

MOUNT JULIET ESTATE

HEALTH CLUB

MEMBERSHIP 2024



MOUNT
JULIET
ESTATE



THE HEALTH CLUB MEMBERSHIP

MEMBERSHIP TYPE	12 MONTH MEMBERSHIP	6 MONTH MEMBERSHIP
Single	€650	€370
Couples	€1,100	€650
Golden years	€550	€350
Golden years couple	€900	€550
Student	€550	€350
Family	€1,345	€725
Add a child	€175	€100

THE BENEFITS OF MEMBERSHIP

- A state-of-the-art gym with Matrix Gym equipment.
- 15-meter swimming pool with counter-current flow jets to strengthen your stroke or for body massage.
- Steam room, scented with eucalyptus.
- Sauna therapy room.
- Complementary towels and bottles of water.
- Fitness Classes available.

OPENING TIMES

Monday – Friday: 7.00am – 9:00pm

Saturday, Sunday and Bank Holidays: 8.00am – 9:00pm

Children Pool Times 9am – 6pm daily

THE HEALTH CLUB FACILITIES

15M SWIMMING POOL

- The constant depth of the pool is 4’ with a 1.5’ children’s pool. The swimming pool has counter-current flow jets to strengthen your stroke or for body massage.
- Swimming lessons are available for children and adults.

SAUNA & STEAM ROOM

- Steam room, scented with eucalyptus
- Sauna therapy room

GYMNASIUM

- Gym includes Matrix Gym equipment.
- The Staff in the Health Club are happy to provide an induction to the gym and design a Fitness program for you. Personal Training is also available. Ask the desk for further information.
- 30 minutes complimentary induction to the gym for new members tailored to your individual needs

FITNESS CLASSES

Our fitness class timetable changes seasonally. Please ask the team at the gym reception for details and a copy of the current timetable.



APPLICATION FORM

Please complete in BLOCK CAPITALS

NAME:

NAME OF SECOND MEMBER:

ADDRESS:

SEX (M/F):

EMAIL:

KEY FOB NO.:

DATE OF BIRTH (mm/dd/yy):

TELEPHONE (H/W):

WHERE DID YOU HEAR ABOUT US? / CURRENT OFFER?:

WHAT IS THE BEST WAY TO CONTACT YOU - EMAIL OR TELEPHONE?

MEMBERSHIP CATEGORY - PLEASE TICK

☐ SINGLE

☐ COUPLE

☐ GOLDEN YEARS

☐ FAMILY

☐ COUPLE OVER 60

☐ 6 MONTHS

☐ STUDENT 3 MONTHS

☐ STUDENT (ANNUAL)

CHILDREN'S MEMBERSHIP (UP TO AGE 17)

First Name:	Surname:	Sex (M/F):	DATE OF BIRTH (mm/dd/yy):

NEXT OF KIN:

NEXT OF KIN CONTACT NUMBER:

MEMBERSHIP FEE:

START DATE:

PAYMENT METHOD

☐ CASH

☐ CHEQUE

☐ CREDIT CARD

DATE OF PAYMENT:

CC NUMBER:

CVC:

EXPIRY:

SIGNATURE:

☐

If you would like to receive direct updates on Mount Juliet Estate Health Club promotions and special offers please tick the box.

CONDITIONS OF MEMBERSHIP

1. The membership fee must be received in full before use of the Centre commences. In the event of default of the membership fee, entrance to the Centre and the use of the Centre's facilities will be denied.

2. On your application being accepted you are committed to membership for a period of not less than six months. Thereafter 30 days notice in writing must be given to the Centre of your intention to cancel your membership. Membership fees are due up to the date of such cancellation. In the event that membership is not renewed within one month of expiry, it is deemed to have expired.

3. Mount Juliet Estate reserves the right to change membership fees. Members will be notified in advance of any such increases.

4. Membership deposits and membership fees are not refundable under any circumstances and temporary suspension of membership is not permitted.

5. Health Appraisal Forms (from Centre reception) must be completed and signed prior to using the health club facilities.

6. Guests must be accompanied by a member at all times, however Mount Juliet Estate reserves the right to refuse admission.

7. All members must register their name and membership number on entering the Centre.

8. Lockers are provided in the changing rooms for daily use by members and guests. Personal belongings may not be left overnight in the lockers. Unclaimed property is kept on the premises for a maximum of three weeks, after which it is donated to charity.

9. The member acknowledges that the club accepts no responsibility whatsoever for any personal injury, damage to or loss of personal property sustained by the member while he/she is using the club premises, facilities, or parking area.

10. Proper clothing/shoes must be worn at all times.

11. Children's pool hours are 9 am to 6 pm each day. It is the responsibility of the parents or guardians of children (under 16 years) to supervise them at all times while they are on the premises.

12. Children under 18 years are not permitted access to the steam room, the sauna or the exercise equipment.

13. Mount Juliet Estate reserves the right to utilise the Centre facilities for special events, private parties, seminars, tournaments or other activities and to thereby close the Centre with reasonable notice.

