

Welcome to Dollan Aqua Centre



Dollan Aqua Centre

This guide provides information about our:

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SOUTH LANARKSHIRE
Leisure & Culture

www.slleisureandculture.co.uk
South Lanarkshire Leisure and Culture Ltd is a recognised Scottish Charity, No. SC032549

1. Our facilities and services

Gym

What sets the Dollan's new refurbished gym apart, from other gym providers in the area, is our highly motivated, knowledgeable and experienced staff. They are always on hand to help, whether you are just joining our fitness family for the first time or are already part of our family and looking for more advanced help and advice.

To make the start of this journey easier we have developed our Perfect Fit product (free to all new fitness members) which gives you up to five 1:1 sessions with one of our instructors who will use them to show you the best way to achieve the results that you desire.

The Dollan has two fantastic gym areas one which has a more traditional feel with a complete suite of cardiovascular equipment such as:

- Treadmills
- Cross trainers / ARC trainers
- Bikes (Upright, Recumbent and Stages Bikes)
- Hand cycle
- Rowers

And further contains our 'HUR' resistance equipment which uses compressed air instead of weight stacks for resistance. This makes them more suitable and accessible for all ages and abilities with no loud bangs from clanging weights!

Our second gym area embraces the new functional training and free weights trend. In this area we have a fitness training rig with a boxing station, rebounder, dual action pulley and monkey bars to name a few of the types of activities that can be built around this piece of equipment. We also have a self-powered curved treadmill and SPARC trainer that can be used independently or as part of a high intensity interval training routine. To further compliment this we have a number of plate loaded fix resistance machines and two half racks as well as a dumbbell free weights area with further cable machines.

At the Dollan, no matter what stage you are at on your fitness journey, we will be with you all the way guiding and motivating you to a better healthier lifestyle. It's never too late to start and the benefits start when you do!

The gym is available for customers aged 12 years and over. All under 16s must complete their Perfect Fit (five appointments) at any South Lanarkshire Leisure and Culture gym. Twelve and 13 year olds must be accompanied by an adult during times that the gym is unstaffed.



Opening times:	Monday-Thursday	7.00am-10.00pm
	Friday	7.00am-8.00pm
	Saturday-Sunday	8.00am-5.30pm

Fitness classes

Whether you want to lose weight, increase muscle tone, stay fit, or just have some fun, we have a fitness class for you. Our fitness class programme offers over 50 classes per week, so whether you're looking for mind, body & soul classes such as Yoga and Pilates or our higher impact classes such as Body Pump, Combat and Spin you will be sure to find a class to suit.



For an up to date timetable either visit www.slleisureandculture.co.uk or simply pick one up at reception.



Health suite

Our exclusive health suite facility offers features such as a detoxifying sauna, a hydrating steam room and an invigorating spa pool. It also uniquely has a sanarium in which moisture and steam are balanced perfectly to enhance the benefits of both sauna and steam bathing at lesser extremes of heat. This area further boasts a comfortable relaxation zone to chill and unwind in between and after bathing.

Swimwear must be worn at all times and admittance is restricted to over 16's only.

Opening times:	Monday-Thursday*	9.00am-9.30pm
	Friday	9.00am-8.00pm
	Saturday-Sunday	9.00am-4.00pm

*All sessions are mixed except Wednesdays which are restricted to ladies only between 9.00am and 4.00pm



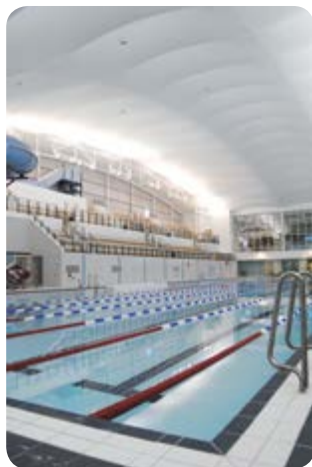
Swimming pool

Our 50 metre swimming pool is the only place in South Lanarkshire where you can swim Olympic lengths. The pool can also be split into two separate 25 metre pools. This enables us to deliver an extensive programme of activities and lessons for all ages and abilities whilst still offering plenty of space for general swimming.

