

## 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	9 am	10 am	11 am	12 Noon	1pm	2pm	3pm	4 pm	5 pm	6 pm	7 pm	8pm	9 pm	10 pm
Sun		8.15	8.30	ADULTS ONLY	10.30	10.45	11.30	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						

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 below.

**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
- December 27th to 30th inclusive Sunday Opening Times Off Peak Members welcome all day
- New Year's Eve - December 31st closed all day
- New Year's Day - January 1st closed all day
- All other Bank Holidays Sunday Opening Times Off Peak Members welcome all day

	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
	Private hire 1 Pool Adult Members 1 Pool

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.