



MEMBERSHIP INFORMATION 2009 - 2010



Welcome to the 2009 - 2010 Membership Year.

This information provides full contact details for the Club and our services.

Your membership entitles you to:

- * Enjoy the Restaurants and Bars in the Mansion and Pavilion with a 10% discount when using your levy card (excluding promotions and social events).
- * Book treatments and retreats at SPA SPC and SALON SPC, with up to 25% discount when using your levy card, (excluding promotions and special offers). Receive a 15% discount when purchasing SPC Skincare products when using your levy card (this discount is only valid on the SPC product house and does not include any other product houses).
- * Preferential accommodation rates.
- * Reduced rates on private meetings, function rooms, private celebrations, tennis and golf days.
- * Access to reciprocal Clubs around the World.

Your membership levy card can be used to pay for in-house social events, in the Club Shop and boutique, green fees, spa, salon & beauty bookings, dining, and accommodation. Should you wish to top-up your levy during the membership year, you may do so by cheque, cash, or credit card. Any unspent levy will automatically rollover into the next membership year.

Please ensure that you have read and understood the current Club Rules which can be found on our website **www.stokepark.com**. The membership year runs from 13th August 2009 to 12th August 2010. Please could I take this opportunity to remind you that your membership runs for a minimum period of 12 months, and thereafter following the renewal year.

We look forward to being of service to you for another great year of sporting and social events.



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Stoke Park

Stoke Park was founded in 1908 as the first Country Club in Britain. It was the vision of the Club's founder, renowned Sporting Journalist and founder of The Corinthian Sporting Club, Nick 'Pa' Lane Jackson, that he would create a unique place where the finest sporting facilities of the time could be enjoyed in breathtaking surroundings - a vision that is still alive today.

The Estate

The estate dates back to the Doomsday Book, when King William I presented it to William de Stoke (who subsequently gave it his name). Queen Elizabeth I owned the estate between 1581 and 1603, and King Charles I was held prisoner here in 1647. The lakes were designed in 1750 by Lancelot 'Capability' Brown, whilst much of the Club's present parkland was created during the 1790s by the eighteenth century's other great landscape designer, Humphrey Repton.

The Mansion

Originally the private home of the Penn family (founders of Pennsylvania), this Grade I Palladian Mansion was designed by the architect to King George III, James Wyatt, and completed in 1795. Within the 50,000 square foot building are the Mansion's 21 bedrooms, main administration offices, golf changing rooms, Club Shop, The Dining Room, Presidents Bar, Orangery, Fountain Room, Wyatt Room, Ballroom, Penn Bar, Buckingham Room, Repton Room, Chalfont Room, Chapel, The Park Room and Polo Lounge.

Stoke Poges Golf Course

The Club's 27 hole 1908 Championship Golf Course is known as Stoke Poges. It was the first course designed by the greatest course architect of his generation, Harry Shapland Colt. The course's signature hole, the par 3 seventh, was the inspiration for one of the most famous holes in the world, Augusta National's twelfth at the centre of the notorious Amen Corner.

The Pavilion

The Pavilion comprises of 28 bedrooms, a gymnasium, studio, three indoor carpet tennis courts, indoor swimming pool, SPA SPC, steam rooms, changing rooms for Health and Health & Racquet Members and spa visitors, SALON SPC, San Marco's Restaurant and Terrace, Garden Lounge, President's Room, supervised creche and under eights' playroom. Health & Racquet Members have access to the four all-weather tennis courts, six grass tennis courts, outdoor playground and the sun bathing terrace in front of the pool.

SPA SPC & SALON SPC

SPA SPC is the Club's Award-Winning Spa, which has a dedicated spa atrium, one deep relaxation room, and 13 spa treatment rooms including a hydrotherapy room. SALON SPC is a state-of-the-art luxury salon offering complete range of hair products and treatments.

