



# WELCOME TO THE FITNESS SUITE

## DIRECT DEBIT MEMBERSHIPS

Gym, Swim & classes (Adult)	£25.00
Gym, Swim & classes (Concession)	£18.75
Gym Only (Adult)	£20.00
Gym Only (Concession)	£15.00
Gym, Swim & classes (6 Month)	£30.00

## PRICES

### Inductions (Essential)

Induction (Adult)	£10.00
Induction (Junior Gym)	£6.00

### Discounts and Season Cards

10 Session Discount Card (No Expiry)	
Adult	£40.00
Concession	£25.00

## Pay As You Go!

Adult Fitness	£5.50
Adult Off-Peak (Mon-Fri 12-3pm)	£3.50
Concession Fitness	£3.00
Junior Gym Fitness	£2.50
Circuit Training (booking required)	£6.00
Gym & Swim (Adult)	£6.00
Gym & Swim (Concessions)	£4.00

## Extra Services

Health Assessments (Adult)	£10.00
Gym Plan	£10.00
Personal Training Plan	£45.00

**Did you Know?** You can book into each session to reserve your place, just give us a call.

	7am	8am	9am	10am	11am	12pm	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm	
<b>MON</b>	<b>PUBLIC TRAINING</b>															
<b>TUE</b>	<b>PUBLIC TRAINING</b>														<b>CIRCUIT TRAINING</b>	
<b>WED</b>	<b>PUBLIC TRAINING</b>															
<b>THU</b>	<b>PUBLIC TRAINING</b>							<b>TADCASTER GRAMMAR SCHOOL</b>	<b>PUBLIC TRAINING</b>							<b>CIRCUIT TRAINING</b>
<b>FRI</b>	<b>PUBLIC TRAINING</b>															
<b>SAT</b>	<b>PUBLIC TRAINING</b>							<b>JUNIOR GYM</b>	<b>PUBLIC TRAINING</b>							
<b>SUN</b>	<b>PUBLIC TRAINING</b>					<b>VOLUNTEER SESSION</b>	<b>PUBLIC TRAINING</b>					<b>PUBLIC TRAINING</b>				
	7am	8am	9am	10am	11am	12pm	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm	

N.B. Tadcaster Grammar School are only present during term time.

**Tadcaster Swimming Pool**

Westgate, Tadcaster

LS24 9AB

**t:** 01937 833001

**e:** [info@tadcasterpool.org.uk](mailto:info@tadcasterpool.org.uk)

[www.tadcasterpool.org.uk](http://www.tadcasterpool.org.uk)