

*Aerobics, Archery, Badminton, Baseball, Fencing, Fitness Machines, Gymnastics, Handball, Judo, Karate, Netball, Roller Skating, Squash, Table Tennis, Tennis, Trampolining, Weight training*

## Sports Centre Membership Information

*Membership includes the following benefits:*

No entry fee.

Cheaper rates for use of equipment, courts, etc.  
Book up to ten days in advance.

### Cost of Membership

<i>Family</i>	6 months: £34
	12 months: £58
<i>Adult</i>	Day membership: 65p
	1 month: £3
	6 months: £18
	1 year: £36
<i>Junior</i>	Day membership: 40p
	6 months: £8
	1 year: £13

### Rules of Membership

- Members may book courts, etc. by telephone 9.30 a.m.–10.30 p.m. seven days a week up to ten days in advance. Membership number must be given when booking by phone and payment made immediately on arrival at the sports centre. A booking made in this way may only be used by the member and his/her guest or guests.
- Members need not pay day membership fees provided that they can produce a membership card. Failure to do so will result in a day membership fee and full cost for use of any equipment, courts, etc. being charged.
- Bookings may be cancelled up to 48 hours before the day, otherwise the hire fee will be charged plus an administrative charge.

### Fitness Machines

These machines will help you to work almost every muscle in your body. Before training by yourself, it is necessary to come to a minimum course of two classes which will give you the 'SKY' card so that you can train whenever you like. One-hour classes are held every week on Monday and Friday at 12 noon and 9 p.m. Fee per class: Member £2.15, Non-member £5.00. Individual training fees (after receipt of 'SKY' or 'BLUE' card only): Member £2.10 per hour, Non-member £3.20 per hour.

### Weight Training

If you would like to become a little more serious about the shape of your body, then our weight training room is for you. This area allows you to train using 'free' weights as well as machines and can help you to reach a really high level of physical fitness. Before training here, you must first attend classes to obtain your 'SKY' card (see Fitness Machines), followed by a minimum of two further classes to gain your 'BLUE' card which will allow you to train on your own. For fees, see Fitness Machines above.

However, if you are an experienced weight trainer, then it may not be necessary for you to come to classes. Consultation with one of our instructors will provide more advice on this matter. If it is not necessary for you to take any classes, your first weight training session will cost £6, which includes your 'BLUE' card.

- Look at the statements below about a sports centre.
- Read the text on the next page to decide if each statement is correct or incorrect.

- 11 You must become a member for at least one month.
- 12 Bookings must be made during the morning.
- 13 It is unnecessary for members to pay at the time of booking.
- 14 Only members can use courts booked in advance.
- 15 You'll have to pay extra if you don't show your membership card.
- 16 If you cancel the day before your booking, you must still pay.
- 17 You must attend at least two classes on the fitness machines to get your "SKY" card.
- 18 Weight training is for people who want to get extra fit.
- 19 It costs more to do weight training alone than to attend the class.
- 20 All new members must attend classes before they can have a 'BLUE' card.