Pavilion (leisure facilities)*
 Monday – Friday 06.30 – 22.00
 Saturday and Sunday 07.00 – 20.00

SPA SPC
 Monday – Wednesday 09.30 – 18.00
 Thursday 09.30 – 21.00
 Friday 09.30 – 18.00
 Saturday - Sunday 09.00 – 17.30

SALON SPC
 Monday – Wednesday 09.30 – 18.00
 Thursday 09.30 – 20.00
 Friday 09.30 – 18.00
 Saturday - Sunday 09.30 – 17.30

Creche
 Monday – Friday 09.30 – 12.00
 Saturday – Sunday 10.00 – 12.00

Club Shop
 Monday – Sunday (Summer) 07.30 – 19.30
 Monday – Sunday (Winter) 07.30 until dusk

The Dining Room
 Monday – Sunday 07.00 – 23.00

San Marco
 Monday – Friday 08.00 – 20.30
 Saturday – Sunday 08.00 – 19.30

Event Sales
 Monday – Friday 08.00 – 17.30
 Saturday 10.00 – 16.00

Membership Office (Admin)
 Monday – Friday 09.00 – 17.00

Membership Sales Office
 Monday – Thursday 09.00 – 19.00
 Friday 09.00 – 18.00
 Saturday - Sunday 10.00 – 16.00

Please note that all timings are subject to change during Christmas, New Year, and other Bank Holidays. The Club operates on reduced hours and the Clubhouse is closed for essential annual maintenance during January. The Pavilion will also be closed from time to time for essential maintenance.

The bars and restaurants are subject to the normal licensing laws.

*The gymnasium, pool, and indoor tennis courts are closed 30 minutes prior to the Pavilion's closure.

Open and closing times may be subject to change.

Club Contact Details

Reservations

For accommodation and golf tee-times.

01753 717172
reservations@stokepark.com

Restaurant Bookings

01753 717171

Spa, Salon, Tennis and Fitness Reservations

01753 717173
spa@stokepark.com

Golf Club Shop

Lesson bookings, club fitting, golf enquiries.

01753 717184
clubshop@stokepark.com

Main Switchboard

The switchboard deals with all other enquiries.

01753 717171
info@stokepark.com

Social Events

01753 717112
info@stokepark.com

Membership Accounts Office

(Levy and Membership Payments)

01753 476316
mbaxter@stokepark.com

Membership Sales Office

01753 717179
membership@stokepark.com

Events Sales Office

01753 717171
sales@stokepark.com

Sales Facsimile Number

01753 717194

Main Club Facsimile Number

01753 717181

Membership Communications

To ensure that everyone is kept up-to-date with developments and activities at the Club, we communicate to the members in the following ways:

- Newsletters** If you do not currently receive the Club's newsletter, please email 'subscribe' in the subject line to marketing@stokepark.com
- Website** **www.stokepark.com** Together with details of all the facilities and activities available at the Club, the website features regularly updated news and Members' sections. The members section of the website can be accessed by providing the following: login - **member** and password - **spc**.
- Update Letters** Printed with specific information for specific membership sections.
- Levy Statements** Sent out upon request.
- Renewal Letters** Sent out in June for the forthcoming membership year.
- Sporting Calendars** The calendars cover all the year's events and fixtures. This single, comprehensive guide will enable you to plan your year, and help you to avoid missing any of the varied activities scheduled. Golf is sent out in December and Tennis in February.
- Posters & Notices** The Club has several notice boards for social events' posters and golf, fitness and tennis news.

Twitter

You can follow Stoke Park Club and receive all the latest exclusive offers, along with day to day updates regarding facility availability, press releases and any breaking news from Stoke Park Club. You can join by clicking the Twitter link, located in our Members' section. Twitter also provides an opportunity for you to voice your comments to us concerning any topic, and we will be able to get back to you shortly.

Joining Twitter is a quick and easy process, which can be done at **www.twitter.com**. Once you have an account, you can follow us at **www.twitter.com/stokeparkclub**. Please note that there is also another Twitter link on our homepage which is for non-members (**www.twitter.com/stokepark**). Please make sure you join the Members version **www.twitter.com/stokeparkclub** as you will benefit from the best offers and regular updates relevant to your membership.

Happy Twittering!

Membership Sales Office

The Membership Sales Office acts as the first point of contact for prospective Members, referrals and upgrades.

