



ONLY
£89*

FREE

Learn to Swim
and Learn to Dive
for children for a
limited time only!

FAMILY FITNESS

* Per month per family. Minimum 12 month contract.

All inclusive Peak Family
Lifestyle Membership

Aberdeen
Sports Village



The Family Lifestyle Experience

Adult Membership

- All the benefits of an ASV Lifestyle Membership, including free peak access to the gym, swimming, exercise classes, track and squash
- 20% discount on Adult Learn to Swim and Learn to Dive programmes
- Free drink during birthday month from The Café at ASV

Membership Type	Monthly Direct Debit
Family Lifestyle Peak	£89.00*

*Minimum 12 month contract

Sports Centre Opening Hours

Monday to Friday	Saturday	Sunday
06.30 – 22.30	07.30 – 19.30	07.30 – 21.30

Aquatics Centre Opening Hours

Monday to Friday	Saturday	Sunday
06.00 – 22.30	07.30 – 19.30	07.30 – 21.30

Child Membership

- Includes peak access to all public swimming, public diving and aqua-run sessions (age appropriate)
- Free peak access to squash**
- Includes Teen Fitness Programme from 12 to 15 years
- Free access to all drop-in ASV Kids activities (age appropriate)
- Free access to EnAble at ASV
- 20% discount on Learn to Swim and Learn to Dive Skills 1 & 2
- 20% discount on Sports Camps and Aquatics Camps
- Free drink during birthday month from The Café at ASV

To find out more about kids classes please contact reception or head over to our website.

aberdeensportsvillage.com/asv-kids
aberdeensportsvillage.com/enable
aberdeensportsvillage.com/teenfitness

**Must be accompanied by an adult up until 15 years of age

Your ASV Facilities

Exercise Class & Facility Access

Adults have free access to 100+ exercise and lifestyle classes, including Les Mills, Yoga, Supervised Lifting and Studio Cycling.

All classes are listed in our group exercise timetable (available online or at reception). You also have access to our squash courts and athletic track facilities. New to these sports? Look out for our FREE workshops, led by experienced coaches, to help you get started and ensure you can utilise these facilities and maximise your ASV experience. (Racquets are available for hire for £1.50 from reception).

Aquatics & Health Suite

Our Olympic standard 50m pool and 25m swimming and diving pool offer numerous sessions for long course and short course swimming, as well as public diving sessions.

You can also take advantage of our health suite, where you can relax after a workout in the sauna and steam room.

The Café

With regular offers available for members, why not relax with your family in the two cafés on site. We pride ourselves in having the highest quality and freshest ingredients. Our menu has a balanced choice of meals and snacks that are ideal for a healthy, active lifestyle.

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