

VALID UNTIL DECEMBER 2020

## THE FACILITIES OF REFLECTIONS

Reflections is situated in the beautiful grounds of Pontlands Park, just 5 minutes from Chelmsford City centre, 1.5 miles from the park and ride and 2 minutes from the A12 with plenty of free parking. We have two heated swimming pools; an indoor pool measuring 11.5m x 5m and an outdoor pool measuring 10.5m x 5m. The outdoor pool is available all year round and is covered during the Winter months. It is our policy to maintain the temperature of these pools between 28°C and 30°C. In addition there are two Jacuzzis, one indoors and during the Summer months a second, outside on our sun terrace; both with temperatures between 38°C and 40°C. There is also a sauna, steam room and a fitness room offering a selection of cardiovascular fitness equipment. Separate changing facilities are available for Ladies and Gentlemen, each offering showers and privacy rooms; during the Summer months there is also an outdoor shower available.

The Café Bar in the conservatory area offers a variety of drinks, snacks & light meals and is also open to non members.

## OPENING TIMES

|               | 7 am         | 8 am | 8.15 | 8.30 | 9 am  | 10 am | 10.30 | 10.45 | 11 am | 12 Noon | 1pm | 2pm | 3pm                    | 3.30 | 4 pm | 5 pm | 6 pm                   | 7 pm         | 8pm | 9 pm | 9.30        | 10 pm |  |  |
|---------------|--------------|------|------|------|---|-------|-------|-------|-------|---------|-----|-----|------------------------|------|------|------|------------------------|--------------|-----|------|-------------|-------|--|--|
| Sun           | ADULTS ONLY  |      |      |      | ADULTS & OVER 3 MONTHS  |       |       |       |       |         |     |     |                        |      |      |      | ADULTS ONLY            | PRIVATE HIRE |     |      |             |       |  |  |
| Mon           | ADULTS ONLY  |      |      |      |   |       |       |       |       |         |     |     | ADULTS & OVER 3 MONTHS |      |      |      | ADULTS ONLY            |              |     |      |             |       |  |  |
| Tues          | PRIVATE HIRE |      |      |      | ADULTS ONLY   |       |       |       |       |         |     |     |                        |      |      |      | ADULTS & OVER 3 MONTHS |              |     |      | ADULTS ONLY |       |  |  |
| Wed           | BABYNURTURE  |      |      |      | ADULTS ONLY   |       |       |       |       |         |     |     |                        |      |      |      | ADULTS & OVER 3 MONTHS |              |     |      | ADULTS ONLY |       |  |  |
| Thur          | CLASSES      |      |      |      | ADULTS ONLY   |       |       |       |       |         |     |     |                        |      |      |      | ADULTS & OVER 3 MONTHS |              |     |      | ADULTS ONLY |       |  |  |
| Fri           | ADULTS ONLY  |      |      |      |   |       |       |       |       |         |     |     | ADULTS & OVER 3 MONTHS |      |      |      | ADULTS ONLY            |              |     |      |             |       |  |  |
| Sat           | ADULTS ONLY  |      |      |      | ADULTS & OVER 3 MONTHS  |       |       |       |       |         |     |     |                        |      |      |      | ADULTS ONLY            | PRIVATE HIRE |     |      |             |       |  |  |
| BANK HOLIDAYS | ADULTS ONLY  |      |      |      | ADULTS & OVER 3 MONTHS<br><small>Off Peak Members welcome all day</small> |       |       |       |       |         |     |     |                        |      |      |      | ADULTS ONLY            |              |     |      |             |       |  |  |

On 3 mornings a week we host private hire Birthlight classes and these must be pre-booked & pre-paid direct with the instructors. Members and Hotel residents cannot access the centre during these classes; see times above.

THE LEISURE CENTRE HAS A LAST ENTRY POLICY OF 40 MINUTES BEFORE CLOSING, THE FACILITIES MUST BE CLEARED 20 MINUTES BEFORE CLOSING AS THE CENTRE WILL CLOSE AT THE PUBLISHED CLOSING TIMES ABOVE.

REFLECTIONS is open as above with the exception of Christmas and New Year period when exact opening hours for these dates will be available nearer the time.

† On Monday-Friday, during the month of August, the permitted arrival time of Children over 3-months will be from 2pm for Full Child Members and Hotel Guests only.

|   |                                  |
|---|----------------------------------|
|  | Private hire Baby Nature classes |
|  | Adults & Over 3 months Only      |
|  | Private hire                     |
|  | Adults only                      |

Twice a year we will be closed for essential maintenance. The first closure will take place towards the end of April and the second closure will be at the end of October/beginning of November. Please note in 2020 only, we MAY combine the 2 closures into 1 closure running for 12-14 days. Members will be notified in advance.