Contact Details

Nick Lyall,

01753 717179

Membership Sales Manager

nlyall@stokepark.com

Golf Office

The Golf Office is situated in the Club Shop. All Member enquiries relating to competitions, handicaps and Member golf events are dealt with here.

Contact Details:

Stuart Collier,

01753 717174

Director of Golf

scollier@stokepark.com

Kelly Ford,

01753 717116

Golf Secretary

kford@stokepark.com

Tennis Office

The Tennis Office is situated in the Pavilion.

Contact Details:

Phil Fowler,

01753 476324

Head Coach

tennis@stokepark.com

Event Sales Office

The Event Sales Office is responsible for the co-ordination and planning of all private events at the Club including weddings, corporate golf and tennis days, conferences, filming, photo shoots and private celebrations. The team is available to Members wishing to arrange a private function at the Club, and all Members receive a 5% discount on the final event invoice, subject to the Club Rules.

Contact Details

Joanne Scott,

01753 717166

Sales Director

jscott@stokepark.com

Lisa Hammond,

01753 717168

Sales Manager

lhammond@stokepark.com

Gary Freeman,

01753 717167

Senior Event Co-ordinator

gfreeman@stokepark.com

Accommodation

Stoke Park offers luxury 5 star standard accommodation within easy reach of Heathrow, Windsor and London. 49 exquisite bedrooms all boast the finest in interior design and comfort. In the Mansion there are 21 bedrooms many open onto balconies where guests can enjoy breakfast or evening drinks overlooking the 350 acres of parkland and historic gardens. The Pavilion hosts 28 bedrooms that again have magnificent views of the grounds, the grass tennis courts and Windsor Castle. Each bedroom and suite is individually designed with antiques, paintings and original prints, satellite television; I-pod docking station, direct dial telephones, broadband and superb marble en-suite bathrooms with walk-in showers.

As a Member, you receive the following preferential rates:

	Member Rate
Superior Mansion Room	£220.00
Deluxe Mansion Room	£220.00
Deluxe Pavilion Room	£220.00
Executive Mansion Room	£270.00
Executive Pavilion Room	£270.00
Junior Mansion Suite	£320.00
Junior Pavilion Suite	£320.00
Executive Mansion Suite	£370.00
Executive Pavilion Suite	£370.00

Members' rates shown are per room per night and include breakfast, service, and VAT.

Members' rates valid until 31st December 2009.

Members Discounts

- 10% off all food and beverage in The Dining Room, San Marco, the Presidents Bar, and the Orangery (excluding events on the Club's Social Calendar e.g. Summer Ball, Gourmet Nights or Mothering Sunday).
- 20% off all Spa and Salon treatments, half-day and day retreats (cannot be combined with promotions).
- Complimentary room upgrades on residential packages (subject to availability).
- 5% off the final invoice of any conference, golf or tennis day, wedding or a private celebration held at the Club.

Golf Members receive complimentary range balls and receive reduced rates on hire items.

Golf Lessons

Stoke Park's fully qualified PGA Professionals are available for coaching seven days a week. Members of all standards can be catered for, with tuition, clinics, and on-course playing lessons tailored to individual needs. Computer and video analysis offer a unique opportunity to really enhance your game and keep a recorded history of your development. To book a session, please contact the Club Shop on 01753 717184.

Tennis Lessons

The Club's Tennis Coaches are available for coaching seven days a week for Health & Raquet Members only. Individual and group sessions are available, and can be booked through the Reservations Team on 01753 717173.

Conference and Banqueting

Stoke Park has eight elegant meeting and dining rooms of various capacities, perfect for private dining, corporate meetings, training days, dinner dances, Christmas parties, barbecues (on the terrace), product launches and intimate celebrations. As a Member, you receive a 5% discount on the standard rates. Please contact the Sales Office on 01753 717171 for further information. *

Room Rates	Full Day Hire	Half-day Hire	Private Dining
The Ballroom	£1,540.00	£825.00	£505.00
The Buckingham Room	£434.00	£324.00	£275.00
The Chalfont Room	£440.00	£330.00	£275.00
The Fountain Room	£1,650.00	£990.00	£660.00
The Park Room	£1,540.00	£825.00	£505.00
The President's Suite	£434.00	£324.00	£275.00
The Repton Room	£495.00	£385.00	£290.00
The Wyatt Room	£495.00	£385.00	£290.00

* No further discount shall apply.

