Welcome to Swainswood Leisure Park & Spa

We hope you enjoy your stay

This folder contains information that we hope you will find useful during your stay

Site Contact Number: 07842 244420

The Spa 07554 927746

Maintenance 07983 266 721

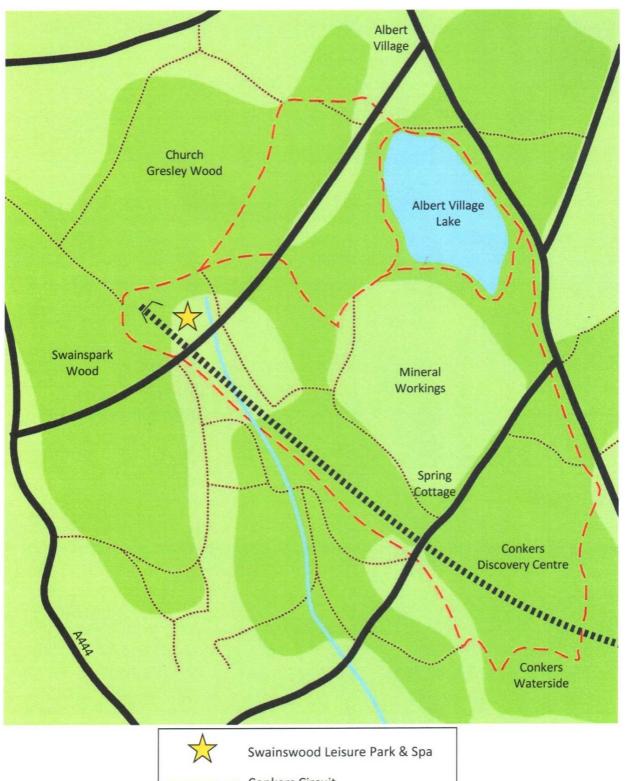
Please Note: Reception is manned during Check-In and Check-Out only

Site Map





- Refuse Bins
- Gate exit keypad





General Information & Guidelines

Our aim is for everyone to have a safe, relaxing, peaceful stay at Swainswood, to ensure that everyone has the same experience we ask you to familiarise yourself with the following:

Fire Safety

- A fire extinguisher and a fire blanket are located in the kitchen area.
- Smoke alarms and carbon monoxide detectors are fitted for your safety and should not be disabled or covered.
- ☑ In the event of a fire, ensure everyone is evacuated from the lodge, ring 999 then contact the park staff on 07842 244420.
- The assembly point is located at the entrance to the park, adjacent to reception.
- Please familiarise yourself with the exits from your lodge, the various doors and their operation, to ensure a speedy evacuation should the need arise.
- Please ensure that all door keys are left in place, to ensure a speedy evacuation should the need arise.
- Por safety reasons it is extremely important that Park staff are informed of any changes in the occupancy numbers in your lodge.

Decking

Please take care, decking may become slippery when wet and icy in cold conditions.

Visitors

- You are welcome to have visitors on site during your stay. Please note the following points.
- We ask that visitors do not arrive on site before 10am and should leave site by 10pm at the latest.
- It is your responsibility to ensure that any visitors observe our guidelines and T&C's.

Smoking

- 2 Smoking is not permitted inside any of the lodges.
- 2 You are asked to dispose of cigarette ends responsibly if you smoke outside.
- ② Any guest found littering the park with cigarette ends will forfeit £50 of their security bond.

Hot Water System

Please note, to fill the bath or take a shower you must run the hot water slowly and allow the boiler time to adjust. Once the water is running hot you may alter the flow to suit your own needs.

Sundries

② Your lodge has been supplied with basics to get you started, tea, coffee, sugar, milk, toilet roll, washing up liquid, a sponge, a cloth and dishwasher tablets. These will be adequate for most short stays but you are advised to obtain your own supplies should you need more.

Minimum Noise Policy

For the enjoyment of all guests we operate a minimum noise policy and ask that you respect your neighbours by not playing loud music, screaming, shouting, etc.

Waste Disposal

- Bin locations are shown on the site map, page 1.
- All rubbish, including bottles, must be placed in the bins.
- We are unable to offer separate recycling facilities on site at the moment.
- Please do not leave rubbish bags outside your lodge, the local wildlife will open them and scatter the contents.

