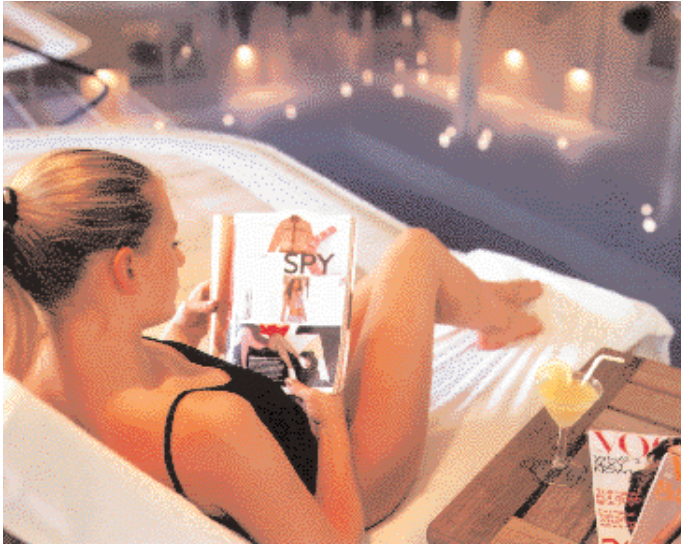




R O M A N S

H E A L T H & L E I S U R E



Sketchley Grange Hotel has made every effort to provide all the facilities to enable you to take time out to relax, refresh yourself and let your tensions drift away. We invite you to swim in the crystal clear waters of our magnificent Roman style swimming pool incorporating a bubble jet bath. Relax in the separate whirlpool spa or laze on our poolside loungers.



Our young members are not forgotten with a purpose built Creche which has a fully supervised soft play area. Little Romans Creche is Ofsted registered and comply with their regulations governing all aspects of childcare. Places can be booked in advance subject to availability.

More energetic members will enjoy our state-of-the-art air conditioned gymnasium equipped with the very latest Cardio-Vascular exercise machines as well as the more traditional resistance equipment. A full fitness assessment of our members is available from our professionally trained staff.



Additional facilities include a shallow childrens pool, spacious Cedar Wood Sauna, an Aromatic Steam Room and a Solarium to provide a healthy all year round tan.



ROMANS
HEALTH & LEISURE

Our Therapy Suites offer a wide range of treatments in the most luxurious surroundings whatever your needs, be they relaxation, rejuvenation, pampering or grooming, our experienced and qualified staff will recommend a programme of treatments that are specially tailored to your individual needs.



Our superbly appointed Members lounge will ensure that you can relax and enjoy a refreshing drink and a healthy light meal.

Social evenings will be organised for the benefit of all our members throughout the year with further details appearing on the Members Notice Board.



Our changing rooms are finished with individual wooden lockers, hair dryers, toiletries, showers and fresh towels.









OPENING HOURS

Monday - Friday 7.00am - 9.45pm
Saturday - Sunday 8.00am - 8.45pm



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