

# Membership Form

## FOTA ISLAND SPA



Restore body and mind in the sensuous and indulging Fota Island Spa, a world-class destination spa, designed by renowned spa designer Dr. Christian Jost. Spread over 1600 square metres, Fota Island Spa has 18 treatment rooms offering over 60 treatments. The spa boasts couple's suites, a hydrotherapy suite – including Ireland's only 'walking river' which uses water currents and reflexology to revitalize – plus the Acacia thermal suite with hammam steam room.

Catering for those in pursuit of excellence in sport or health, the spa has specially designed treatments and massages for sports enthusiasts, as well as holistic relaxation and pampering for the health conscious. The spa has a fully equipped and spacious gym, with a large indoor heated swimming pool and children's pool, sauna and a whirlpool with relaxation area.

As Fota Island Hotel & Spa forms part of Fota Island Resort, your membership is complemented by access to the vast array of amenities and facilities the entire Resort has to offer. Enjoy this tranquil retreat daily; an elegant and relaxed place where life seems to run at an altogether more leisurely pace.

Enclosed you will find specific details of Fota Island Spa's Membership, including privileges, terms and conditions, fees and categories. In addition, this booklet includes your required application form.

Should you need any further assistance or further information, please do not hesitate to call 021 4673131 or email [fitness@fotaisland.ie](mailto:fitness@fotaisland.ie) and we will endeavour to assist you.

# Application Form

Single ☐

Couple ☐

Gold ☐

Platinum ☐

12 Months ☐

6 Months ☐

Corporate ☐

Renewal ☐

## Personal Details

Surname	First Name	Title
Address		
Date of Birth	Tel	Email

Please outline any relevant medical condition (e.g. Asthma, Diabetes, High Blood Pressure)

Would you like to be contacted for further promotions from The Fota Collection? Please tick to opt in ☐

Where did you hear of Fota Island Spa?

Have you been a member of a fitness club or spa previously?  
If yes, where?

Yes ☐

No ☐

I hereby apply for the membership of Fota Island Spa and, if accepted, agree to abide by the management's respective rules and conditions of use.

Signature

Date

## Future Contact & Promotions

I give permission to be contacted in relation to my membership, bookings, etc. as a member of Fota Island Spa

Would you like to be contacted for further promotions from Fota Island Spa? Please tick to opt in ☐

Email:  Phone Number:

## Fitness Evaluation Report

History/Family History of Heart Disease	Yes <input type="checkbox"/>	No <input type="checkbox"/>	2-3 Stone Overweight	Yes <input type="checkbox"/>	No <input type="checkbox"/>
High/Low Blood Pressure	Yes <input type="checkbox"/>	No <input type="checkbox"/>	Back Or Joint Problems	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Recent Surgery	Yes <input type="checkbox"/>	No <input type="checkbox"/>	Do You Suffer From Fainting/Blackouts	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Pregnant/In Last 3 Months	Yes <input type="checkbox"/>	No <input type="checkbox"/>	Taking Any Medication	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Respiratory Disorders/Asthma	Yes <input type="checkbox"/>	No <input type="checkbox"/>	Any Other Illness Or Injury	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Do You Smoke	Yes <input type="checkbox"/>	No <input type="checkbox"/>	Please Specify:		
Male Over 40 yrs	Yes <input type="checkbox"/>	No <input type="checkbox"/>			
Female Over 50 yrs	Yes <input type="checkbox"/>	No <input type="checkbox"/>			

If you answer "Yes" to any of the above, a G.P's clearance may be required before using the facilities. Members are requested to accept responsibility for their personal, medical and physical condition in order to take part in Fota Island Spa activities including the use of the gym equipment. Any assessment undertaken in Fota Island Spa is for general information only with a view to giving advice and should not be relied on by members as certifying their fitness or otherwise to use Fota Island Spa facilities or equipment. Fota Island Spa advises all members to consult with their doctor prior to beginning a programme of physical exercise.

Should your answers to any of the Fitness Evaluation Report change to "Yes" during your membership of Fota Island Spa you agree to notify Fota Island Spa management and/or staff immediately. ☐

Cash ☐

Credit Card ☐

Laser ☐

Cheque ☐

Direct Debit ☐

Total amount paid

Subscription Fee €

# Membership Terms And Conditions

Membership cannot be frozen or extended for the following reasons: Holiday related travel, personal time constraints and weather related issues.

The Spa may withdraw use of part of the facility for the purpose of undertaking essential maintenance work or any other work considered necessary. Compensation will not be given for such closures.

Family memberships are not available.

The member's discount does not include gift vouchers, is non transferable and does not apply to promotions or treatments already on offer.

Members can take a maximum of one guest per visit and must be present at the time of usage.

Guests can use the facilities Sunday to Friday excluding bank holiday weekends.

Guest fees are €15 per adult and €5 per child (4- 17yrs).

Each member must take reasonable precautions to ensure safety of themselves and other members while using Fota Island Spa facilities and participating in fitness programmes and classes.

Spa Membership can be terminated by the Management for violation of any rule or relegation of the Premises or for conduct reasonably deemed by the Company to be detrimental to the welfare, good order or character of the Spa and it's Members. Fota Island Spa shall have the right to retain the money paid by the Member to cover past use and any reasonable costs it has incurred as a result of termination.

Pool and Spa facilities must be pre-booked prior to use.

When the Membership Application Form is completed, please return form for approval. If approved, you will be contacted regarding joining procedure and relevant payments, by a member of the Fota Island Spa Team. Fota Island Spa shall have absolute discretion to reject any application or renewal of membership; or cancel any membership at any time without giving any reason for doing so.

On acceptance of an application for membership, the applicant will be issued with a membership keytag. All members must swipe their membership keytag at the Spa reception upon each visit. It is essential for insurance, security and identification requirements.

Fota Island Resort is not responsible for the loss of personal items or damage to personal property or person, either on the Spa premises or around Fota Island Resort Grounds.

It is the responsibility of the Member and/or the parents or guardians of children under 18 years of age to supervise their children whilst within the premises.

Children under the age of 18 must be accompanied by an adult in the swimming pool at all times (children hours must be observed).

In the interest of hygiene, users of the swimming pool and hydrotherapy pool are required to shower before swimming. Swim caps and appropriate swim wear must be worn in the pool at all times. Diving, running or any misconduct which interferes with the proper use, safety and enjoyment of the pool is strictly forbidden. The use of outdoor shoes is strictly forbidden. Patrons must be 18 years or over to use any Spa and Gym facilities.

For the Direct Debit option, first two months fee must be paid upon renewing or joining.

When joining on a direct debit membership you are committing to a minimum term of 12 months. Should you cancel your direct debit or should the payment method expire you will be prompted to update the payment method, failure to do so will result in your membership becoming inactive.

Please note that on Direct Debit option only, the primary member will receive correspondence and subscription fees.

## Fitness & Pool Times

Monday to Saturday 7:00am - 9:00pm  
Sunday & Bank Holidays 8:00am - 8:00pm

**Pool times must be pre-booked**

## Children's Pool Times

Sunday to Monday 9:00am - 6:00pm  
(Subject to change)

