

Membership Type	3 Months	6 Months	12 Months	Direct Debit over 12 months
Child 7-15	N/A	N/A	£360.00	£33.00
Full Single	£170.00	£340.00	£610.00	£56.00
Couples	N/A	N/A	£1090.00	£96.00
Corporate	N/A	£295.00	£550.00	£49.00

If you pay annually for a 12-month adult membership: You will be offered 3 x 'Complimentary pass' vouchers

Prices & all information herewith is valid from 1st February 2026 onwards

Opening Times:

7am – 9pm Monday to Friday

8am – 8pm Saturday and Sunday

Children's swim times: 8:30am – 11am & 3pm – 6pm daily

You will be entitled to the discounted Corporate Membership if you are currently employed by one of the following:

NHS, Dragon LNG, Military, Ledwoods, Police, British Gas, Fire Service, RNLI, Puma Energy, South Hook, Exxon Mobil, Pembrokeshire County Council, Milford Haven Port Authority, Coast Guard, Open Reach BT, Valero, Welsh Water, Hertel (Altrad), Murco, Royal Mail, SSE, Svitzer Marine LTD, GenPower, Pembrokeshire Coast National Park, Metalock.

To apply for a: **Corporate membership** a copy of proof of employment from one of the above corporations must be submitted with your application. We will also ask for proof every 6 months to ensure that you are still employed by one of the listed corporations.

Couples membership applications; a copy of proof of same residence must be provided with application (eg. Utility bill or joint bank account registered to one address)

Benefits:

- 20% off Spa Treatments - 10% off Food & Beverage at Lamphey Court Hotel - 10% off Spa Retail (Elemis) products

IMPORTANT: MUST-READ BEFORE SIGNING UP FOR YOUR MEMBERSHIP: Spa & Leisure Guidelines

- **BANDS:** All members must scan their membership band on the scanner based at the reception double doors upon entering the building (this is required for safety reasons & must be adhered to - no membership band means no entry) The bands require a £10 deposit in which you will be refunded upon termination of your membership. If your band is lost or misplaced, you must put another deposit down for a new one.
- Shoes are to be removed before entering the changing room and put on the shoe rack or in a locker
- All gym equipment is to be wiped down after use
- **TOWELS:** Members will need to bring their own towels with them
- Swim users must use the poolside showers to rinse off before entering/exiting the facilities
- **GUESTS:** Only fully paid Members, Guests using Guest Passes, Residents of the hotel & individuals who have booked a Spa treatment or Hairdressing appointment can enter the Spa/Pool/Gym facilities – Members may

bring a guest on Bring A Friend Friday. This is every Friday with a charge of £13.50 per guest – limited to 2 guests at any time.

- **DIRECT DEBITS:** If there is any issue with a missed / delayed / cancelled Direct Debit payment you will not be able to use the facilities until you have cleared the debt on your file. Strictly no means of entry unless you are regularly paying the contract you signed up for. Please note if payments are regularly being missed it is at the Spas discretion to terminate your membership.
- **CHILDRENS MEMBERSHIPS:** a limited number of child's memberships available for children aged 7 to 15 as part of a joint membership with a parent or guardian.

Our Spa is here for you to relax, enjoy, unwind & take good care of yourself – Please be respectful of yourself & others at all times. We respectfully ask for you to communicate with our staff kindly. Negative or abusive behaviour towards our staff will not be tolerated and will result in your membership being terminated with immediate effect.

**** If you are currently a direct debit member wanting to change to a 3- or 6-month membership this will result in a £20 admin fee****