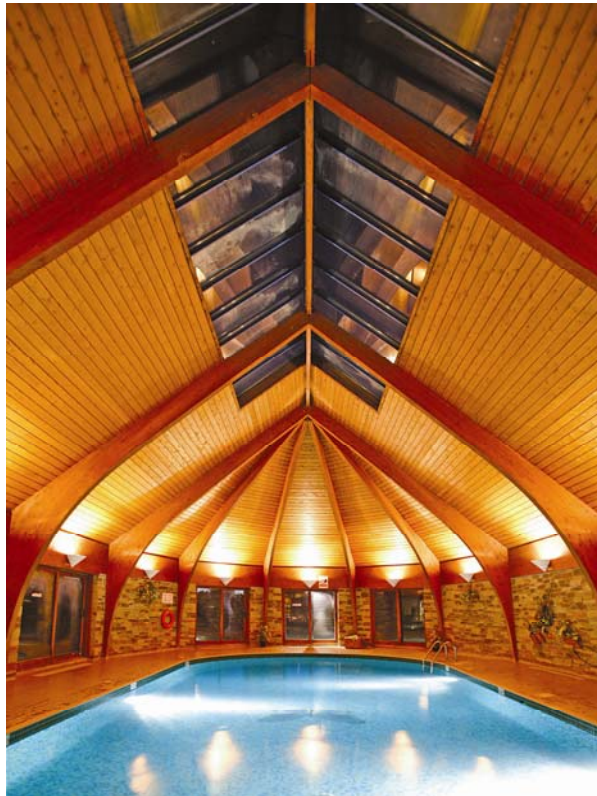


# LAKEVIEW

COUNTRY CLUB • SPA • RESORT

## Leisure & Membership information



Our on-site facilities include:  
9 Hole Golf Course - Golf Driving Range  
Swimming Pool - Fitness Centre  
Coarse Fishing Lakes - Spa  
Club Bar & Terrace Restaurant  
Luxury Accommodation

Lakeview Country Club  
Old Coach Road, Lanivet, PL30 5JJ

tel: 01208 831808  
email: [lakeview@clubdomaine.co.uk](mailto:lakeview@clubdomaine.co.uk)  
web: [www.lakeviewcountryclub.co.uk](http://www.lakeviewcountryclub.co.uk)

## Leisure Information

### Gym and Fitness Centre

**Open 7 days a week- 8am till 10pm**  
**Open to members, residents and non-members**

The Fitness Suite is designed to suit all abilities, age groups and fitness levels. Fitness Instructors are available to tailor a workout to meet your requirements, whether its improving your health, losing weight, increasing confidence or sports specific.

Our instructors are always on hand to support and guide you, ensuring you achieve your goals.

**Our large Fitness Centre** contains Life Fitness equipment, consisting of bikes, treadmills, cross-trainers, a stepper and rowers. It also features fixed weights and an extensive selection of free weights, including dumbbells up to 50kg, an Olympic bench press and a squat rack. Music channels or sky sports are provided for your entertainment.

The Gym is **free to residents and members\***. For non-members and visitors a £5 charge is applicable. Under 16s are not permitted to use the gym unless accompanied by an adult.

If you have health conditions that may affect your use of the Gym, please make the instructor aware before use and complete the questionnaire.

\*excluding Golf, Swim and Leisure Membership.

### Fitness Classes

We offer a range of fitness classes, available to everyone. Members and residents benefit from a discounted rate on production of membership and key cards.



### Tennis

Two hard surface tennis courts are available for use at Lakeview, free to residents and members, but charged at £3 per non-member/visitor.

We can provide rackets and balls at £2 per person from reception (we require a £20 deposit for rackets, and charge £1 for each ball lost).

### Swimming Pool

Our 15 metre indoor pool is open from **8am till 10pm** every day\* and free to use for all members and residents. For non-members the following charges apply:

**Adults** £5    **Children** £3 (3 - 16 yrs)    **OAP** £4  
Please note- children under 16 must be accompanied by an adult.

\*excluding Fitness Classes and Adults Only Swim 8am-9am and 9pm- 10pm daily.



### Steam Room

Included in the price of a swim is the use of our steam room. The wet heat of a steam room offers many **health and relaxation benefits**, and is particularly good for detoxifying skin and relaxing muscles.

Please note the precautions involved in using the steam room. Children under 16 are not permitted to use the steam room.

### Solarium

The solarium emits ultraviolet rays to enable you to maintain your tan all-year-round. Members and residents also enjoy a discount on listed prices (£1 discount for 3 - 6mins, £2 discount for 9mins).

Solarium	Non-Members
3 minutes	£4
6 minutes	£6
9 minutes	£9
Swimming Pool	
Adults	£5
Children	£3
OAP	£4
Gym & Fitness Centre	
Gym	£5
Tennis	£3

Lakeview Country Club  
Old Coach Road, Lanivet, PL30 5JJ  
Exclusive membership rates please contact  
tel: 01208 831808  
email: lakeview@clubdomaine.co.uk

Lakeview offers a highly accessible Country Club setting for all your sports and leisure activities. We have a range of membership packages to suit all requirements.

**Every member** benefits from **unlimited use** of:

- Heated indoor pool\*
- Steam room
- Jogging tracks
- Lakeside walks
- Tennis courts
- Children's play area including Bouncy Castle and Trampoline (seasonal)

**Every member also enjoys:**

- 10% discount on food (excluding special offers)
- Promotional offers in the Club Bar
- Discounted rates on a range of fitness classes
- 5% discount on Espa products and treatments in the Watergarden Spa (excluding day packages)
- Discounted rates on the golf course
- Discounted solarium rates
- 10% discount on function and event bookings\*\*

\*excluding off-peak members. \*\*conditions apply



**Gym, Swim and Leisure Members – Additional benefits**

Free, unlimited use of our large, well-equipped Fitness Centre with qualified instructors

**Golf, Swim and Leisure Members – Additional benefits**

Free, unlimited use of our Par four, nine-hole golf course and pitch and putt

**Lakeview Gold Membership - Additional benefits**

Entitles you to free, unlimited use of our nine-hole golf course, pitch and putt and Fitness Centre. Plus 10% off in the Watergarden Spa.

**Additional facilities** not included in Memberships:

- Golf driving range
- Pitch and Putt
- Two well-stocked coarse fishing lakes

**The Fitness Centre and Swimming Pool** is open 8am-10pm seven days a week

**The Golf course, Driving Range, Pitch and Putt, Fishing Lakes and Tennis Courts** are open from dawn until dusk, seven days a week

## Membership tariff

(direct debit monthly charge)

Gym, Swim and Leisure	Price
Individual	£30
Individual Senior/Student	£25
Individual (Off-Peak)	£25
Couple	£45
Couple Senior/Student	£35
Couple (Off-Peak)	£35
Golf, Swim and Leisure	
Individual	£30
Couple	£45
Swim and Leisure	
Individual	£25
Couple	£40
Lakeview Gold Membership	
Individual	£38
Couple	£53

Add a child (under 16) to any of the above membership rates for an extra £5 per month, per child.

## Join us

**Inductions are free** to all members upon joining. We also provide **free Sport Specific and Fitness Programmes** tailored to your individual requirements which are assessed on a regular basis.

If you are interested in joining Lakeview Leisure Club, call and make an appointment or pop in and speak to one of the Leisure Team. We can show you the facilities and answer any questions you may have.

Can't see a membership that suits you? Speak to one of our Leisure Team to discuss your specific requirements.