BBQ's

BBQ's are not permitted due to health and safety regulations

Cashpoint

The nearest Cashpoint is located at the Co-op on Burton Road, DE12 6JJ.

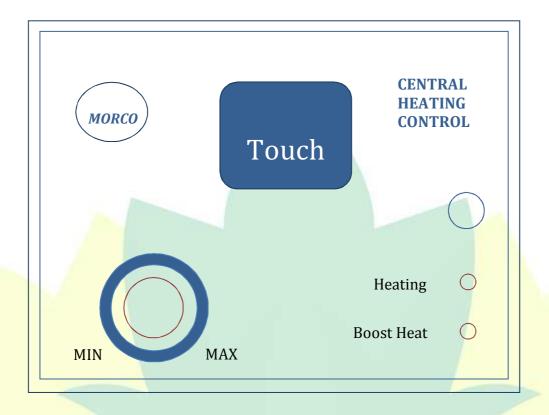
Wifi

Park Wifi, no charge, no password. Free.

Departure

- Sadly all good things must come to an end and all lodges should be vacated promptly by 10.00am on your day of departure.
- We ask that you remove all rubbish & food and clean all dishes & cutlery before you leave. Waste bin locations are shown on the site map, page 1.
- ② If you have left a cash deposit please ring 07842 244420 so that staff can check your lodge and return your deposit.
- $\ensuremath{\mathbb{Z}}$ If reception is not manned please leave your key in the post box adjacent to the reception door.

Central Heating Controls



The heating system in this home is pre-set at a comfortable temperature. The Touch thermostat will maintain this level.

You may boost the temperature for 2 hours by pressing the 'Touch' panel. The green 'Boost Heat' LED will light to indicate that the boiler is operating.

You may adjust the 'Boost' temperature with the dial on the panel.

The red 'Heating' LED indicates that the boiler is heating the room. Once the room reaches temperature the red light will go out.

Any time you wish to boost the room temperature please press the 'Touch' panel again.

Please note: once the set temperature is reached the 'Boost' will not operate.

Things to See & Do

With so many things to see and do in the area Swainswood makes the perfect base. It would be impossible to list everything, but here are some ideas for the whole family to get you started.

Jungle Madness (DE12 7PY, 01530 272203, approx 1 mile)

Let the children enjoy themselves in the soft play area, which includes a 3 storey climbing structure with astra slide, ball pit, spiders catch, sky glide and much more. They have a separate toddler area designed for the under 5's and a bouncy castle and ride on trikes for the older children. By providing bouncers, hip hop and bop and much more, they cater for children under 12 months old.

Conkers (DE12 6JA, 01283 216633, approx 2 miles)

Adventures in the f<mark>orest</mark>. Explore over 120 acres including the 13 piece ass<mark>au</mark>lt course, adventure play area, barefoot walk and train linking the Discovery and Waterside Centres. Indoors discover the Enchanted Forest Adventure Play Zone, over 100 interactive exhibits, cafes and gift shop.

Swadlincote Ski & Snowboard Centre (DE11 8LP, 01283 217200, approx 2 miles) A large leisure facility and dry ski slope providing Skiing, Snowboarding, Toboggan and Sno-Tubing with a fully licensed bar and restaurant. Kids must be over 4 to take part in activities.

Green Bank Leisure Centre (DE11 0AD, 01283 216269, approx 2 miles) 25m main swimming pool, trainer pool, fitness suite, sauna, squash courts, bar & cafe, crèche.

Rosliston Forestry Centre (DE12 8JX, 01283 563483, approx 4 miles)
Discover a woodland wonderland full of natural wildlife. From quiet walks to actionpacked family fun with laser tag and adventure play, uncover nature at its best.
Beehive Farm Woodland Lake (DE12 8HZ, 01283 763981, approx 4 miles)
Beehive Farm Woodland Lakes offers visitors lots of fun ways to enjoy a very special
corner of the New National Forest. They have over 66 acres of emerging young
woodland to explore with thriving wildlife, fishing lakes and a family-friendly animal
farm.

Ashby de la Zouch Castle (LE65 1BR, 01530 413343, approx 4 miles) A Royalist stronghold during the Civil War, the castle finally fell to Parliament in 1646, and was then made unusable. An underground passage from the kitchen to the tower can still be explored today.

