

# MEMBERSHIP



To apply for membership please complete all questions.

☐ ANNUAL MEMBERSHIP - £345

☐ MONTHLY DIRECT DEBIT - £37 PER MONTH

☐ JOINT MEMBERSHIP - £590

Pro Rata Payment -

Join Date -

☐ 6 MONTH MEMBERSHIP - £185

☐ 7 DAY TRIAL - £15

Member Details: Please write in BLOCK CAPITALS

Full Name:

Contact Number:

E-Mail:

Date Of Birth: (Must be 16 or older)

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|  |  |  |  |  |  |  |  |
|--|--|--|--|--|--|--|--|

Postcode:

Renewal:

☐

New Member:

☐

Would you like to schedule a gym induction?

Yes please!

☐

No, thank you

☐

The weights room and fitness suite is unsupervised; I agree to use the equipment in the proper and correct way as detailed on each machine. I am aware of my responsibilities to consult with my personal physician regarding my medical fitness to engage in exercise. I do hereby intend to be legally bound for myself and waive release of any and all rights and claims for damages I may have against the training facility.

**Radley College are unable to award refunds or membership extensions due to illness, injury, relocation or change of circumstance.**

**By signing this form I agree to my details being stored on the Glofox database. You may choose not to supply personal identification information, however this may prevent you from engaging in certain site related activities.**

Direct debit cancellations must be made directly with your bank.

**The College accepts no responsibility for personal injury, however caused whilst using this facility.**

Signature:

.....

Date:

.....

For Radley Sports Centre Staff:

Start Date:

Expiry Date:

Card Number:

Signed (Staff):

.....

To Do:

☐

Payment

☐

Update ACT

☐

Update GloFox

☐

Note to GloFox

☐

Scan/Saved

# PAR - Q FORM



To apply for membership please complete all questions.

Full Name :

Doctors Address :

Date Of Birth :     (Must be 16 or over)

Signature : ..... Date : .....

## Questions:

Has your doctor ever said that you have a heart condition and that you should only perform physical activity recommended by a doctor?

Yes : ☐ No : ☐

Do you feel pain in your chest when performing physical activity?

Yes : ☐ No : ☐

Have you experienced chest pain when NOT performing physical activity in the last month?

Yes : ☐ No : ☐

Do you lose your balance because of dizziness or have you lost consciousness recently?

Yes : ☐ No : ☐

Do you have any bone or joint problems such as arthritis, which could be aggravated through physical activity?

Yes : ☐ No : ☐

Is your doctor currently prescribing you medications for high blood pressure or a heart condition?

Yes : ☐ No : ☐

Is there any reason why you should not participate in physical activity?

Yes : ☐ No : ☐

Reason :

If you answered yes to one or more questions or are concerned about your health, consult a physician before taking a fitness test or substantially increasing your physical activity. You should ask for a medical clearance along with information about specific exercise limitations you may have.

If you answered no to all the PAR-Q questions, you can be reasonably sure that you can exercise safely and have low risk of having any medical complications from exercise. It is still important to start slowing and increase gradually.

PLEASE NOTE: If your health changes so that subsequently you answer YES to any of the above questions, inform your fitness or health professional immediately. Ask whether you should change your physical activity or exercise plan.

If you are not feeling well because of a temporary illness, such as a cold or a fever, wait until you feel better to begin exercising. If you are or may be pregnant, talk with your doctor before you start becoming more active.

# DIRECT DEBIT FORM

Only to be completed if you are signing up for a Direct Debit Membership

Instruction to your Bank or Building Society:

Please pay Radley College Direct Debits from the account detailed in this Instruction subject to the safeguards assured by the Direct Debit Guarantee.

I understand that this Instruction may remain with Radley College and, if so, details will be passed electronically to my Bank/Building Society.

Name(s) of Account Holder(s):

|  |
|--|
|  |
|  |

Originators Identification Number:

858633

Name of member (if not the same as account holder):

|  |
|--|
|  |
|--|

Are you paying for more than 1 direct debit membership? If yes, please state number of memberships to be charged to this account:

|  |
|--|
|  |
|--|

Bank/Building Society Account Number:

|  |  |  |  |  |  |  |  |
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|--|--|--|--|--|--|--|--|

I understand that this Instruction may remain with Radley College and, if so, details will be passed electronically to my Bank/Building Society.

Branch Sort Code:

|  |  |  |  |  |  |  |  |
|--|--|--|--|--|--|--|--|
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Signature(s):

Date:

Banks and Building Societies may not accept Direct Debits from some types of account.