Corporate Days

The Club would be delighted to offer Members special rates should you wish to utilise the facilities to host a mid-week corporate day (either privately or on behalf of their company). Bespoke golf, tennis, and spa packages for eight or more people can be arranged, and a team of Event Co-ordinators are available to help ensure that your day is a huge success. For further information, please contact the Events Team on 01753 717171 or email info@stokepark.com.

Dress Code

The Club's Dress Code varies depending upon the activities undertaken. Please consult the Club Rules for full details.

SALON SPC

The Salon is located within the Pavilion and offers contemporary cuts and colour in the most stylish surroundings. Our creative team of stylists specialise in all types of hair at the highest level and are always ready to offer individual and professional advice. For further information and Members' rates, please contact the salon on 01753 717173 or email spa@stokepark.com.

Heritage Walk

A Heritage Walk was created to mark the millennium and links the major points of historic interest around the 1000 year old Stoke Park estate. Maps of the walk are available at Reception and on our website.

* Please avoid walking on unmarked areas of the Golf Course and the Bridges due to Health and Safety.

Levy

Your levy card may be used to purchase goods and services, such as accommodation, club shop merchandise, social event tickets, and guest green fees. The account cannot be used to pay for external social events and gift vouchers. The 10% discount on food and beverage purchases will not apply without the use of a membership card. The 10% discount does not apply to member social events or special events promoted by the Club i.e. Mothering Sunday.

Any money left in your account at the end of a membership year will automatically be carried forward to the subsequent year. Top-ups may be made in multiples of £50.00 when paying by cash or cheque, and £100.00 when paying by credit card. For full details on the operation of your levy account, please consult the Club Rules or contact the Membership Office.

Membership Card

You are required to always bring your membership card on each visit to the Club. You must ensure that it is swiped at Pavilion Reception when using any of the fitness facilities. Please advise us as soon as possible if your card is misplaced. Replacement cards cost £15.00 each and are available from the Membership Office.

Parking and Security

All Members are issued with a car sticker for display in the windscreen of their vehicle at all times. Parking at the Club is without charge to Members and their guests. Parking is restricted in front of the Mansion and Pavilion.

Reciprocity

Reciprocal arrangements with other leading clubs around the world give the opportunity for Members to enjoy discounts, special offers, and preferential rates when travelling. The current list of reciprocal clubs are available in the member's section of the website. For further details and a letter of introduction, please contact the Reciprocity Administrator on 01753 717116. Please note we cannot always guarantee entry into these clubs.

Restaurants and Bars

In addition, Members receive a 10% discount on food and beverages in The Dining Room, the Orangery and San Marco when paying with their levy card, (excluding events on the Club's Social Calendar e.g. Summer Ball, Gourmet Nights and Mothering Sunday).

During the summer, the Club's al fresco furniture is in place outside the Orangery and San Marco. There is also a secluded sunbathing terrace, situated adjacent to the pool. Drinks and food can be served from San Marco and The Orangery, so we respectively request that Members do not bring their own picnics onto the estate.

Shop and Boutique

The Club Shop in the Clubhouse and the Boutique in the Pavilion are continually increasing and updating their range of stock.

Goods and services available through the Club Shop include an extensive range of golfing and casual wear for men and women, and top quality golf equipment from a selection of the World's Leading Manufacturers. The Club Shop stocks a comprehensive range of Club logo merchandise including the Club Tie and Blazer Buttons, which are available to Members only.

The golf workshop offers a club repair and customisation service: any model of club can be adjusted to fit your own specific needs.

The boutique also stocks gifts suitable for friends and family from a range of leading products houses.

Our Members receive a 15% discount when purchasing SPC skincare using their levy account.

Social Events

The Club has one of the busiest social calendars in the country, with over **40** diverse internal and external events taking place each year. Internal events range from themed Gourmet Evenings for 50 Members and guests, to The Summer Ball for 400, and Bonfire Night for 1000. All of our events are booked on a first come first served basis, and it is advisable to book early (especially for larger events such as the Summer Ball or Bonfire Night). Social events are advertised around the Club, and in the Members' Enewsletter. For further information on any of the events that take place at the Club, please contact the Social Events Co-ordinator on 01753 717163 or email info@stokepark.com.

