

MEMBERSHIP



RADLEY

To apply for membership please complete all questions.

- ANNUAL MEMBERSHIP - £325
- ANNUAL RENEWAL - £275
- JOINT MEMBERSHIP - £450
- MONTHLY DIRECT DEBIT - £32 PER MONTH
- 6 MONTH MEMBERSHIP - £175
- 7 DAY TRIAL - £15

Member Details:

Full Name :

E-Mail :

Contact Number :

Date Of Birth : (Must be 16 or over)

Gender : Male Female Other Prefer not to say

Signature : Date :

For Radley Sports Centre Staff:

Start Date : Status : Renewal New Member

Card Number : Signed (staff) :

To Do : Payment Update ACT Update GloFox Note Added on GloFox

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 or relocation.

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. You will not be opted in to receive any form of marketing from Glofox.

[Direct debit cancellations must be made directly with your bank.](#)

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

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 :

Currently, I do not exercise regularly. Do you agree with this statement? Yes : No :

Is there any reason why you should not participate in physical activity? Yes : No :

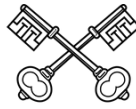
Reason :

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.



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Activity Timetable

Classes	Mon	Tues	Wed	Thur	Fri
FIT Class	17:30 - 18:00	10:15 - 10:45	17:30 - 18:00		9:15 - 9:45
Circuits	18:10 - 19:00				
Bodyburn			18:10 - 19:00		
Yoga		18:30 - 19:30	19:00 - 20:00		
Dance FIT				18:10 - 19:00	

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

Swim Sessions	Mon	Tues	Wed	Thur	Fri
Morning Swim	6:30 - 8:00		6:30 - 8:00		6:30 - 8:00
Lunchtime Swim	13:00 - 13:30	12:30 - 13:15	12:30 - 13:15	12:30 - 13:15	13:00 - 13:30
Evening Swim	18:00 - 19:00	18:00 - 19:00	18:00 - 18:30	18:00 - 19:00	18:00 - 19:00

Weekend Swim Sessions	Sat	Sun
Lunchtime Swim	13:00 - 14:00	12:30 - 13:30
Evening Swim	16:00 - 17:00	17:00 - 18:00



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Opening Hours

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

2023

JANUARY						FEBRUARY					MARCH					
S	1	8	15	22	29		5	12	19	26		5	12	19	26	S
M	2	9	16	23	30		6	13	20	27		6	13	20	27	M
T	3	10	17	24	31		7	14	21	28		7	14	21	28	T
W	4	11	18	25		1	8	15	22		1	8	15	22	29	W
T	5	12	19	26		2	9	16	23		2	9	16	23	30	T
F	6	13	20	27		3	10	17	24		3	10	17	24	31	F
S	7	14	21	28		4	11	18	25		4	11	18	25		S

APRIL						MAY					JUNE						
S		2	9	16	23	30		7	14	21	28		4	11	18	25	S
M		3	10	17	24		1	8	15	22	29		5	12	19	26	M
T		4	11	18	25		2	9	16	23	30		6	13	20	27	T
W		5	12	19	26		3	10	17	24	31		7	14	21	28	W
T		6	13	20	27		4	11	18	25		1	8	15	22	29	T
F		7	14	21	28		5	12	19	26		2	9	16	23	30	F
S	1	8	15	22	29		6	13	20	27		3	10	17	24		S

JULY						AUGUST					SEPTEMBER						
S		2	9	16	23	30		6	13	20	27		3	10	17	24	S
M		3	10	17	24	31		7	14	21	28		4	11	18	25	M
T		4	11	18	25		1	8	15	22	29		5	12	19	26	T
W		5	12	19	26		2	9	16	23	30		6	13	20	27	W
T		6	13	20	27		3	10	17	24	31		7	14	21	28	T
F		7	14	21	28		4	11	18	25		1	8	15	22	29	F
S	1	8	15	22	29		5	12	19	26		2	9	16	23	30	S

OCTOBER						NOVEMBER					DECEMBER						
S	1	8	15	22	29		5	12	19	26		3	10	17	24	31	S
M	2	9	16	23	30		6	13	20	27		4	11	18	25		M
T	3	10	17	24	31		7	14	21	28		5	12	19	26		T
W	4	11	18	25		1	8	15	22	29		6	13	20	27		W
T	5	12	19	26		2	9	16	23	30		7	14	21	28		T
F	6	13	20	27		3	10	17	24			1	8	15	22	29	F
S	7	14	21	28		4	11	18	25			2	9	16	23	30	S

Shaded dates indicate when Radley is in term time.