

Sprowston Manor Hotel

Leisure Club Membership

Applicable from 01/11/2025

Category	12 month contract Annual	30 day contract Monthly
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Full Leisure

7 Day : 7am-8pm

£700.00

£70.00

Full Leisure Partner

7 Day : 7am-8pm

£60.00

Off Peak Leisure

Excludes Weekends: Mon-Fri 9am-5pm

£600.00

£60.00

Off Peak Leisure Partner

Excludes Weekends: Mon-Fri 9am-5pm

£50.00

Blue Light Leisure

7 Day : 7am-8pm

£60.00

Junior Leisure

Open to those 3-15 years inclusive

(Must be linked to an Adult Membership)

£30.00

Additional Child

£20.00

Members receive 20% discount* on all food and drink at The Restaurant and The Clubhouse.

Members receive 20% discount* at The Spa at Sprowston Manor on all beauty treatments Monday - Thursday and 10%* on Spa products.

Members Guest Fees

Adult (Aged16+) £12 per person

Child (Ages 3+) £5 per person

Infants 0-2 years Complimentary

Non-Members Fees

Adult (Aged16+) £25 per person

Child (Ages 3+) £10 per person

Infants 0-2 years Complimentary

Membership contact details: 01603 254296 or email: golfmembership763@theelitevenueselection.co.uk

**With a valid membership card*



**Sprowston
Manor**

HOTEL, SPA & GOLF

ELITE VENUE SELECTION

Sprowston Manor Hotel

Leisure Club Membership Price Update From 01/11/2025

From 1st November 2025 our membership options and prices will be changing.

All current monthly members will automatically move to the closest option in the new structure featured below.

Prepaid annual members will remain on their current rate until renewal (End of February 2026)

New Monthly Membership Pricing:

Full Adult - £70 per month

Full Partner - £60 per month

Single Off Peak - £60 per month

Off Peak Partner - £50 per month

Child - £30 per month

Additional Child - £20 per month

Blue Light - £60 per month

Annual Memberships

(Available in-club only - 12 months from joining date)

Peak - £700

Off Peak - £600

Priced at 10 months - saving you 2 months!

Thank you for your continued support.

If you have any questions, please speak to a member of our team..

Sprowston Manor Leisure Team



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