

Start DateEnd Date

Amt PaidPayment Date

CashChqCardRcpt. No

How did you hear about us?

West Cork People ad

Don't know which paperOn the InternetFriend who is a memberDoctor sent meSouthern Star ad

Another newspaper

Radio adSchool swim lessonsFriend not a memberOther

Periodically we send out text messages to members’ phones either offering them special offers in the leisure centre or special offers in the hotel groups hotels around the country. We also text to members and class participants about changes in timetables, new classes unavoidable cancellations etc. If you do not wish to be added to these lists, please tick relevant boxes below:

Hotel group offersLeisure centre/class info

Notes:

CLONAKILTY PARK LEISURE CLUB, Clonakilty, Co. Cork. Phone 023 88 4387

STANDING ORDER FORM

Date

To The Manager, (name and address of members’ bank).

I/We hereby authorise and request you to debit my/our Current/ Cashesave account.

Account number(Member’s bank account number)

Sort Code(6 digit number after account number)

With the sum of €(Write amount in words)

and to credit Clonakilty Park Leisure Club  
Acc. no. 05733214 Acc. 2 NSC 936057

Every MONTH. Starting 10thPlease allow 5 working days before first payment. \*\*If you wish to cancel your membership you must notify CPLC & your Bank. Your Bank will not cancel unless you tell them. This contract runs for a minimum of 1 year.

Name of account holder (Block Capitals)

Signature of account holder

**CONDITIONS**

The Manager shall, from time to time, determine the amount of the subscription and charges if any, for each of the facilities (other than the use of the pool, gym, sauna, steam room and spa which are included in the subscription). Charges will be solely at the Manager’s discretion. A current list of charges in force will be available at reception.

On each occasion they visit the club members must swipe their membership card through the card reader.

The Manager reserves the right to terminate without notice the membership of any member without giving a reason. It shall be at the sole discretion of the Manager whether or not all or part of the membership fee is refundable in such circumstances. The Manager shall also have the right to refuse entrance to any member, guest or any other person or prevent such persons from using club facilities, at the Manager’s sole discretion.

The Manager reserves the right to vary at any time the rules, membership fees payable, the opening hours and the facilities available. In addition the club may be closed for maintenance work, redecoration, special functions or any other circumstances when the Manager or owner may consider it necessary. When possible, a notice will be displayed in advance.

All guests must be accompanied by a member and must sign the register provided. Members will be restricted to two guests on any visit and shall be responsible for the appropriate charges. The member introducing the guest will be held responsible for the conduct of that person, must accompany the guest at all times and must not leave the club before the guest.

A child or student membership can only be accepted as an addition to an adult membership. Children under 16 must be supervised in the club by an adult who will be responsible for their conduct it being recognised that the club have no responsibility on their behalf. NO running, jumping or diving in the pool area is allowed.

For reasons of safety children under 18 are not allowed to use the sauna, steam room, spa or sunbed.

The following restriction applies to all child memberships:  
Children are not allowed to use the facilities after 7pm.  
Members shall not use the facilities of the club while under the influence of alcohol, anti-histamines, vasoconstrictors, narcotics or tranquillisers. The Manager may at his discretion refuse access to any person who is, in his sole opinion, so influenced.

The owner and Manager expressly point out that all people who become members or use the clubs facilities do so on the expressed basis that they acknowledge that use is at their own risk. Patrons are strongly recommended to seek medical advice before undertaking any exercise in the club. In particular members with diabetes, heart problems, high or low blood pressure, or who are under medical supervision should consult their doctor before using any of the clubs facilities in order for them to be satisfied beforehand that it is safe to do so. The owner and Manager shall not be held responsible for any illness or injury resulting from any use by members or guests of club facilities, or from any illness resulting from over-exertion or precipitations or aggravation caused by such member are required to use the clubs and its facilities in a proper and prudent manner, in particular.....

- The consumption of alcohol is not permitted on the club premises.
- Smoking is prohibited on the club premises.
- No pets are allowed in the club.
- Members and guests must use the showers and foot showers before entering the pool area.
- Swim hats must be worn at all times.
- The lifeguard's are there for your protection, their directions must be observed at all times.

The owner or Manager shall not be responsible for the consequences should any patrons fail to obey these instructions and accordingly use of the solarium, sauna, steam room and spa will be solely at the risk of the members and guests.

