

# Membership Information & FAQ's

We are delighted you are considering taking out a membership at Stocksbridge Community Leisure Centre.

The following information outlines all you need to know about how our membership schemes operate, the benefits you will receive as a member and all the terms and conditions relating to your membership.

Please take time to read these as they contain useful information you need to be aware of and that will be of help.

## Centre Opening Times:

Mon – Fri	7.00am – 9.00pm
Sat	7.00am – 6.00pm
Sun	8.00am – 1.00 pm

Please note that during the school term the fitness gym is used by school groups and our Teen Gym sessions – see notice at Gym entrance for times. Members are welcome to use the fitness gym at these times, but access to equipment may be severely limited.

## What benefits do I receive as a gym member?

### Your Gym Membership

As a member under this scheme, we operate the same four pricing options and payment methods. Membership entitles you to unlimited access to **Your Gym** for as often and as long as you like. You will have access to qualified gym instructors at specific times, who can arrange personal training (chargeable) and give advice on the best fitness programmes to suit your needs. Further advice around health and nutrition is also available. You will also be entitled to 20% discount on all the other dry side facilities including children's parties. Selected Fitness Classes are also included within the Gym membership (Please see the SCLC Fitness Class Options Included In Our Membership Leaflet for details). You get the 'Your Deals' discounts and in addition, you also have voting rights as a Trust Member.

**This membership does not give discount for Swimming Pools use, but you can save by switching to a Your Gym & Swim card.**

### Do I need to undergo induction before I can use Your Gym?

Yes - whether you are new to exercise or have been a regular gym goer, we want to ensure you understand how to use our gym equipment safely and effectively. Therefore, before using SCLC gym you must complete a gym induction.

No one may use any fitness equipment within the Fitness suite / Gym before arranging a Gym Induction and completing a **Physical Activity Readiness Questionnaire (PAR-Q) form supplied with this leaflet**. These must be completed and handed to the Gym Instructor at your induction.

If necessary, a doctor's consent may also apply and if required must be returned before using the Fitness suite / Gym.



### What does the induction cover and for how long?

Our qualified instructors will show you how to use each piece of gym equipment and give you the opportunity to try them. This ensures you are confident in using our equipment safely and that you get the most out of your workout. It should only last approx 30 min.

### How do I arrange induction?

Simply call SCLC to arrange a suitable time. Our gym inductions are completed at a maximum ratio of 1:4 people, so if you have a friend that also wants to join our gym why not book an induction together!

### How much will it cost?

If you have a Gym Membership your induction will be free. All other customers will pay the appropriate pay as you go fee, currently £5.

### What are the gym rules/Gym Code of Conduct?

To ensure the enjoyment of all customers the code of conduct shown below must be followed:

- All customers must have an induction.
- Membership cards must be swiped at the centre's main reception, prior to entering the gym. Be prepared to show your valid membership card at any time.
- No spectators are allowed in the gym environment.
- All bags and valuables must be left in a locker.
- The use of mobile phones is not permitted whilst using any equipment.
- Safe and appropriate sports wear, including footwear must be worn at all times.
- Strictly no glass bottles or cans allowed in the gym. Plastic drink bottles are allowed.
- No food is to be consumed in the gym.
- The use of alcohol or illegal drugs is strictly forbidden.
- SCLC operates a zero tolerance policy for foul and abusive language towards staff or customers.
- Please respect the equipment and wipe off any perspiration after use.
- At busy times we may restrict your time on the C.V. equipment to 30 minutes per machine.
- Please report any equipment faults to the Leisure Centre Staff on duty.
- Please deposit litter in the bins provided.
- Equipment must not be moved, altered, modified or used in a manner other than that for which it was intended.

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- Equipment must not be left on the gym floor. The storage racks provided must be used at all times.
  - Equipment must not be placed on upholstery and must be replaced after use.
  - Users must inform the gym staff of any changes to their health which would result in a change to their agreed fitness plans or normal fitness regime, or affect their ability to use equipment safely and healthily.

### What benefits do I receive as a swim member?

#### Your Swim Membership

As a member under this scheme, we operate the same four pricing options and payment methods. Membership provides unlimited access to public sessions in either pool including lane swimming, adults/ladies only, 50+ swim, parent & child (under 5's), fun session, splash session, inflatable session and water zorbing.

You receive discounts on pool parties (not inc food or SCUBA) and on the use of other dry side facilities. Selected Fitness Classes are also included within the Swim Membership (Please see the SCLC Fitness Class Options Included In Our Membership Leaflet for further details). You get the 'Your Deals discounts and in addition, you also have voting rights as a Trust Member.

**This membership does not give discount for Fitness Gym use, but you can save by switching to a Your Gym & Swim card.**

#### What are the swim rules/Gym Code of Conduct?

In the interests of safety and use by other customers, the following actions are prohibited at all times:

**Running** - most common cause of accidents, particularly where floors are wet and slippery. Other pool users may be knocked to the floor or pushed into the water and the runner may collide with poolside fittings or equipment.

**Pushing** - Hazardous to those being pushed and to other pool users who they fall into. Lifeguards should also be on the lookout for pushing in the swimming pool as this is an example of bullying.

**Fighting or Bullying** – Fighting and bullying are both very dangerous in or near a swimming pool. Both can result in injury and bullying is particularly distressing for the victim. Even when fighting is playful, younger or smaller bystanders can be hurt.

**Ducking** – Potentially very dangerous as well as being upsetting for the victim. One danger is that when water enters a person's mouth, an automatic reaction closes the airway to prevent water getting into the lungs. Sometimes breathing fails to restart when the danger is passed and the victim succumbs to what is known as dry drowning.