Ashby de la Zouch Museum (LE65 1HU, 01530 560090, approx 4 miles) Local history museum with special events for families and children. Open all the year round with interesting exhibitions, models and children's activity sheets. Specially designed hands-on activities available.

Twycross Zoo (CV9 3PX, 0844 4741777, approx 5 miles)

Set in 80 acres of parkland and known worldwide for its apes and monkeys this conservation centre breeds endangered species. Meet around 650 animals from almost 150 species, including some of the most endangered on our planet. Make sure you see

the Penguins at feeding time and check out the Lemur Walk-through enclosure, the Amur leopard exhibit, a Sri Lankan themed elephant walkway, Himalayan-themed snow leopard exhibit, and much more.

Battlefield Railway Line (CV13 6NW, 01827 881249, approx 6 miles)

The Battlefield Line is the last remaining part of the former Ashby and Nuneaton Joint Railway which was opened in 1873. This remarkable railway captures the very essence of a country line, with steam, diesel and railcar train services along with small stations meandering along a single track line. It really does convey something of the feeling and atmosphere of heady days past.

Heath Manor House (LE67 2FW, 01530 831259, approx 7 miles)

Step back in time and experience how people really lived in Medieval, Tudor and Stuart times in this preserved manor house which dates back to 1280.

Pooley Country Park (B78 1JA, 01827 897438, approx 7 miles)

Large park with canal-side patio cafe, adventure playgrounds, picnicking, walks and fishing opportunities.

Shobnall Leisure Complex (DE14 2BB, 01283 508180, approx 7 miles)
Large children's play area, skatepark and the Turtle Beach Paddling Pool both for under 12s. Set in a large area of attractive parkland the area is ideal for picnics and walks.

Bosworth Water Trust (CV13 6PD, 01455 291876, approx 8 miles)

Experience the seaside inland on the golden sands of our man-made beach. It's the ideal place to relax, go paddling or build sandcastles. Looking for adventure? Let the kids go wild in our pirate adventure playground or hire some boating equipment and take them out on the water.

Tamworth Snow Dome (B79 7ND, 08448 000011, approx 9 miles)

Lots of activities for the whole family. Family friendly ice skating with many varying session types to suit all comers. A real indoor ski slope with 170m ski run offering a wide variety of skiing and snowboarding lessons. Tobogganing on real snow, in steerable toboggans exclusive to the SnowDome. Swimming at the SnowDome is great fun for all ages! With the 25 metre pool, junior pool and toddler pool... plus the fantastic family flume and inflatable sessions.

National Forest Adventure Farm (DE13 9SJ, 01283 533933, approx 9 miles)
The farm is open all year round offering exciting indoor play, outdoor play and farm animals. The adventure farm hosts many events throughout the year, including one of the largest Maize Mazes in Europe.

Tenpin Derby (DE23 8AG, 0871 2223675, approx 13 miles)

The bowling centre is located in the Foresters Leisure Park near Osmaston Park. We have 26 modern fully computerised lanes, American Pool tables, Amusement Arcades all catered towards families and kids. There is also the Beach Road Cafe Bar for some delicious meal and snack options!

Rollerworld of Derby (DE21 4AW, 01332345828, approx 16 miles)

The biggest maple floored rink in the UK with capacity for up to 3000, 2 skating rinks, a cafe and a licensed bar - with Family Nights and Learn to Skate sessions. One of the many fun family places to visit if you're looking for the best things to do in Derbyshire with kids.

If it's a little retail therapy you're looking for you couldn't have a better base than Swainswood

Burton upon Trent (approx 6 miles)

As well as two fully enclosed shopping centres, **Coopers Square** & **The Octagon**, Burton upon Trent town centre has a large pedestrianised area. You'll find well known High street names alongside independent specialist shops. **The Outdoor Market** is open every Thursday, Friday and Saturday in Station Street.

Leicester (approx 23 miles)

Leicester offers a unique shopping experience with many boutiques, specialist stores and markets as well as all the High street names you would expect to see. Enjoy the ultimate shopping experience of **Highcross** in the heart of the city centre – with some of the biggest names all under one roof. The **Haymarket Shopping Centre** has a great mix of affordable fashion stores. **The Lanes, St. Martins Square and Arcades** have a treasure trove of tucked-away emporiums and niche stores to lose yourself in. Plus award-winning bars and delis, Michelin-rated restaurants and quaint traditional tea rooms. **Leicester Market** is Europe's largest covered market. Selling fresh food, fabrics, plants, computer games, homewares and more.