Spa, Atrium and Deep Relaxation Room

These areas are for those Members and guests who are having a spa treatment only. They are robe only areas, and these robes are provided to those using the Spa. Members and guests under the age of 14 are not permitted within these spa only areas at any time.

SPA SPC

At SPA SPC we pride ourselves on offering luxury treatments which transcend you from your everyday hectic lifestyles into tranquil escapism.

SPA SPC is dedicated to researching and developing new ingredients and techniques which ensure our guests are provided with the finest treatments and products from our own brand SPC. SPA SPC specialises in events and group reservations. Please note that any treatments booked are covered by the Club's cancellation policy. Members receive a 10% reduction on prices when paying on their levy. For further information please call 01753 717173 or email spa@stokepark.com.

Speed Restrictions

In the interest of safety, the speed limit for the entire estate is 20mph.

Weddings

With three licensed rooms and a dedicated team of Co-ordinators, Stoke Park provides a perfect setting for a Civil Marriage Ceremony and Wedding Receptions. Members can enjoy a 5% discount on the published rates. Full details are available from the Event Sales Office on 01753 717171 or email info@stokepark.com.

Dogs

Dogs are only allowed in the car park and on the golf course on a lead (subject to prior consent from the Director of Golf).

Ball Games

Ball games are only allowed on the West Garden lawn next to the playground. Tennis courts are strictly for tennis activity only.

Golf

Affiliations

The Club has a number of affiliations and reciprocal arrangements with other clubs around the World. Should you wish to play at a club abroad, whilst travelling, business or pleasure, we will make every effort to arrange a tee-time at the desired club. Please contact Kelly Ford on 01753 717116 for a full list of reciprocal clubs and a letter of introduction.

Bagstore

The Club Shop and staff operate a bag and trolley storage facility. If you would like to request bag storage for the year, please contact the Membership Office.

Bag Only	£165.00
Bag and Pull Trolley	£265.00
Bag and Electric Trolley	£315.00
Electric Trolley Only	£165.00

All prices valid until 12th August 2010.

Booking Tee-times

The Club operates a fully computerised starting system. All tee-times are booked through Reservations on 01753 717172. You may book tee-times up to four weeks in advance. Members must check-in with the Club Shop or Starter before play. Members are entitled to bring three guests during the week and two guests on weekends and Bank Holidays onto the golf course. Additional weekday and weekend guests may be permitted only with the approval of the Director of Golf.

Buggy Hire Information

A number of golf buggies are available to hire from the Club Shop. Buggies can be booked for a round up to four weeks in advance.

Buggy Hire 18 Holes	£25.00
Buggy Hire 36 Holes	£35.00
Buggy Hire After 17.00	£12.50
Electric Trolley Hire	£12.50

All prices valid until 12th August 2010.

Course Etiquette

Members are required to maintain the speed of play on the course indicated on the pin position sheet and give way to following players if there is a clear hole in front. Please ensure all divots are carefully replaced, pitchmarks repaired, and bunkers raked. Rakes should be left out of bunkers.

Dress Code

In accordance with Rule 7.4 of the Club Rules, whilst on the golf course and practice range, Members and their guests must follow the dress code:

- In the Summer, gentlemen are permitted to wear shorts on the golf course, together with either knee length socks or short white socks only.
- Jeans, beach shorts, tracksuits, jogging suits, tight leggings, ski pants, t-shirts, or football shirts should not be worn on the golf course.
- Golf shoes of any type, sand shoes, and trainers shall only be worn in the lower ground floor of the Clubhouse.
- Only recognised soft spikes may be worn on the golf course and driving range. Metal spikes cannot be used under any circumstances. Proper golfing shoes must be worn by all Members and guests on the course.

Golf Club Sections

The Club has a number of Sections that are run by Members. These include the Club 1st Team, Seniors', 'B' Team, Ladies', and Juniors'. To find out who currently runs each section and its organisation, please contact the Golf Office on 01753 717116.

