

## THE FACILITIES OF REFLECTIONS

Reflections is situated in the beautiful grounds of Pontlands Park, just 5 minutes from Chelmsford Town 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	8.30	9 am	10 am	10.30	10.45	11 am	11.30	12 Noon	1pm	2pm	3pm	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			BIRTHLIGHT		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 <small>Off Peak Members welcome all day</small>																		

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 SPA 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 throughout the year, with the following exceptions:-

- Christmas Eve - December 24th closed all day
- Christmas Day - December 25th closed all day
- Boxing Day - December 26th closed all day
- New Year's Eve - December 31st closed all day
- New Year's Day - January 1st closed all day
- December 27th to 30th inclusive as Bank Holidays
- Bank Holidays as above table

	Unsupervised use of indoor pool, Jacuzzi and fitness room. Only for Hotel guests. (Any age)
	Private hire Birthlight classes
	Adults & Over 3 months Only
	Private hire
	Adults only

Additionally around the end of April and the beginning of November (members will be notified in advance) we will be closed for essential maintenance; the total days closed will not exceed 10.