

Getting a free family membership

- This benefit is for contracted staff (full or part time).
- This benefit allows your partner and up to four children (all at same address) to become members and access all facilities within Serco Leisure as part of their membership - [Serco Leisure Managed Facilities – Google My Maps](#)
- To access this offer, please speak with a Membership Advisor at your centre.
- For the Membership Advisor to set up your free family account, you will need a Serco email address or your SAP (employee) number (if you do not know this, please ask your Line Manager), plus the personal details of your family member(s).
- This offer is across all H&F/Swim memberships and allows the membership holder to book all sessions included as part of the standard membership package one day in advance.

Working out as a family is fun!

There are so many health benefits to keeping active, but when it comes specifically to family fitness workouts, one of the biggest benefits is that it makes workouts fun. Being around family, no matter how big or small, brings a good energy and makes any activity more fun.

When you combine this with the endorphins from exercising, you create a positive experience for everyone involved. This can bring your family closer together and help your children to build a good relationship with exercise.

