

# thirtysevendegrees

## Guidelines for members with and without children

**We all know that health clubs are great places to get fit, enjoy classes and relax and at 37 we aim to make the club a healthy and relaxing space for all to enjoy.**

At the club we will have infant and junior memberships and have developed the following rules to ensure all members understand how we cater for children and adults so that both get to enjoy their memberships.

**Weekday** - Children may use the pool with an adult responsible for supervising the swim session at the following times:

**Monday, Wednesday & Friday**

10am to 12pm

**Monday & Friday**

3pm to 5pm

At all other times the swimming pool is adult only (see schedule overleaf)

**6pm** - all children will vacate the main body of the club by 6pm Monday to Friday.

Weekend - family swim will be Saturday 9.30am to 12pm and Sunday 2.30pm to 5pm otherwise the pool will be adult only. Out of these times children must vacate the main body of the club.

**Changing room** - a child aged 6 years and below may use either changing room with a responsible adult.

Children aged 7 years and above must use their own gender changing room. Family change area is available up until 6pm Monday to Friday, one area of the main changing room will be designated family and one area child free.

**Crèche** - is available 9.30am until 12.30pm Monday to Saturday.

**Studio** - special junior classes will be run in the studio at specific times. Please refer to the timetable.

**Roof garden** - the roof garden will be adult only after 8pm Monday to Friday as per the main club. All children allowed onto the roof garden must be strictly supervised by a responsible adult.

**Supervision** - children must be closely supervised at all times and a responsible adult must remain in the club when children are placed in the crèche.

## Pool Timetable

Day/Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
0900							
1000	Family Swim		Family Swim		Family Swim	Family Swim	
1100	10 to 12		10 to 12		10 to 12	9.30 to 12	
1200							
1300							
1400							
1500	Family Swim	Kids Lessons	Kids Lessons	Kids Lessons	Family Swim		Family Swim
1600	3 to 5	3 to 5	3 to 6	3 to 5	3 to 5		2.30 to 5
1700	Kids Lessons				Kids Lessons		
1800							

### Infant Membership

Up to 5 years  
£5/month

#### Benefits

- 2 x 1hr free crèche session per month
- High chairs available
- Baby change available
- Playpens in the change area
- Family change area
- Family pool times 5 days out of 7

### Junior Membership

5+ years  
£15/month

#### Benefits

- Family change area
- Family pool times 5 days out of 7

There is a £5 admin fee for all memberships.

To bring in a child guest there is a pay as you go facility for £5 for family swim sessions.

Booking is recommended.

### Crèche Timetable

Monday to Saturday

9.30 to 12.30 - 3 months to 5 years  
3 months to 5 years

The crèche is priced at £5 per hour sessions and £2.50 every half hour thereafter.

Block packages are available:

10 sessions £45

20 sessions £85

**Call us now on 020 7610 4090 for more information.**