



The poolside gym and fitness studio have stunning views of the tropical blue waters of the pool. The light and airy environment provides the perfect space for your workout or fitness class.

- Please fill out all necessary details including your method of payment and the direct debit mandate, if applicable. It is important that the medical questionnaire is completed and signed as well as the terms and conditions of the contract.
- The minimum age for members is 16 unless approved by the gym manager.
- Concession rates apply to under 18s, over 60s, NUS card holders, registered disabled and BOA passport holders.
- We will need to take a photo of you at reception to put with your membership details.

Thank you for taking time to complete your application carefully and we look forward to welcoming you to our gym and studio.

Personal details

Family name	<input type="text"/>		
First name	<input type="text"/>	Date of birth	<input type="text"/>
Address	<input type="text"/>		
	<input type="text"/>		
	<input type="text"/>	Postcode	<input type="text"/>
Main telephone	<input type="text"/>	<i>other telephone</i>	<input type="text"/>
email	<input type="text"/>		

Emergency contact details

Contact name	<input type="text"/>	Main telephone	<input type="text"/>
<i>relationship</i>	<input type="text"/>	<i>other telephone</i>	<input type="text"/>

for office use only

Induction date	<input type="text"/>	Membership type	<input type="text"/>
Payment type	<input type="text"/>	Annual valid until	<input type="text"/>
Card done (y/n)	<input type="text"/>	Joining fee paid (£)	<input type="text"/>
Coupled with	<input type="text"/>	Account name (dd)	<input type="text"/>

Membership information

With our three methods of membership payment – annual, monthly direct debit or pay as you go (PAYG) – we offer a choice that is either most cost effective or more convenient for you. With the exception of PAYG, you can also add classes and swimming to your membership.

- **Gym membership** entitles the member to gym use during public hours. You are required to undergo an induction before using the gym.
- **Class membership** can be added which entitles the member to aqua aerobics, circuits, and studio classes, but please be aware of the exceptions (which are subject to change) detailed in the Poolside Fitness timetable.
- **Swimming** can also be added to your membership but is not available as 'Swim only'.

Please indicate the type of membership you require by ticking the relevant boxes.

Annual membership		Gym		add Classes		add swimming	
	Individual	£300	<input type="checkbox"/>	+ £150	<input type="checkbox"/>	+ £250	<input type="checkbox"/>
	Joint/Couple	£510	<input type="checkbox"/>	+ £255	<input type="checkbox"/>	+ £425	<input type="checkbox"/>
	Concession	£210	<input type="checkbox"/>	+ £105	<input type="checkbox"/>	+ £175	<input type="checkbox"/>

- Annual membership is a one off payment valid for one year from the date of your card being issued.

Direct Debit membership		Gym		add Classes		add swimming	
	Individual	£30	<input type="checkbox"/>	+ £15	<input type="checkbox"/>	+ £25	<input type="checkbox"/>
	Joint/Couple	£51	<input type="checkbox"/>	+ £26	<input type="checkbox"/>	+ £43	<input type="checkbox"/>
	Concession	£21	<input type="checkbox"/>	+ £11	<input type="checkbox"/>	+ £18	<input type="checkbox"/>

- Direct Debit membership is set up through our bank via the Direct Debit mandate attached to this form. Please complete this before your induction and be aware that should you wish to cancel your membership, you must inform your bank and cancel your own Direct Debit. Please notify us when you stop the payments and return your membership card to us as soon as possible.
- Payments are taken on the 1st of each month.
- If joining (i.e. your membership card has been issued) before the 14th of any month, the remainder of that month will be payable in advance. If joining after the 14th then the following month will also have to be paid.

Pay As You Go (PAYG) membership		Gym		add Classes		add swimming	
	Individual	£6.50	<input type="checkbox"/>	not applicable	<input type="checkbox"/>	not applicable	<input type="checkbox"/>
	Concession	£5.50	<input type="checkbox"/>	not applicable	<input type="checkbox"/>	not applicable	<input type="checkbox"/>
	Club 1315 (for 13 and 15 year olds who can use the gym between 3pm-5pm on Mon/Wed/Fri)	£3.50	<input type="checkbox"/>	not applicable	<input type="checkbox"/>	not applicable	<input type="checkbox"/>

- PAYG is available for gym membership only.
- You can of course attend any of our studio classes or come swimming therefore a PAYG membership is not required.

Joining fee A joining fee is payable when you submit this completed form. Fees are £30 per individual and £60 per couple and are non refundable.

