



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 standing order 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 also require **2 passport sized photographs** to be submitted with this form. Please affix one photo to this form and attach one to the top for your membership card. Unfortunately, without your photographs we will be unable to complete your induction or issue a membership card.

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 (s/o)	<input type="text"/>

Please affix one photo here

Membership information

With our three methods of membership payment – annual, monthly standing order 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.

Standing Order 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"/>

- Standing Order membership is set up through our bank via the Standing Order 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 Standing Order. 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	<input type="checkbox"/>	not applicable	<input type="checkbox"/>	not applicable	<input type="checkbox"/>
	Joint/Couple	£10	<input type="checkbox"/>	not applicable	<input type="checkbox"/>	not applicable	<input type="checkbox"/>
	Concession	£5	<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.

- All members are required to complete the application form fully and supply two passport photographs.
- 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 a photograph and £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 standing order 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"/>





Instruction to your Bank or Building Society to pay by Direct Debit

Please fill in the whole form using a ball point pen and return to:

**Hampton Pool
High Street
Hampton
Middlesex
TW12 2ST**

Originator's Identification Number

6	2	4	0	0	9
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Name(s) of Account Holder(s)

Reference

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Instruction to your Bank or Building Society

Please pay **YMCA London South West** 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 **YMCA London South West** and, if so, details will be passed electronically to my Bank/Building Society.

Bank/Building Society account number

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Branch Sort Code

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Name and full postal address of your Bank or Building Society

To: The Manager	Bank/Building Society
Address	
Postcode	

Signature(s)

Date

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Banks and Building Societies may not accept Direct Debit Instructions from some types of account

YMCA LSW is a registered charity (Charity No. 1041923)

DD12

This guarantee should be detached and retained by the Payer.

The Direct Debit Guarantee



- This Guarantee is offered by all Banks and Building Societies that take part in the Direct Debit Scheme. The efficiency and security of the Scheme is monitored and protected by your own Bank or Building Society.
- If the amounts to be paid or the payment dates change **YMCA London South West** will notify you **10** working days in advance of your account being debited or as otherwise agreed.
- If an error is made by **YMCA London South West** or your Bank or Building Society, you are guaranteed a full and immediate refund from your branch of the amount paid.
- You can cancel a Direct Debit at any time by writing to your Bank or Building Society. Please also send a copy of your letter to us.

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