14. In the event of major reconstruction of the Centre premises, every effort will be made by Mount Juliet Estate to eliminate any diminution of Centre services. Membership will not be suspended and members' cooperation in this respect is assumed.

CONDITIONS OF MEMBERSHIP

15. Applicants who are unsuccessful will not be given any reasons for such refusal of membership.
16. Centre membership may be terminated by Mount Juliet Estate for violation of any rule or regulation of the Centre or for conduct deemed to be detrimental to the welfare, good order or character of the Centre and its members or for any other reason at the sole discretion of Mount Juliet.
17. Mount Juliet Estate reserves the right to amend and add to these Conditions of Membership. Members shall observe any amendments or additional conditions to the rules. On joining the Centre, members automatically accept and agree to be bound by the conditions of membership of the Centre.
18. The member acknowledges they have carefully read and understood the rules and regulations of the club and hereby undertakes to abide them.
19. On acceptance of an application for membership, the member will be issued with a membership card for entry to the club, this must be used at all times, with no exceptions.
20. The club reserves the right to restrict the number of persons using the club at any one time.
21. All new members must have a 15 minute induction to be shown proper use of the pool and gym facilities.
22. Footwear must be worn at all times on the gym floor, flip flops or bare feet are not allowed, flip flops may only be worn in the pool or spa areas.
23. If your health changes during your membership you must let us know.
24. If you feel dizzy, faint, or unwell you must stop exercising and inform a member of staff immediately.
25. Shaving is not permitted in steam room, sauna areas or changing rooms.
26. In the event of an emergency members must agree to follow the directions of the manager/supervisor in charge of the situation.
27. All accidents must be reported to a member of staff and documented.
28. Poolside rules must be adhered to at all times.
29. Glass bottles or containers are not permitted on the premises.
30. Children under the age of 3 must wear a swim nappy, these are available for purchase at reception.
31. All members/guests must wear swim caps, these are available at reception.
32. It is your responsibility to report any change of circumstance to your health to a member of the club team.

HEALTH CLUB RULES

- Members must register with their Membership Card at Health Club Reception.
- Children's Hours – 9.00am to 6.00pm Monday to Sunday. This applies to all guests up to 18 years of age.
- For safety reasons, all children up to the age of 16 years must always be accompanied and supervised by an adult.
- Guests under the age of 18 years may not use the steam room, sauna or exercise equipment.
- Swimming caps must be worn.
- Management are not responsible for loss or damage to property. Please use lockers provided.
- Food is not to be consumed at the pool side. No glass is allowed in changing areas or pool deck.
- No diving, running, ducking or shouting.
- Health appraisal forms must be completed and signed prior to using the exercise machines. These are available at the Health Club Reception.
- In the interest of hygiene, please shower before entering the pool.
- The Health Club opening hours are Monday to Friday from 7.00am to 9.00pm and Saturday and Sunday from 8.00am to 9.00pm
- Phone / Cameras are strictly not permitted in the changing rooms, gym and swimming pool areas.
- No outdoor shoes on the pool deck.
- Please wear flip-flops or non-slip shoes in all wet areas.

MEMBERSHIP AGREEMENT

I hereby acknowledge and agree that I and my guests will enjoy the facilities provided within the Centre entirely at our own risk and Mount Juliet Estate shall have no liability whatsoever, whether in tort or in contract, for any loss, injury or damage howsoever sustained by us. I accept full responsibility for my own and my guests use of any and all of the facilities, appliances, privilege or service whatsoever at our own risk and indemnity and hold harmless Mount Juliet Estate, its servants, officers, employees, representatives, or agents from all losses, claims, injury damage or liability sustained or incurred by me or by my guest, howsoever arising.

I hereby confirm and accept that I shall not hold Mount Juliet Estate responsible for damage or injury howsoever, or whensoever caused to me or my guest arising from or due to the negligence of Mount Juliet Estate.

I hereby apply for membership of Mount Juliet Estate Health Centre. I understand that my application to membership of the Centre shall be made strictly by the Rules, Bye Laws and Regulations of the Centre in force from time to time. Should my application be successful and I am elected a member of the Centre, I hereby agree to comply with and be bound by those Conditions of Membership as set out above or as amended from time to time by Mount Juliet Estate.

I acknowledge and confirm that I fully understand the effect and importance of the above-mentioned Acknowledgements and Conditions of Membership.

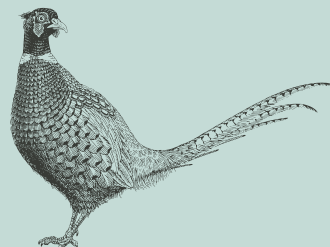
SIGNATURE:

BLOCK CAPITALS:

DATE (dd/mm/yy):

Please be aware that your personal data may be processed in accordance with our privacy policy, or in the case of an employee or prospective employee with our employee privacy policy available from Human Resources. Equally we require that the personal data of any person within or introduced via our organisation will be treated in compliance with the principles of GDPR.

MOUNT
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