Club 1st Team

The Club has fielded a 1st Team since its inception in 1908 and has had numerous successes over the years. These include, in recent times, representing the Berkshire, Buckinghamshire and Oxfordshire (BB&O) Union in the English County Championship twice, and becoming BB&O Interclub Winners on three occasions and four times Bucks Scratch League champions (since 1989). Any person interested in playing for the 1st team should please contact the Golf Office.

Seniors' Section

The Seniors' Section of the Club is open to all Members over 55 years of age. Its aim is to ensure that the new and existing Members meet to form a friendly section that provides social as well as competitive golf. The Seniors' Section meets every Monday, Wednesday, and Friday and has tee-times allocated between 08.00 and 08.30. Throughout the year, inter-club matches are arranged, both at home and away with neighbouring clubs. Each year is concluded with a dinner and prize-giving for Members. Please contact the Golf Office for more information.

'B' Team

This section was formed over 25 years ago with the idea of enabling Club Members to play matches against other local clubs on a home and away basis. To enter, simply add your details to the match list when you see it on the notice board. Team selection is not on a 'first come first picked' basis. We aim to give everyone a share of both home and away fixtures. All fixtures are followed by a meal which participants are expected to attend.

Ladies' Section

The Ladies Captain, Lady Vice Captain, Honourary Secretary, Honourary Treasurer, Honourary Handicap Secretary, and one committee member run this section.

Competitions are held most weeks throughout the year on a Tuesday morning and comprise Medal and Stableford competitions and a number of fun events. The Ladies' Section has some twenty five trophies to play for, all of which have been presented by Members since the 1930s. The Club is also represented at national events and there are several special meetings for Club Members and their guests. The Ladies' Section currently takes part in several County events, namely the Winter League, Bronze and Silver Scratch Leagues, and the Bucks Shield. Friendly matches are arranged with local clubs on a home and away basis.

Information relating to the committee, and every aspect of the Ladies' Section, is available on the notice board in the ladies' changing room.

Partners can be arranged for any new Member who holds a LGU handicap and who wishes to join this section. Please make yourself known and you will be sure of a warm welcome.

Juniors' Section

Golf Members' children are entitled to use the Club as guests of their parents.

Young golfers may apply to the Junior Section and proceed through the Young Masters Golf Scheme to produce a handicap. Children who join our Scholarship Scheme are provided with first class golf tuition, including lectures on all aspects of the game, to produce well mannered golfers who will be an asset to golf and to the Club.

Handicaps – Ladies' and Men's

For those who do not have a recognised handicap, you must be deemed proficient by one of the Club's resident Professionals. You will not be able to tee-off before 12.30 on weekends until a handicap is obtained.

Thereafter, in order to obtain a handicap you will be required to submit three cards, countersigned by a fellow golfer. These should be posted into the Competition Card Box next to the Event Sales Office for men and handed to the Handicap Secretary for ladies. On joining the Club new Members may transfer their handicap from a previous club.

Location of Information

You will find all the relevant Golf information on the notice boards, which are situated on the lower ground floor outside the Event Sales Office in the Clubhouse. All the ladies' notice boards and information are in the ladies' changing room. The men's Competition Card Box and pigeonholes are opposite the Event Sales Office.

Health and Racquet Pavilion

Golf Members are not permitted to use the Pool, Gym or Tennis facilities.

Lockers

Lockers are available in both the ladies' and men's changing rooms. Locker distribution, spare keys, and the administration of the waitlist are organised by the Membership Office.

Large Locker £135.00

Small Locker £60.00

All prices valid until 12th August 2010.

Roll-ups

The Club Roll-Ups are run for members only. No guests are permitted to play during these times.

Winter	Monday, Wednesday & Fridays	11:15 - 11:45
	Saturday	8:00 - 9:00 & 11:45 - 12:15
	Sunday	8:00 - 9:00
Summer	Monday, Wednesday & Fridays	12:30 - 13:00
	Saturday	8:00 - 9:00 & 12:30 - 13:00
	Sunday	8:00 - 9:00

Due to the computer starting system, Members may only tee-off on the normal time allocated slots, i.e. 08.00, 08.07 etc. The Club Shop will issue Members with tickets stating the tee-time and starting tee for their round. These should be handed to the starter and must be adhered to.