Nottingham (approx 30 miles)

Nottingham City Centre is packed full of big brands, great choice and unique independent retailers. It's got everything you would expect from one of the UK's largest city's. **Broadmarsh Shopping Centre** has a choice of over 60 stores with everything from high street names like Argos, BHS, Boots and Dorothy Perkins to local independent stores and cafes. **The Victoria Centre** has 120 shops and stores all under one roof, including John Lewis, House of Fraser, Boots, Topshop and Next. There are a wide selection of cafes and food stalls, perfect for when you need to take a break. **The Exchange** is Nottingham's most exclusive speciality shopping venue, with 20 stores providing an unrivalled mix of fashion boutiques and lifestyle retail.

Birmingham (approx 30 miles)

Birmingham is a shopper's paradise. Whether you seek head-turning chic or eyecatching value it's all here. From Harvey Nichols to Selfridges, to the welcoming mix of centres, our historic markets or the world-famous Jewellery Quarter, the shops in Birmingham offer you everything you could ever want in an attractive and compact space with plenty of great café bars and restaurants to keep you going. Michelin starred restaurants, stylish eateries, world cuisine, street dining, the world famous **Balti Triangle,** China Town, farmers' markets, sweet delights, locally sourced produce – lick your lips and get stuck in!

Derby (approx 19 miles)

Derby has the majority of the major chains of shops including Debenhams, Next, HMV, Boots etc as well as many bars, cafes, restaurants and individual shops. **intuDerb**y is rated as the "Top Shopping Destination in the East Midlands" for its stunning architecture, breadth of retailers and a fantastic Eat Central - Intu Derby attracts 25 million shoppers every year. With over 190 stores, dozens of restaurants and cafes and a

spectacular Cinema de Lux, shopping breaks in Derby are hugely popular. Featuring brands such as Apricot, Lacoste, Monsoon, Phase Eight and Superdry.

Useful Contacts

In the event of any emergency requiring Ambulance, Fire or Police services dial 999 for immediate assistance

Site Contact Numbe	r	07842 244420
The Spa		07554 927746
Tourist Information	Swadlincote	01283 222848
Tourist Information	Ashby de la Zouch	0 <mark>1530</mark> 411767
Accident & Emerge Queens Hospital Belvedere Road Burton-on-Trent DE13 0RB	ency	01283 566333
Derbyshire Constab	0345 1233333	
NHS Direct		0845 4647
Swa <mark>dlincote Health</mark>	I <mark>l Centre</mark> Centre	01283 818100
Civic Way Swadlincote DE11 0AE		
Dentist Swadlincote Denta Blueberry Worx Blueberry Way Woodville Swadlincote DE11 7GX	l Practice	01283 219221

Local Pharmacies

Boots	.01283 216795
Sainsbury's Supermarket	01283 226792
Civic Way Swadlincote	
DE11 0AD	
Taxis & Private Hire	
Alpha Taxis & Minibuses	01283 225184
Alliance cars	01283 229933
Bloors Private Hire	.01283 550505
Keith's Private Hire	01283 222918
LA Cars	01283 222454
PJ's	01283 552662
Dry Cleaners	
Morrisons Coppice side Swadlincote DE11 9AA	01283 200586
Florist Petals in the Forest	01283 212050

SUPERMARKETS

Co-Op Convenience (1 mile)

67 Burton Road Overseal DE12 6JJ 01283 763782

CASH POINT

Normal Opening Times

Monday 07:00 21:30 Tuesday 07:00 21:30 Wednesday 07:00 21:30 Thursday 07:00 21:30 Friday 07:00 21:30 Saturday 07:00 21:30 Sunday 08:00 21:30

Aldi (1.5 miles)

Hepworth Retail Park The Pipeworks Swadlincote DE11 8JU

Normal Opening Times

Monday 08:00 21:00 Tuesday 08:00 21:00 Wednesday 08:00 21:00 Thursday 08:00 21:00 Friday 08:00 21:00 Saturday 08:00 21:00 Sunday 10:00 16:00

Morrisons (1.5 miles)