For customers who find access to traditional pools difficult we have some easy access stairs with hand rails and an oxford dipper pool hoist.

Our changing village offers private, family and baby changing cubicles as well as dedicated disabled changing, showering and toilets that have hoist and tracking systems. All our lockers operate with a refundable £1 coin.

For an up to date pool programme either visit www.slleisureandculture.co.uk or simply pick up one at reception.



Opening times:	Monday-Thursday*	7.30am-9.30pm
	Friday*	7.30am-8.00pm
	Saturday-Sunday**	8.00am-4.00pm

*No public swimming between 4.15pm and 6.00pm on a Monday, Tuesday and Thursday and between 3.45pm and 6.00pm on a Friday.

** Restricted public access on Saturday. 50m lane swimming only in three lanes between 8.00am-9.15am. At 9.15am the pool will close for 15 mins and reopen at 9.30am. Please note that lane swimming sessions are for 12 years plus and accomplished swimmers only.

Crèche

The crèche provides a happy, safe and stimulating environment for children to play and learn. Our staff ensure all children enjoy their time in the crèche which gives parents/carers peace of mind so they can enjoy their activity at the centre.

Opening times: Monday-Friday 10.00am-11.50am



ACE children's activities

We offer a programme of children's activities. For more information visit www.slleisureandculture.co.uk/ace These activities are included in our ACE membership (see section 3).

2. Pay-as-you-play prices (1 April 2019 - 31 March 2020)

At the Dollan Aqua Centre you can pay for your activities as you attend, or pay monthly by direct debit with our great value memberships.

Activity	Adult	Junior
Swim*	£5.40	£3.20
Health suite	£7.10	-
Group swimming lessons for block of 8	£50.80	(see memberships)
Private swimming lessons	£22.60	£19.15
Gym session	£6.30	£3.15
Fitness class	£5.85	£2.95
The Perfect Fit**	£34.90	£17.45
Crèche	-	£2.50
Birthday Pool Megaparty***	-	£160.00

* Family swim (2 adults and 2 children = £13.85)

** Gym orientation and exercise programme. Free for fitness members

*** Discount for ACE and swim lesson members.

Leisure For All

Concession, Student and Scholars Cards entitle holders to up to 50% off most pay-and-play activities. Please contact Reception for an application form.

Aged 60 or over?

If you live in South Lanarkshire, you can access all of South Lanarkshire Leisure and Culture's indoor leisure facilities for £57.95 per year with an Activage Card. Non-residents and non-card holders are still eligible for senior rates of up to 50% off. For more information, please contact Reception.

Your exercise saver

Purchase a Yes card for an annual cost of £10 and you will get 10% off gyms, fitness classes, swimming, racquet sports, sauna/steam and Perfect Fit throughout the year.

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, swimming lesson and ACE children's 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 online at www.sllcbooking.co.uk/connect, by telephone, or at reception.

- If you fail to give 4 hours notice of cancellation or do not turn up for a pre-booked ACE or fitness class or a racquet sports booking, you will not receive a refund for the lost booking. ACE, Activage and Fitness members will be charged a £2.00 cancellation fee.
- If you fail to give 24 hours notice of cancellation or do not turn up for a pre-booked sports hall booking or swimming lesson, you will not receive a refund for the lost booking.
- If you fail to give 7 days notice of cancellation or do not turn up for an extended let/block booking, you will not receive a refund for the lost booking.
- For ACE courses if you fail to attend 2 weeks or more consecutively without notifying the site directly then your booking will be cancelled and you will not be automatically re enrolled onto the following course.

5. Feedback procedures

We are keen to get your feedback on our services and facilities. Please provide feedback via our 'Have your say' 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-Thursday	7.00am-10.00pm
Friday	7.00am-8.00pm
Saturday-Sunday	8.00am-5.30pm

For more information about South Lanarkshire Leisure and Culture's other facilities and services, please visit www.slleisureandculture.co.uk.

If you need this information in another language or format, please contact us to discuss how we can best meet your needs. Phone 01698 476262
Textphone 18001 01698 476262 or email customer.services@southlanarkshireleisure.co.uk

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