Please note there are no Roll-Up times booked when a club competition is taking place.

Trophy Information can be found in the Golf Member's Section of the website - www.stokepark.com

Health and Health & Racquet

Checking In/Out

In the interest of safety and security, Members and their guests wishing to use the Pavilion must have their membership cards swiped at Pavilion Reception upon arrival.

Dress Code

In order to maintain standards and comply with health and safety requirements, Members must always wear attire and footwear appropriate to the activities undertaken. Excessively loose clothing or dangling jewellery is a health hazard and must not be worn. We also ask that Members wear footwear with non-marking soles in the gymnasium and studios, and recognised tennis footwear on all of the courts (not cross-training or running shoes). In the interest of health and safety, we recommend that indoor specific tennis shoes be worn on the indoor courts, these are available for purchase at the Pavilion.

Gymnasium

The Club's 4,500 square foot gymnasium features state-of-the-art Technogym equipment, Powerplate and Kinesis Training facility, an extensive free-weights area with individual screen on all CV equipment. In the interest of personal safety, and to ensure that the maximum benefit is gained from the facilities, all members wishing to use the gym must complete a three-part induction prior to commencing training.

- 1. Consultation** – an informal chat with a Trainer who will go through your main aims and objectives, and answer any questions you may have.
- 2. Fitness/health assessment** – here, your general state of well-being and fitness level will be assessed in order for our staff to design a safe and effective personalised program.
- 3. Training session** – once your program has been written, you will go through it with your Trainer. This way, you will become familiar with the exercises, and have any queries answered there and then.

To make an appointment, please phone the Gym on **01753 717104** or ask a Trainer directly whilst in the gym.

If, at any time, you wish to be re-assessed, simply make contact with any Trainer available.

Gymnasium Etiquette

Whilst exercising in the gym, please ensure that you:

- Use a towel on any benches
- Put away any weights or equipment that you have used
- Use a water bottle if possible
- Avoid dropping free weights
- Take care in moving around anyone who is performing any free-weight exercise
- Inform the staff immediately if you are injured or feeling unwell
- Follow any instructions issued by any member of fitness staff
- Comply with all of the relevant Club Rules

Health and Health & Racquet Guest Tariffs

Members are able to purchase gym, pool, studio, and tennis guest passes at the following rates:

Monday – Friday		Weekends and Bank Holidays	After 18.00 (everyday)
Adult	£25.00	£25.00	£25.00
Under 16	£10.00	£10.00	N/A
Tennis Only	£15.00	£15.00	£15.00

All prices valid until 12th August 2010.

Guest Passes are available from the Pavilion Reception. All guests must complete the appropriate form prior to commencing activities at the Club, and may be asked to present a valid form of ID upon arrival. Guests must be accompanied by a Member at all times, and are bound to the Club Rules. Individual guests may visit the Club up to six times in one membership year.

Location of Information and Upcoming Events

All events and timetable amendments will be advertised on the notice board situated at the end of the link corridor just before the double doors that lead to San Marco.

Changing Room Lockers

Daily use lockers are available to Members within the changing areas. We regret that Stoke Park cannot take responsibility for your personal property, and therefore request that you do not leave valuables unattended. Please ensure that locker keys are left in the corresponding locker doors upon departure and that nothing is left in any locker overnight as they are cleared out at the end of each session. **Members will be fined £10.00 (deducted from their levy) for ignoring this rule.**

Steam Rooms

Italian marble steam rooms are located in each of the Pavilion's changing rooms. You should take a cool shower after your session to reduce your body temperature gradually and relax completely. If you have not used a steam room before, it is recommended that you limit your first sessions to five minutes maximum, followed by a lukewarm shower. Please consult a doctor before use if you are pregnant, on any form of medication, or suffer from high blood pressure. In the interest of hygiene, we respectfully request that Members use towels in the steam rooms and refrain from the use of essential oils and exfoliants, and the consumption of food or beverage. Please note children under 16 are not permitted to use the steam rooms.