**The facilities will be cleared at least 20 minutes before closing times to allow time for showering and then dressing.**

While lockers are available, members and their guests are advised not to leave money or valuables in the club. No responsibility shall be accepted for the loss of such items as provision of such lockers is purely a convenience for members.

Persons who are pregnant or have heart, circulatory, perspiration, or breathing problems or problems dealing with heat, are not permitted to use the sauna, steam room or spa.

**OPENING HOURS**

Monday, Wednesday & Friday 7.00am - 9.00pm  
Tuesday & Thursday 8.00am - 10.00pm  
Saturday & Sunday 9.00am - 9.00pm

Pool not available 2.00 - 3.00pm daily  
Adults only from 7.00pm onward every evening.



Clonakilty Park Leisure Club  
Clogheen Road  
Clonakilty  
Co. Cork  
Tel: 023 8834387  
Email: info@clonpool.com



Quality Hotel & Leisure Club  
Clonakilty

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www.clonpool.com



# Facilities

20 metre long deck level swimming pool with 3 regular sides to take 4 swimming lanes and one leisurised side for water features such as:

- Bubble Pool
- Air Lounges
- Learner's section
- Sauna
- Steam Room
- Hot Spa
- Separate Toddler's Pool
- Relaxation Area



# Kids Kamp



Kids Kamp at the Clonakilty Park Leisure Club has something for everyone. Our camp activities include Soccer, Tag Rugby, Arts & Crafts, Face Painting, Bouncy Castle and Swimming Games.

Kids must be above **4 years of age** and they must be **Pre-booked** to guarantee their space. To pre-book simply fill out this Kids Kamp Form and return completed.

## Opening Hours for Kids Kamp

Kids Kamp operates during Holiday Periods for e.g. Easter and July & August and is available Monday - Friday 11am – 3pm.

# Fitness Centre

A full range of strength training weight machines are available with pulse monitoring, programmable cardiovascular machines including:

- Bikes
- Cross Trainers
- Steppers
- Running/Walking Machines
- Rowing
- Aerobics/Dance Studio
- Treatment Rooms
- Personal Trainers



# Services

- Fitness Assessments
- Individually tailored training programmes
- Advice on diet and weight control
- Instruction on the best use of machines
- Aerobic exercise classes
- Regular members gym fitness & weight loss challenges
- Circuit classes
- Tae Bo Classes
- Aqua aerobics
- Kettlebell
- Spinning
- Swimming Lessons
- Swimming Club Galas
- Kids Birthday Parties
- Kids Kamp
- Creche & Jungle Gym
- Teen Zone

# Treatments

Full range of Male and Female massage and beauty treatments

## VitaMan



Male Specific Spa Treatment Range including Back & Foot Massages, Back & Scalp Massages & Facials using Natural Aboriginal Ingredients.

## Acadayspa

Relaxing, Detoxifying and Balancing Treatments using Natural Elements & Minerals delivered with a range of implements including Bamboo, Dense Wood & Stone Spheres.

**There is also a variety of other alternative treatments available.**

Please pick up a copy of our Treatment Brochure from Reception.



# Outings / Off Site Events

- Canoeing
- Surfing
- Hill Walking
- Competitions
- and
- Motivating Challenges to help keep you on track

# Membership Joining Form

First Name

Surname

Salutation  DOB

Mobile

Email

Work Phone

**SPOUSE**

First Name

Surname

Salutation  DOB

Mobile

Email

Work Phone

	Child Name	DOB (DD/MM/YY)	M/F
1st	<input type="text"/>	<input type="text"/>	<input type="text"/>
2nd	<input type="text"/>	<input type="text"/>	<input type="text"/>
3rd	<input type="text"/>	<input type="text"/>	<input type="text"/>
4th	<input type="text"/>	<input type="text"/>	<input type="text"/>
5th	<input type="text"/>	<input type="text"/>	<input type="text"/>

**ADDRESS**

Area

Home Phone

Any illnesses, disabilities or medical considerations?

N  Y  If yes, please specify

Doctor Name  Phone

Doctor's Address

**TYPE OF MEMBERSHIP**

Single  Couple  Corp.  Family  No. of Kids

D. Debit  12 mth  3 mth  15-3 mth  Off Peak