



شانغريلا بر الجصة، مسقط

SHANGRI-LA

BARR AL JISSAH  
MUSCAT

*Be a Member*  
BEYOND THE HORIZON





# WELLNESS & LEISURE PROGRAMS

Unlock a world of exclusive privileges with our curated leisure and wellness experiences. Whether you're looking for a long-term membership or flexible access, we have the perfect option for you:



## RESORT MEMBERSHIP

Enjoy unlimited beach access, a state-of-the-art fitness center, luxurious spa facilities and exclusive savings on dining, water sports and more.



## SWIMMING LESSON

Learn or refine your skills with expert-led swimming lessons for all ages and levels.



## PERSONAL TRAINING

Achieve your fitness goals with tailored one-on-one sessions from our professional trainers.



## RESORT DAY PASS

Experience a day of relaxation with access to our beaches, pools and resort's facilities.



## TENNIS ACCESS

Hone your game with access to premium tennis courts in a breathtaking coastal setting.

## MEMBERSHIP PLANS

		6 months			12 months		
		Single	Couple	Family	Single	Couple	Family
BENEFITS	Beach, swimming pools & lazy river access	✓	✓	✓	✓	✓	✓
	Kids Club access	-	-	✓	-	-	✓
	Fitness Club access	✓	✓	✓	✓	✓	✓
	Unlimited group exercise sessions	✓	✓	✓	✓	✓	✓
	Private training sessions per membership	1	2	-	2	2	2
	Body composition analyzer	-	-	-	✓	✓	✓
	Save more on tennis lessons	15%	15%	15%	20%	20%	20%
	Save more on swimming pool lessons	20%	20%	20%	20%	20%	20%
	Save more on personal training lessons	15%	15%	15%	20%	20%	20%
	Save more on selected water sport activities	15%	15%	15%	15%	15%	15%
SPA	Save more on food and beverage	15%	15%	15%	20%	20%	20%
	Access to Chi, The Spa & its facilities	✓	✓	✓	✓	✓	✓
	A 60-min massage at Chi, The Spa	-	-	-	1	2	2
	Save more on Chi, The Spa treatments	15%	15%	15%	20%	20%	20%
ROOM	Save more at the Art Salon at Chi, The Spa	20%	20%	20%	20%	20%	20%
Stay in Al Waha/Al Bandar for up to 2 adults and 2 children under 6 years of age	-	-	-	1	1	1	

## RATES

6 months membership			12 months membership		
Single	Couple	Family	Single	Couple	Family
600	800	900	900	1,300	1,500

### Terms & Conditions:

- Prices are listed in Omani Rials (OMR), inclusive of all taxes.
- Memberships are non-refundable and non-transferable.
- Management reserves the right to suspend or terminate memberships without a refund if rules are violated or for inappropriate behaviour.
- All memberships have a fixed validity period, and unused time cannot be extended or carried forward.
- Children under 18 years of age are not permitted to access unlimited group exercise sessions or the fitness center.
- Children under 16 years must always be accompanied by a parent or guardian to access the recreation facilities.
- Family access includes parents and up to two children under 16 years of age. Additional family members will require a separate membership.
- Complimentary nights in sea view rooms must be booked at least 30 days in advance and are subject to availability. Complimentary nights are not valid during peak season, public holidays and subject to availability.
- The 30% discount for friends and family applies only when the Member purchases the day pass.
- The 20% discount on food & beverage is valid at selected dining venues only and excludes in-room dining and special events.
- Complimentary private training sessions are non-transferable and must be used by the active Member.
- A 15% discount applies on all water sports activities by our third-party vendor, Sidab Sea Tours for all active memberships.
- Access to Chi, The Spa is included for adults only.
- Memberships may only be frozen for valid reasons, such as medical conditions, subject to management's approval and supporting documentation.
- Membership freezing with prior Management approval (not applicable for single memberships):
  - 6-month plan: Up to 15-day freeze applicable for couple memberships.
  - 12-month plan: Up to 30-day freeze applicable for couple and family memberships.
- All benefits of membership are valid during the active membership period only.
- Other terms and conditions not specified above may apply.