Studio

The studio timetable features around 40 regular weekly classes with sessions ranging from Step, Studio Cycling to Yoga and Pilates, together with individual master classes, demonstrations, and specific-discipline courses.

The studio timetable is updated on a monthly basis, and is available from the Pavilion and Gym Reception during the last week of the preceding month. The current timetable can also be downloaded from the website, www.stokepark.com.

Please note that anyone wishing to take part in a studio session at the Club must book, up to 24 hours in advance, with the Pavilion Reception and should always leave a contact number when they do so. This enables us to increase the efficiency of communication between Members and the Club, and ensure that the service provided is the best it can be.

Due to the class size restrictions of many of the sessions, and the fact that a waiting list is often in operation, it is also imperative that, should you be unable to attend a session, you contact the Club as soon as possible. Some charges will be levied as appropriate.

In the interest of personal safety, you will not be able to join a class if you arrive more than ten minutes after its scheduled start time.

The Club reserves the right to close studios and cancel programmes / classes as required.

Swimming Pool

The Club's indoor pool measures 8 metres by 16 metres and has a pool depth of 1.26m to 1.45m. Two Hydro-seats are built into the pool.

The swimming pool timetable represents the best possible solution for the balance between adult and family times to ensure that every Member enjoys maximum usage and enjoyment from the facilities on offer.

We request members and their guests not to exit from the poolside doors except in an emergency.

Under 16s

Have access to the pool during the following times:

Monday	10.00 – 11.30 and 15.00 – 17.30
Tuesday	10.00 – 12.00 and 15.00 – 17.30
Wednesday	10.00 – 11.30 and 15.00 – 17.30
Thursday	10.20 – 12.00 and 15.00 – 17.30
Friday	10.00 – 11.30 and 15.00 – 17.30
Saturday	10.00 – 12.00 and 14.00 – 16.30
Sunday and Bank Holidays	11.30 – 18.00

Members and guests under the age of 16 have access to the changing rooms 15 minutes before and 30 minutes after each session. Members and guests under the age of 12 are permitted within the Pavilion until 18.00 during the week and 19.00 on weekends and Bank Holidays. Members and guests aged 12 to 15 are permitted within the Pavilion until 20.00 seven days a week. Pool usage will be closely monitored to ensure that the system is not abused.

Unfortunately, children under the age of 16 are not allowed in the gym, studios, or steam rooms under any circumstances.

Children aged eight or older should not enter the changing rooms of the opposite sex. Parents bringing very young children into the Pavilion should ensure that they use the baby changing and nappy disposal facilities provided. **Any child not fully potty trained must wear dedicated aqua nappies whilst they are in the pool.**

Please note the Club is subject to current legislation and cannot permit more than 40 people in the pool at anytime. Parents must accompany children at all times.

Tennis Court Information

Grass Courts

The grass tennis courts are normally available to play from May to September, weather permitting. The courts are open from 11.00am each day, and must be booked through the Pavilion Reception or Spa Reservations. Bookings can be made up to two weeks in advance for a maximum of one and a half hours per session for both singles and doubles play during the week and one hour per Member each day at the weekend. All players and their guests must then check-in at Reception before commencing play. Please note that only recognised tennis clothing and shoes may be worn on the grass courts. Please note that the grass courts close every year for two weeks in June for the hosting of The Boodles Challenge.

All-weather Courts

The all-weather courts are available all year round. Bookings can be made up to two weeks in advance for a maximum of one and a half hours per session for both singles and doubles play. One hour per Member each day at the weekend. All players and their guests must check-in at Reception before commencing play.

Indoor Courts

The indoor courts are available January to May and July to December. The indoor courts are closed in June for the hosting of Members' events and The Boodles Challenge. The courts must be booked through the Pavilion Reception or Spa Reservations. Bookings can be made up to two weeks in advance for a maximum of one and a half hours per session for both singles and doubles play, one hour each day at the weekend. All players and their guests must check-in at Reception before commencing play. Only recognised indoor tennis shoes may be used on the indoor courts.

Please note

Closure or Partial Closure

The Club shall reserve the right to close the Pavilion facilities for regular or essential maintenance as may be necessary.



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