

Welcome to

South Lanarkshire Lifestyles - Fairhill



This guide provides information about our:

1. Facilities and services
2. Pay-as-you play prices
3. Monthly memberships
4. Booking details
5. Feedback procedures
6. General opening hours



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

The gym at South Lanarkshire Lifestyles - Fairhill was refurbished in 2016 and along with the adaptability of the HUR air resistance machines and Cybex resistance machines we now have: a new range of cardio-vascular machines; multi functional Jones Machine within the free weight area; a multi function rig, which incorporates battle ropes, pull ups and dip stations; and Swedish wall bars where wheelchair users can exercise their leg muscles. Alongside the motomed and powerplate this brings benefits of increased blood flow and stimulation of the muscles that could not otherwise be achieved. The gym is open during the centre's general opening hours (see section 6). Staff will be on hand to provide ongoing support and to help you achieve your exercise goals, all of which is included in the Fitness Membership at no additional costs.

Fitness classes

South Lanarkshire Lifestyles - Fairhill has a fitness class programme with classes such as Body Pump, Body Attack and Legs, Bums and Tums. Pick up a 'Fitness class timetable', or visit www.slleisureandculture.co.uk for details of all South Lanarkshire Leisure and Culture centres' timetables. Some NHS referral-only classes are available at South Lanarkshire Lifestyles Fairhill, for those with neurological conditions or those going through Cardiac Rehabilitation.

Library

The bright and modern library has fiction and non-fiction books plus a DVD collection, newspapers and a photocopier.

There is also a children's library and an expanded ActiveIT centre with ten computers with a small junior ActiveIT area with two PCs. We have free Internet and wifi available.

Function Rooms

This facility can be used for a variety of activities including courses and classes, meetings, parties, functions and clubs. Contact reception for further information.

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

At South Lanarkshire Lifestyles - Fairhill you can pay for your activities as you attend, or pay monthly by direct debit with our great value memberships.

Activity	Adult	Junior
The Perfect Fit*	£34.90	£17.45
Fitness classes	£5.85	£2.95
Gym session	£6.30	£3.15
Balance testing/training**	£6.05	-
Birthday parties	-	£95.00
Hall hire	Contact reception	

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

** Balance testing/training concession price £3.05.

Leisure for all

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

Aged 60 or over?

If you live in South Lanarkshire, you can access all of South Lanarkshire 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 membership. 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 to Friday: 9.00am - 9.00pm

Saturday: 9.00am - 5.00pm

For more information about South Lanarkshire Leisure and Culture's other facilities and services, 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



SOUTH LANARKSHIRE
Leisure & Culture



This publication has been printed on recycled paper.