Coppice Side Swadlincote DE11 9AA 01283 200586 CASH POINT

Normal Opening Times

Monday 08:00 21:00 Tuesday 08:00 21:00 Wednesday 08:00 21:00 Thursday 08:00 21:00 Friday 08:00 21:00 Saturday 08:00 21:00 Sunday 10:00 16:00

Sainsburys (2 miles)

Civic Way Swadlincote DE11 0AD 01283 226792 CASH POINT

Normal Opening Times

Monday 08:00 22:00 Tuesday 08:00 22:00 Wednesday 08:00 22:00 Thursday 08:00 22:00 Friday 08:00 22:00 Saturday 08:00 22:00 Sunday 10:00 18:00

TAKE-AWAY'S

Fish & Chips

Pizza

Indian Cuisine

Admiral Fish and Chips (1.2 miles)

5 Main Street Pies Overseal **Burgers**

Swadlincote Fried Chicken

01283 763 403 Donner

DiaLaPizza (2.1 miles)

Pizza Chicken 1 Delph Centre **Burgers** Pasta Market Street Mexican Spuds Swadlincote (Behind bus car park) Salads **Dess**erts 01283 550056 Delivery Service (a small charge)

Domino's Pizza (2.4 miles)

Swadlincote Sides **DE118IU Desserts** 01283 222214 Drinks

Delivery Service (a small charge)

Spice Touch (2 miles)

Unit 4, Glamorgan Way

Church Gresley

DE119IT

01283 226552 Delivery Service (a small charge)

Golden Dragon (2 miles)

Chinese, Cantonese 50 Alexandra Road & English Cuisine

Swadlincote **DE11 9AZ**

01283 550511 Delivery Service (a small charge)

Fortune Garden (2.3 miles)

Peking, Thai 75 High Street & English Cuisine

Swadlincote **DE118JA**

01283 551128 Delivery Service (a small charge)

RESTAURANTS

Prezzo (1.5 miles)

The Pipeworks
Coppice Side
Swadlincote
DE11 9FQ
01283 552895



Turpins Bar & Grill (1.5 miles)

29 Main Road Twycross Atherstone CV9 3PL 01827 880111



Cricketts Inn (3 miles)

Burton Road Acresford DE12 8AP 01283 760359



The Vine (5.5 miles)

12 Bath Street Ashby de la Zouch LE65 2FH 01530 411116



Pascal at the old Vicarage (7 miles)

2 Main Street, Branston Burton upon Trent DE14 3EX 01283 533222



LOCAL PUBS

Mushroom Hall

Main Street Swadlincote 01283 217 464

Robin Hood

1 Burton Road Overseal, Swadlincote DE12 6LQ 01283 760 252

The Gate Inn

49 Woodland Road Stanton, Burton on Trent DE15 9TH 01283 480 441

Hicks Lodge Cycle Centre

Willesley Woodside Ashby-de-la-Zouch LE65 2UP 01530 274 533

LOCAL CHURCHES

Saint Matthews Anglican And Methodist Church

3 Burton Road Overseal, Swadlincote DE12 6LQ

Overseal Baptist Church

7 Burton Road Overseal, Swadlincote DE12 6LQ

Hot Tub Information & Guidelines

Date	Lodge	Number	
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Arrival Day

All our hot tubs are drained, cleaned and refilled before new guests arrive. Due to this your tub may not be up to temperature. Please be patient, it will heat up at approximately 1-3 degrees an hour, depending on the outside temperature. There is no way to speed up this process and 'random' button pressing will only slow it down or stop it completely.

Daily Operation

- It is important that you do not switch your hot tub off, this is to ensure that the temperature and quality of the water are maintained to the required standard.
- _Where one is fitted, please avoid pressing the standby button, you may inadvertently switch your tub off.
- Our tubs normally operate at a temperature between 380 & 40o.
- Please note your tub cannot operate correctly if the water level drops too far.
- 2 _Your hot tub will be checked by staff daily to ensure the correct settings, water balance and water level. It would be greatly appreciated if you could ensure that you are wearing appropriate swimwear in the tub to avoid embarrassment.
- ② _Whilst we do not operate a 'tub curfew' at Swainswood Park we do insist that if you are using your tub late at night or early in the morning you respect your neighbours by keeping noise to a minimum. We reserve the right to limit tub use if other guests are being disturbed.