## SWIMMING LESSONS

Number of sessions	Number of persons	Duration per session	Validity period	Rate
1	1	60 minutes	30 days	10
6	1	60 minutes	14 days	54
1	2	60 minutes	30 days	18
6	2	60 minutes	14 days	103
1	3	60 minutes	30 days	24
6	3	60 minutes	30 days	138
1	4	60 minutes	30 days	30
6	4	60 minutes	30 days	173

\* Applicable for guests aged 4 years and above

## PERSONAL TRAINING

Number of sessions	Number of persons	Duration per session	Validity period	Rate
1	1	60 minutes	1 day	20
6	1	60 minutes	14 days	108
12	1	60 minutes	30 days	204
20	1	60 minutes	45 days	320

### Terms & Conditions:

1. Prices are listed in Omani Rials (OMR), inclusive of all taxes.
2. Packages are non-refundable and non-exchangeable.
3. Sessions cannot be transferred to another individual.
4. All sessions must be used within the specified validity period; unused sessions will be forfeited.
5. Cancellations must be made at least 24 hours in advance; late cancellations result in a forfeited session.
6. Sessions can be rescheduled within the validity period, subject to availability and with a 24-hour notice.
7. Late arrivals will result in reduced session time, with no extensions provided.
8. Clients must follow all facility rules and disclose any relevant health conditions.
9. Sessions missed due to emergencies may be rescheduled at the management's discretion with proper documentation.

## TENNIS ACCESS PASS

Number of persons per court	Duration per session	Rate
Up to 4 persons	60 minutes	10
Up to 4 persons	120 minutes	18

### Additional benefits:

1. 20% discount on selected water sports activities.
2. Access to showers and complimentary towels at the Health Club.
3. Complimentary drinking water available.

### Terms & Conditions:

1. Prices are listed in Omani Rials (OMR), inclusive of all taxes.
2. Usage of tennis is subject to availability.
3. Tennis passes must be booked 24 hours in advance and are subject to confirmation.
4. Cancellations must be made at least 12 hours in advance; otherwise, the pass will be forfeited.
5. Maximum booking time is limited to 2 hours.
6. Tennis passes are non-refundable and non-transferable.
7. Tennis passes allow access for a specific time slot only; extensions are not permitted.
8. Proper tennis attire and footwear are required; users must follow all court rules and etiquette.
9. Tennis pass holders are not allowed to bring additional guests unless pre-approved by management.
10. In case of bad weather, day passes may be rescheduled but not refunded.
11. Pass holders must ensure they are fit to play and assume all responsibility for their health during play.
12. The facility reserves the right to deny access or remove users who violate policies or disrupt hotel guests.

## RESORT DAY PASS

Type	Age group	Duration	Price Sunday to Thursday	Price Friday & Saturday
1 Resort Day Pass	18 years and above	During opening hours	15	20
1 Resort Day Pass	Below 18 years	During opening hours	10	10
10 Resort Day Pass	18 years and above	During opening hours	135	180
10 Resort Day Pass	Below 18 years	During opening hours	90	90

### Additional benefits:

Resort Day Pass holders enjoy 20% discount on food & beverage at selected operational outlets only and special events.

### Terms & Conditions:

1. Resort day pass is strictly non-refundable, regardless of circumstances.
2. Access is subject to occupancy levels and may be denied at the resort's discretion without prior notice.
3. Bringing outside food or beverages is not permitted.
4. Resort passes cannot be transferred to another person.
5. Package passes are valid for 90 days from the date of purchase.
6. Guests must adhere to all resort rules and maintain appropriate behavior. Non-compliance may result in removal without compensation.
7. The resort reserves the right to modify terms, access, or revoke passes as necessary to ensure guest safety and satisfaction.

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