in or by the pool. In consideration to the members who are using the Spa as a haven of tranquillity, it is important that we are child-free promptly at the end of those sessions and would welcome your assistance in reverting to a haven 15 minutes after the swimming session ends.

Again, in the interest of our other club members we will not be serving drinks and snacks to children, but a full children's menu is available in The Gumstool Inn where children are made most welcome.

A swimming lane will remain open throughout the children's session.



CALCOT SPA

Gymnasium

Gymnasium

The indoor gym is supervised by qualified instructors who are on hand to assist, advise and motivate as required. Additional one to one personal training can be purchased. Our gym equipment is supported by a state-of-the-art computer system, which allows your training schedule and results to be recorded on your personal "Key". The Key is used to set up each machine for your personal use in an instant and your results can be monitored, analysed and progressed by our qualified fitness instructors to maximise the benefits of your work-out.

Cardiovascular

4 Excite 600 Treadmills

2 Excite 1000 Varios

2 Matrix IC7 Spin Bikes (with Myride screens)

Excite 1000 Crossover

Excite 1000 Recline Bike

Excite 1000 Bike

Resistance

Selection PRO Multi Hip Selection

PRO Leg Press Selection

PRO Vertical Traction

Selection PRO Pectoral Machine

Kinesis Station Press

Ercolina Cable Pulley

Free weights

Dumbbells (1 to 22kg)

Olympic Barbell (20 to 137.5kg)

Omnia Squat Rack / Pull Up

Frame Kettleballs (4 to 20kg)

2 adjustable benches

6 fit balls

Balance dome

Foam rollers

Running & Cycling

Within the 220 acres of surrounding farmland we have a Trim Trail and a running/cycling track. Mountain bikes are available. Please ask Reception for a route map.

Entertainment

The majority of the machines overlook a choice of 2 plasma television screens offering a choice of Sky and Terrestrial channels. Sound is provided by a cardio theatre system offering 5 channels of TV and music.



CALCOT SPA

Gymnasium

Fitness Classes

Classes are available dependent on your membership type.

Swimming Pool

The 16 x 7m swimming pool is heated to 30 degrees centigrade and has a constant depth of 1.2m. A swimming lane is always in place throughout children's sessions and any Aqua classes.

Hot tub

In our beautiful south facing courtyard set into decking is an 8-seater hot tub in front of a burning log fire. Warm your robe by the fire while relaxing outside under the stars.

Tennis

Both adult and child members are able to make use of our two outdoor courts.

Changing rooms

The club is fitted out with luxury changing rooms with individual lockers. Each changing room has a generously sized vanity area with hair driers, 4 individual power showers, and costume spinners. The Ladies changing room also has two individual changing cubicles. Complimentary toiletries are available for use in the changing rooms.

Steam and sauna relaxation room

On the first floor of the club is a relaxation room, offering a warm quiet environment in which to unwind whilst using the spa. Adjoining this room is the sauna and the steam room.

Food and drink

Within the Spa for those spending all day and not wanting to de-robe for lunch, we offer a very simple light snack menu featuring salads and sandwiches. Our bar stocks popular fruit smoothies, soft drinks and a limited range of wine and beers.

Club Lounge

Central to the spa is the club lounge overlooking the courtyard, stocked with the day's papers and magazines, and furnished with sofas and armchairs providing a place to relax before, after and during use of the spa's facilities.

Contact

For more information, contact our Spa Membership Manager: Email: Natalia.Almeida@calcot.co | Telephone: 01666 891232 | Please also visit our website: calcot.co