Please sign below to confirm that you understand:

1. That to ensure the quality of water and use of your hot tub for the entire length of your stay you must follow the Hot Tub Guidelines (formed by this document and the Hot Tub Do's & Don'ts.)

(copies of both are in the lodge handbook, extra copies are available on request)
2. That it is your responsibility to ensure that your entire party is aware of the Guidelines.

3. That Swainswood Park will not accept liability for any accident, injury, illness or fatality arising from use of the hot tub.

Signed Lodge Copy Print Name Lodge Copy

Most of your Tubs operations are automatic and it will follow a pre-programmed filter cycle





Most of the 'jets' have two speeds which can be selected by pressing button 1.



You can switch on the LED light inside the Tub by pressing the light button.



Please note: the jets will not turn off after the tub has been in use, this is normal and once the Tub has finished its programmed task they will stop.





To ensure you can enjoy your Hot Tub for the entire length of your stay please read the following guidelines

DO's

- Take care when entering or exiting the Tub, decking can become extremely slippery when wet.
- **Shower before using your Tub.** This will remove oils, creams, lotions, make up, tans etc. Which will seriously affect the water quality if not removed.
- **Supervise children** in the area of the Tub at all times.
- **Use the toilet** before entering your Tub. **Not leaving the Tub to use** the toilet will seriously affect the water quality.
- **Respect your neighbours** by keeping noise to a minimum, particularly late at night & in the early morning. Due to the noise of the Tub you won't realise how loud you are.
- Limit your time in the Hot Tub to a maximum of 20 minutes at a time. Extended use can cause dizziness. The hot tub contains a recommended dose of bromine, which is sufficient to sanitise the water. Please be aware that the skin of some people and children can be sensitive to the chemicals used in the hot tub.
- **Consult your GP** before using the Tub if you are pregnant, suffering from any form of heart disease, circulation problems or any serious illness.
- **?** Replace the lid after use.
- **Contact the park staff** if you have any concerns or problems with your Tub.

We reserve the right to limit tub use if the guidelines are not followed.

DON'TS

- **Don't add anything to the Tub.** Bubble bath, shampoo, gels, soaps, oils, salts, etc. can seriously affect the water quality & damage the filter system and will result in a cleaning charge of up to £100.
- 2 Don't use the Tub after a heavy meal or while under the influence of alcohol.
- **Don't use the Tub** while using or after using any drug that may cause drowsiness, sleepiness or raise/lower your blood pressure.
- **Don't allow children** under the ago of four to use the Tub.
- **Don't immerse your head** or swallow the water. This can increase the risk of infection.
- Don't place candles on the tub. Candle wax can damage the filter system.
- **Don't rest glasses on or near the tub.** Broken glass is almost invisible under water. Any broken glass found in the vicinity of the Tub will result in your Tub being drained to check for glass.
- **Don't use any electrical** equipment in the vicinity of the Tub.
- **Don't sit, stand or lie on the Tub lid,** they are not very strong and a replacement will cost **you** £400 and yes that includes sunbathing.

CONKERS Circuit Discovery The CONKERS Circuit is part of the Heart of the Hational Forest Foundation's vision for a 1,000 acre woodland park being created around CONKERS the family attraction at the heart of the Hational Forest. It is a screet around will be all owns and again including vision for a 1,000 acre woodland park being created around CONKERS, the family attraction at the heart of the Hational Forest. It is a screet around will be all owns and again including vision for a 1,000 acre woodland park being created around CONKERS, which the family attraction at the heart of the Hational Forest. It is a screet around will be all owns and again including vision in the proof of the family attraction at the heart of the Hational Forest. It is a screet around will be all owns and again including vision in the proof of the family attraction at the heart of the Hational Forest. It is a screet around will be all of the proof of screens in the against of your dischards the screen will be all of the proof of screens in the against of your dischards the screen will be all of the proof of screens in the against of your dischards the screen will be all of the proof of the screen will be all of the proof of the proof of screens in the screen dischards the screen will be all of the proof of the screen will be all of the proof of the proof of the screen will be all of the proof of the proof of the screen will be all of the proof of the proof of the screen will be all of the proof of the proof of the screen will be all of the proof of the proof of the proof of the proof of the screen will be all of the proof of the proof