**I acknowledge that if I wish to cancel my direct debit membership, I must do so directly with my bank via my online banking app or in my local branch:**

Signature(s):

Date:

The Guarantee



- The Guarantee is offered by all banks and building societies that accept instructions to pay Direct Debits
- If there are any changes to the amount, date or frequency of your Direct Debit the organisation will notify you (normally 10 working days) in advance of your account being debited or as otherwise agreed. If you request the organisation to collect a payment, confirmation of the amount and date will be given to you at the time of the request
- If an error is made in the payment of your Direct Debit, by the organisation or your bank or building society, you are entitled to a full and immediate refund of the amount paid from your bank or building society
- If you receive a refund you are not entitled to, you must pay it back when the organisation asks you to
- You can cancel a Direct Debit at any time by simply contacting your bank or building society. Written confirmation may be required. Please also notify the organisation.

# CLASS TIMETABLE

| Time          | Mon           | Tues     | Wed      | Thur      | Fri     |
|---------------|---------------|----------|----------|-----------|---------|
| 8:15 - 9:00   | Barre Balance |          |          |           | Pilates |
| 9:00 - 9:45   |               | Aqua FIT |          |           |         |
| 9:15 - 9:45   |               |          |          | FIT       | FIT     |
| 10:15 - 10:45 |               | FIT      |          |           |         |
| 12:15 - 12:45 | FIT           |          |          |           |         |
| 17:30 - 18:00 | FIT           |          | FIT      |           |         |
| 18:10 - 19:00 | Circuits      |          | Bodyburn |           |         |
| 18:30 - 19:30 |               | Yoga     |          | Dance FIT |         |
| 19:00 - 19:45 |               |          | Pilates  |           |         |

\*Please note that classes may not run during some school holidays.

| Location       | Class                                                                                                                           |           |         |
|----------------|---------------------------------------------------------------------------------------------------------------------------------|-----------|---------|
| Sports Hall    | Circuits                                                                                                                        | Bodyburn  |         |
| Fitness Suite  | FIT                                                                                                                             |           |         |
| Barker Gym     | Yoga                                                                                                                            | Dance FIT | Pilates |
| Radley Primary | Classes in Barker Gym will move to Radley Primary or Sports Hall during exam periods. This may cause the time of class to vary. |           |         |

# SWIM TIMETABLE

| Swim Sessions         | Mon                            | Tues          | Wed           | Thur          | Fri                            |
|-----------------------|--------------------------------|---------------|---------------|---------------|--------------------------------|
| <b>Morning Swim</b>   | 6:30 - 8:45                    |               | 6:30 - 8:45   |               | 6:30 - 8:45                    |
| <b>Lunchtime Swim</b> | 13:00 - 13:30                  | 12:30 - 14:00 | 12:30 - 13:15 | 12:30 - 14:00 | 13:00 - 13:30                  |
| <b>Evening Swim</b>   | 18:00 - 19:00<br>18:00 - 20:30 | 18:00 - 20:30 | 18:00 - 19:00 | 18:00 - 21:00 | 18:00 - 19:00<br>18:00 - 21:00 |

| Weekend Swim Sessions | Sat                            | Sun                            |
|-----------------------|--------------------------------|--------------------------------|
| <b>Lunchtime Swim</b> | 13:00 - 14:00<br>13:00 - 14:00 | 12:30 - 13:30<br>12:30 - 13:30 |
| <b>Evening Swim</b>   | 16:00 - 17:00                  | 17:00 - 18:00<br>17:00 - 18:00 |

\* Radley College Staff members are permitted to bring their children to swim sessions marked in **RED**. 3 single lanes will remain solely for members' swimming during these sessions.

# GYM OPENING HOURS



RADLEY  
LEISURE CLUB

| During Term Time          | Morning       | Evening       |
|---------------------------|---------------|---------------|
| Monday & Wednesday        | 06:30 - 13:00 | 15:30 - 21:00 |
| Tuesday, Thursday, Friday | 06:30 - 13:00 | 18:00 - 21:00 |
| Saturday & Sunday         | 08:30 - 13:00 |               |

| Out of Term Time  | All Day       |
|-------------------|---------------|
| Monday - Friday   | 06:30 - 21:00 |
| Saturday & Sunday | 08:30 - 17:00 |

## LOCAL DISCOUNT

10 % OFF

**topsport**  
(sportsgoods) Ltd

**PROOF**  
SOCIAL BAKEHOUSE

**Pedal**  
Power CYCLES

**JAVA & CO**  
coffee ★ cake ★ care

**fit**2  
run

WITH YOUR RADLEY LEISURE CLUB CARD