



BRACKNELL
LEISURE CENTRE

Forest Spa



April 2017

BRACKNELL FOREST

Be

LEISURE

SPA FACILITIES

Treat yourself with a visit to our luxurious Forest Spa which is strictly for adults. Enjoy the health benefits of hydrotherapy and soothe those aching muscles and joints in our relaxing spa.

Whirlpool Spa – 36°C

Enjoy the health benefits of hydrotherapy in this all-over body massage.

Hot Tub – 38°C

Enjoy this deep, warm water for a full body treatment.

Footspa – 36°C

Treat your toes and lower legs to a reflexology massage using bubbling water.

Steam Room

The high humidity levels combined with lower temperatures can benefit anyone with joint, muscle, mobility or nasal conditions.

Feature Showers

Exhilarating showers to use between heat-based treatments.

Sauna

A high heat, low humidity environment ideal for people with circulatory or muscular conditions.

Lounge & Exclusive Changing Area

Relax and chill out on our comfy recliners, and refreshments are available.

Sanarium®

A combination of sauna and steam room offering a gentler heat and steam.

Swimming Pool Access

We offer direct lift access to the pools.

Sunbeds

Our four Ergoline sunbeds with controllable face panel can help you develop a great all-over tan (additional cost to spa ticket).



PRICES & OPENING TIMES



Prices	Members	Non-members
Spa		
Peak	£9.10	£11.20
Off-Peak	£7.90	£10.00
64+		
Off-Peak	£7.00	£8.50
Spa & Tan*		
Peak	£10.20	£12.30
Off-Peak	£8.70	£10.80
Swim & Spa		
Peak	£10.70	£12.80
Off-Peak	£9.50	£11.60
Gym, Swim & Spa		
Peak	£16.00	£18.10
Off-Peak	£14.30	£16.40
Sunbeds (5 minute session*)		
Peak	£3.60	£5.70
Off Peak	£2.80	£4.90

** Sunbed sessions are 5 minutes but you can pay to upgrade to 10 minutes or 15 minutes subject to skin consultation.*

FOREST SPA OPENING TIMES

Monday - Friday 9am - 9.45pm
(off-peak 9am - 5pm)

Saturday - Sunday 9am - 4.45pm
(off-peak 2pm - 4.45pm)

Bank Holiday 9am - 4pm



SUNBED OPENING TIMES

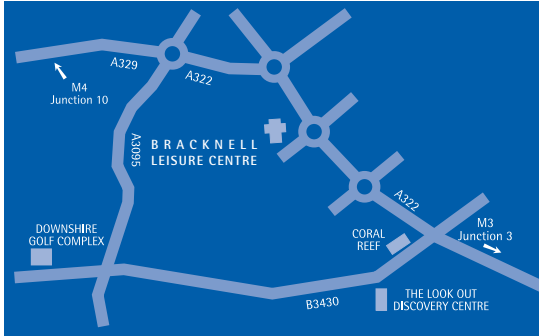
Monday - Friday 9am - 9.15pm
(off-peak prices apply 9am-4.30pm)

Saturday - Sunday 9am - 4.15pm
(off-peak prices apply from 2pm)

To book your session call 01344 355413
alternatively you can book online or in person.



HOW TO FIND US



This leaflet can be made available in large print, Braille, on audio cassette or DVD. Copies in other languages may also be obtained. Please contact Bracknell Leisure Centre. Tel: 01344 454203 or Minicom 01344 352405.

Advisory Information

- The spa facilities are chlorine based.
- Pregnant women are advised to seek medical advice before using the spa.
- People with high blood pressure, heart disease or cardiovascular problems are advised to seek medical advice before using the spa.
- Please refer to published guidelines for recommended usage of sun tan equipment.
- Do not use the spa if you feel unwell, have recently suffered an upset stomach, have open wounds, have recently received surgery/medical treatment or have consumed alcohol in the past 24 hours
- Concessionary rates available for guests with a disability. Please see our Price Guide for further details including our carers policy.

Terms and Conditions of the Forest Spa

- The spa and tanning area are only for use by over 18s, ID may be required if you appear under 25.
- You must shower before using the spa facilities.
- Bathing costumes must be worn at all times.
- Do not use toiletries, cosmetics or razors in the spa.
- Please place all belongings in the lockers provided. £1 coin required (refundable).
- You will be required to complete a Sunbed Association User Questionnaire before using tanning equipment.

Bracknell Leisure Centre

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