



Dear Sir/Madam

Thank you for your recent enquiry about membership of La Grande Mare Health Club. Please find enclosed our application form.

Health Club Membership

The gym is open from 6:30am – 9:00pm Monday to Friday and 8:00am – 8:00pm at weekends.

- Gold Health £56 p.c.m with access to all facilities during opening hours.
- Silver Health £46 p.c.m with access to all facilities Monday – Friday 6:30am to 5pm.
- Corporate Health £48 p.c.m during opening hours (minimum 5 people).
- 3 months membership £240 available with access to all facilities during opening hours.

Cancellation Fee

A cancellation fee of £50 applies during the initial 12 months of the contract should the agreed 12 month period not be fulfilled, unless an alternative contract agreement has been approved in writing by management.

Country Club Membership

This offers use of golf, tennis, and health club facilities for either £65.00 for 5 day or £85.00 for 7 – day use. For more information ask in the Golf Office or phone 253544.

Health Club Facilities

The gym is split into 3 zones. The cardio zone is fitted out with full range of octane and gym gear equipment that has integrated smart screens. The functional zone has suspension training equipment, straps and kettle bells, and the performance zone with free weights and strength equipment. We have a LCD television, Bose sound system and air conditioning. Personal training is by fully qualified instructors.

The pool is 40' with a large hot spa, the sauna and steam room were supplied by Helo (German manufacturers of high quality steam rooms and saunas). Oak holdall lockers are available for rent in the changing facilities. All showers and wet areas are fully tiled with Italian ceramics. Fresh towels are provided to all members. Members have access to their very own club bar where you can purchase drinks and snacks at a discounted rate.

What next?

To come and view the facilities on offer please contact us on 259692 or email fitness@lagrandemare.com and I will be delighted to arrange an appointment.

Alternatively, simply fill out the application form, specifying your required category of membership and return including your joining fee.

Yours sincerely

Liam Smyth
Health Club Manager

For more information call 259692 or
visit www.lagrandemare.com

La Grande Mare
HOTEL, GOLF & COUNTRY CLUB ★★★★★



Application for Membership of the La Grande Mare Health Club

Full name

Date of birth

Address

Tel (home)

Tel (mobile)

Email

Please tick if you consent to receive emails from us, you have the option to opt out at any time.

☐

Relevant medical details

Please tick to confirm you have read and understood our privacy policy, found on our website.

☐

5-Day Country Club Silver*

@ £65 per month

☐

7-Day Country Club Gold*

@ £85 per month

☐

5-Day Silver Membership*

@ £46 per month (admin fee £20)

☐

7-Day Gold Membership*

@ £56 per month (admin fee £20)

☐

7-Day Gold Membership 3 months

@ £240** (admin fee included)

☐

Corporate Membership*

@ £48 per month (min 5 people, admin fee £20)

☐

Method of payment for admin fee

By Cheque

☐

(made payable to La Grande Mare Health Club)

By Credit Card

☐

By Cash

☐

I understand that Direct Debit payments of

£

11th

will commence on

and monthly thereafter.

Signature

Notes

Country Club membership includes Golf, Health and Tennis. Country Club Gold offers 7-day use of all facilities during open hours, with Country Club Silver offering membership from Mon-Fri only, vacating the Health Club facility by 5pm. Gold and Silver memberships allow use of the gym, pool, spa, steam room and sauna. Health Club Gold membership offers 7 day use during opening times. Silver membership offers access Monday to Friday only, vacating the facility by 5pm. The management reserve the right to refuse an application.

*Direct debit payments must run for a minimum of 12 months before notice to terminate membership in writing. One month's written notice must be given before termination of membership. Termination prior to minimum 12 months will incur a £50 cancellation fee. Direct debit payments are interest free. Fees may be subject to rises with appropriate notification. **When signing up to a 3 month membership plan the full amount must be paid upfront.

For more information call 259692 or
visit www.lagrandemare.com

La Grande Mare
HOTEL, GOLF & COUNTRY CLUB ★★★★★

WESTWARD INVESTMENTS LIMITED



Please fill in the whole form using ball point pen and send it to:

La Grande Mare Country Club
Vazon Coast Road
Castel
Guernsey
GY5 7LL

Instruction to your Bank or Building Society to pay by Direct Debit

Originators Identification number

4	0	0	5	8	5
---	---	---	---	---	---

Reference Number

--	--	--	--	--	--	--	--

Name(s) of Account Holder(s)

Bank/Building Society account number

--	--	--	--	--	--	--	--

Branch Sort Code

--	--	--	--	--	--

Instruction to your bank or building society.
Please pay Westward Investments Ltd Direct Debits from
the account detailed in the instruction subject to the
safeguards assured by the Direct Debit Guarantee. I
understand that this instruction may remain with Westward
Investments Ltd and, if so, details will be passed
electronically to my bank/building society.

Name and Full Address of your Bank or Building Society

To the Manager
Address
Postcode

Signature(s)

Date

The Direct Debit Guarantee



- This Guarantee is offered by all banks and building societies that accept instructions to pay Direct Debits.
- If there are any changes to the amount, date or frequency of your Direct Debit, Westward Investments Ltd will notify you 10 working days in advance of your account being debited or as otherwise agreed. If you request Westward Investments Ltd to collect payment Westwards Investments Ltd to collect a payment, collection of the amount and date will be given at the time of request.
- If an error is made in the payment of your Direct Debit, by Westward Investments Ltd or your bank or building society, you are entitled to a full and immediate refund of the amount paid from your bank or building society.
- if you receive a refund you are not entitled to, you must pay it back when Westward Investments Ltd asks you to.
- You can cancel a Direct Debit at any time by simply contacting your bank or building society. Written confirmation may be required. Please notify us.