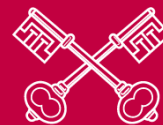




Radley Leisure Club

# MEMBERSHIP



RADLEY

To apply for membership please complete all questions.

- |  |   |
|--|---|
| <input type="checkbox"/> ANNUAL MEMBERSHIP - £325  | <input type="checkbox"/> MONTHLY DIRECT DEBIT - £35 PER MONTH |
| <input type="checkbox"/> JOINT MEMBERSHIP - £550   | <input type="checkbox"/> 7 DAY TRIAL - £15                    |
| <input type="checkbox"/> 6 MONTH MEMBERSHIP - £175 |   |

Member Details: Please write in BLOCK CAPITALS

Full Name:

Contact Number:

E-Mail:

Date Of Birth: (Must be 16 or older)

--	--	--	--	--	--	--	--

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



Radley Leisure Club

# PAR - Q FORM



RADLEY

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 slowly 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.



Radley Leisure Club

# CONSENT FORM



RADLEY

Please read and sign the following consent form

**In order to provide you with the most effective instruction during your fitness classes, it may be necessary for the instructor to make physical adjustments to your posture, alignment, or technique. These adjustments will be done solely with the intent to enhance your safety and ensure you are performing exercises correctly.**

**Please read and sign the following consent form to acknowledge your understanding and agreement:**

**Purpose of Touch:**

I understand that during the fitness class, the instructor may use physical touch to make adjustments to my form, posture, or alignment to improve my technique and reduce the risk of injury.

**Safety and Professionalism:**

I understand that any touch used by the instructor will be done in a professional and respectful manner, with the primary goal of enhancing my performance and safety.

**Right to Withdraw Consent:**

I understand that I can withdraw my consent for physical adjustments at any time during the class, simply by notifying the instructor, without fear of any negative consequences or judgement.

**Health and Medical Conditions:**

I have disclosed any relevant medical conditions or injuries that may affect my ability to safely participate in fitness activities. I agree to inform the instructor of any concerns regarding touch or adjustments due to these conditions.

By signing below, I confirm that I have read and understood the above terms and agree to allow the instructor to make physical adjustments to my posture, technique, or alignment during the class. I understand that I can withdraw consent at any time during the class, and that my participation is voluntary.

After reading the above, please sign and date below

Full Name :

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

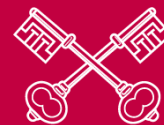
**Thank you for your cooperation and understanding.**

This form is designed to ensure clarity and mutual respect between clients and instructors, while prioritising the client's safety and comfort throughout their fitness journey.



Radley Leisure Club

# DIRECT DEBIT FORM



RADLEY

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):


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

--

Bank/Building Society Account Number:

--	--	--	--	--	--	--	--

Branch Sort Code:

--	--	--	--	--	--	--	--

Originators Identification Number:

858633

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

--

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

Signature(s):

Date:

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

To cancel your Direct Debit at any time, please cancel your Direct Debit via your banking app or in your local branch.

## 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.





Radley Leisure Club

# CLASS TIMETABLE



RADLEY

Time	Mon	Tues	Wed	Thur	Fri
8:15 - 9:00					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	Dance FIT	
18:30 - 19:30		Yoga			
19:00 - 20:00			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 - 8:00		6:30 - 8:00		6:30 - 8:00
<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 18:00 - 20:30	18:00 - 20:30	18:00 - 19:00	18:00 - 21:00	18:00 - 19:00 18:00 - 21:00

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



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

**fit2**  
run

WITH YOUR RADLEY LEISURE CLUB CARD

# 2025 Term Dates

## JANUARY

Mo	Tu	We	Th	Fr	Sa	Su
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

## FEBRUARY

Mo	Tu	We	Th	Fr	Sa	Su
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28		

## MARCH

Mo	Tu	We	Th	Fr	Sa	Su
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

## APRIL

Mo	Tu	We	Th	Fr	Sa	Su
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

## MAY

Mo	Tu	We	Th	Fr	Sa	Su
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

## JUNE

Mo	Tu	We	Th	Fr	Sa	Su
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

## JULY

Mo	Tu	We	Th	Fr	Sa	Su
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

## AUGUST

Mo	Tu	We	Th	Fr	Sa	Su
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

## SEPTEMBER

Mo	Tu	We	Th	Fr	Sa	Su
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

## OCTOBER

Mo	Tu	We	Th	Fr	Sa	Su
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

## NOVEMBER

Mo	Tu	We	Th	Fr	Sa	Su
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

## DECEMBER

Mo	Tu	We	Th	Fr	Sa	Su
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Dates in **Red** indicate when Radley is in term time.