Consent to exercise

- Exercising is an essential part of maintaining a healthy lifestyle. Some people however are unable to participate fully due to illness or other medically restrictive reasons. It is therefore important that the following questions are answered fully and honestly to enable us to ensure that our members can exercise safely.
- Please ensure that you sign the declaration below.
- If you are under 18 a parent or guardian must also sign.
- If you are unable to sign for any other reason, a nominated responsible person may do so on your behalf

Physical Activity Readiness Questionnaire (PARQ) Please tick as appropriate	Yes	No
Have you, for any reason, been unable to exercise in the past?	<input type="checkbox"/>	<input type="checkbox"/>
Has your physician ever advised you against exercising?	<input type="checkbox"/>	<input type="checkbox"/>
Have you ever suffered from any cardiac (heart) related illness?	<input type="checkbox"/>	<input type="checkbox"/>
Have you ever suffered from respiratory difficulties?	<input type="checkbox"/>	<input type="checkbox"/>
Have you ever suffered from fainting, migraines or loss of balance?	<input type="checkbox"/>	<input type="checkbox"/>
Have you ever suffered from any bone, joint or muscle related disease?	<input type="checkbox"/>	<input type="checkbox"/>
Is there any history of heart disease in your family?	<input type="checkbox"/>	<input type="checkbox"/>
Have you experienced chest pain whilst exercising?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have high blood pressure?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have elevated cholesterol levels?	<input type="checkbox"/>	<input type="checkbox"/>
Are you currently taking prescribed medication?	<input type="checkbox"/>	<input type="checkbox"/>

- If you answered Yes to any of the above, please give details below. All information is held in strictest confidence and accessible only by the gym manager and relevant staff.

Your doctor's details

Doctor's name	<input type="text"/>	Surgery telephone	<input type="text"/>
Surgery name	<input type="text"/>		
Surgery address	<input type="text"/>		

Declaration of consent to exercise

I confirm that all the answers above are true to the best of my knowledge and I believe I am able to participate in exercise at Hampton Pool Poolside Fitness.

Signature	<input type="text"/>	Date	<input type="text"/>
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The person making this application is under 18 or unable to sign themselves. Therefore I confirm that I will be taking responsibility for this person's declaration.

Name	<input type="text"/>	Relationship	<input type="text"/>
Signature	<input type="text"/>	Date	<input type="text"/>

Terms and conditions

Please read the following carefully and sign the declaration below. If you are under 18 a parent or guardian must also sign. If you are unable to sign for any other reason, a nominated responsible person may do so on your behalf.

- Membership cards are to be handed into reception for admittance. Without your membership card, you will be unable to use the gym and will be required to pay the normal rate for classes or swimming.
- If a card is lost, a replacement will be made on receipt of £5 to cover our administrative costs.
- The gym is for the use of Hampton Pool Poolside Fitness members only, therefore guests are not allowed.
- Membership to the gym and classes does not include swimming unless you have added swimming on this application form.
- During busy periods please limit your time on popular equipment such as the treadmills.
- For reasons of health and safety, members must adhere strictly to the following:
 - All free weights are to be returned to their racks after use.
 - All other equipment is to be returned tidily to the appropriate stowage in the gym and studio.
 - Cups and mugs are not allowed in the gym or studio.
 - Members should bring a small towel to wipe down machinery after use.
 - Tracksuits or shorts and t-shirts must be worn at all times.
 - Suitable footwear should be worn at all times, unless otherwise informed by an instructor (yoga etc).
 - Members not taking part in circuits are to leave the gym promptly at the designated start time.
 - Offensive language or behavior will not be tolerated.
 - Clashing weights, excessive noises and mistreatment of equipment will not be tolerated.
 - Chewing gum and mobile phones are not permitted in the gym.
- Anyone thought to be under the influence of alcohol or drugs will be ejected and their membership will be reviewed.
- If, for any reason, a direct debit payment fails to credit our account, membership will be suspended until payment resumes or another payment method is used.
- Hampton Pool Poolside Fitness management reserve the right to exclude any member they deem not to be adhering to any of the above or who by their actions poses a health and safety risk to others.

Declaration

I have read and understood the terms and conditions of Hampton Pool Poolside Fitness and agree to abide by them. I understand that my membership can be revoked at any time should I fail to comply with these terms and conditions. I have declared myself medically able to use the gym and take part in classes and understand that I do so at my own risk. This does not affect my rights as a consumer for any accident caused by negligence of Hampton Pool Poolside Fitness.

Signature		Date	
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The person making this application is under 18 or unable to sign themselves. Therefore I confirm that I will be taking responsibility for this person's declaration.

Name		Relationship	
Signature		Date	

How did you hear about us?

Existing pool user	<input type="checkbox"/>	Recommendation	<input type="checkbox"/>	Website	<input type="checkbox"/>
Posters	<input type="checkbox"/>	Previous visitor	<input type="checkbox"/>	Local radio	<input type="checkbox"/>
Roadside banner	<input type="checkbox"/>	Telephone directory	<input type="checkbox"/>	Local newspaper	<input type="checkbox"/>
Leaflet	<input type="checkbox"/>	Driving/walking past	<input type="checkbox"/>	which one?	<input type="text"/>



Hampton Pool is managed by YMCA London South West on behalf of Hampton Pool Trust. Hampton Pool Trust and YMCA LSW are both registered charities.