**Bomb Diving** – This is where pool users leap from the poolside with their knees tucked to the chest and their arms around them. In this position the diver has virtually no control of direction. Bomb diving is both a nuisance and a danger, particularly to other pool users

**Gymnastics** – Pool users performing gymnastic moves in the water may hit the side or bottom and injure themselves. They may also collide with other pool users injuring both parties.

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**Tampering** with or removing lane ropes.

**Glass containers** on poolside.

**Food on** the poolside.

**Smoking** – including electronic cigarettes, anywhere in the building.

**Spectators** congregating on or near to the wet changing entrance or on poolside.

**Petting.**

**Photography** - Using mobile camera phones/camera's or video recorders.

**The following ARE PERMITTED to be worn or used by customers:**

Swimsuits : Bikinis : Trunks/swimming shorts : Swimming goggles : Inflatable toys (at the discretion of the Duty Manager) : Buoyancy aids (arm bands, swim rings, floaters) Inflatable Beach Balls. Hand paddles constructed of material (and not the hard plastic type) will be allowed in **all lane swimming and triathlon sessions only**, (Hand paddles will not be permitted in the Public Sessions).

With permission of the Duty Supervisor or an appropriate Manager, 'T' shirts may be worn to cover medical conditions.

Staff are not to blow arm bands up unless they've been disinfected, this will protect staff against infection.

**The following ARE NOT PERMITTED to be worn or used by customers**

Underwear : Denim/cut down jeans : Non-swimming shorts : Infants or babies not wearing nappies : Face masks : Snorkels (other than in programmed session) : Fins (flippers) (other than in programmed session) : Inflatable boats : Balls of any kind (other than Beach balls) : Body boards, (other than in programmed session.): Hand Paddles of a hard plastic construction will not be permitted.

**What benefits do I receive as a gym & swim member?**

**Your Gym & Swim Membership**

Your Gym & Swim membership provides you with the total package, giving you the best of both membership schemes above, **but at an even better price**.

You get unlimited access to 'Your Gym' with free advice on health nutrition, personal training programmes and goals. 'Your Swim' membership provides unlimited access to public sessions in either pool including lane swimming, adults/ladies only, 50+ swim, parent and child (under 5's), fun session, splash session, inflatable session and water zorbing. You receive discounts on the use of other dry side facilities and on all children's parties. Selected Fitness Classes are also included within the Gym & Swim Membership (Please see the SCLC Fitness Class Options Included In Our Membership Leaflet for further details). You get the 'Your Deals discounts and in addition, you also have voting rights as a Trust Member.

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### Your Teen Membership

As a member under this scheme, we operate only the one pricing option that can be paid by cash, cheque, and debit/credit card. Membership entitles you to use of the Gym at scheduled Teen Gym Sessions, or **with supervision provided by a full paying adult also using the gym facilities** (an adult is deemed to be any gym user aged 16yrs or above). The membership also provides you with unlimited access to the public session and lane swimming in either pool, including the fun session, splash session, inflatable session and water zorbing. The Teen membership also includes our Teen Sessions, including Teen Football, Teen Squash, Teen Tennis, Teen Badminton and Teen Multi-Sports. (Please see the Activity Timetable for further details and times of these sessions).

A Gym Induction and Physical Activity Readiness Questionnaire (PAR-Q) **must** be completed prior to using the Gym Facilities. Inductions can either be undertaken at our Teen Gym Sessions, or by making an appointment at Reception.

### Your Leisure Membership

As a member under this scheme, we operate four pricing options that can be paid by cash, cheque, and debit/credit card.

- Adult – 18 yrs and over
- Senior – 60 yrs and over
- Junior - under 18yrs or Fulltime student.
- Family – 2 adults + up to 3 children (or 1 adult plus up to 4 children)

In each case, **'Your Leisure'** card entitles you to 20% discount on selected dry side facilities including squash, racquetball, table tennis, badminton, PAYG into **Your Gym**, public sessions in either of the pools (e.g. lane swimming, adults swim, parent & child (under 5's), Ladies/50+only, fun session, splash session, inflatable session & Water Zorbing) and on selected fitness classes. In addition, you also have voting rights as a Trust Member.

### What is 'Your Deals'?

Everyone who buys a 'Your' card also receives extra discounts from local businesses. This could be a FREE cup of coffee, discounts on products and services and special deals just for members. All participating businesses are attached and also displayed in the Centre foyer and on our website.

### When will cards be issued?

Once you have completed all the necessary documentation, we aim to get your new membership card ready as soon as possible (normally within 5 days). You can collect your card from Reception – just ask.

### How do we use the card?

Your membership card is **NOT** transferable and you must present it to Reception each time you visit the Centre. We will 'swipe' the card on our bookings system which will allow us to check your membership is valid, register your attendance for statistical purposes and also ensure you are charged the reduced members rate, where a payment is applicable. Nor do we accept any other card for membership or discounts.



### Can we use this anywhere else?

NO - this card is exclusive to Stocksbridge Community Leisure Centre and is **not** valid for any other scheme (e.g. SIV Life Card, Leisure Card).

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### What if I lose the card?

If you lose your card, you should notify us as soon as possible. We can arrange to issue a replacement card but there will be a charge of £5 for this.

### What if I want to cancel my membership?

30 days written notice is required to cancel your membership. Membership fees are due up to the date of such cancellation. Please note that notice is required 30 days prior to the day the payment is collected. If you wish to terminate your Membership before expiry of the Initial Term or before expiry of any subsequent 12 month term no refunds or concessions will be made. You are committed to membership for a period of not less than 6 months (the "Initial Term").

### How will my membership be renewed?

All memberships will automatically renew on reaching the expiry date. Payments will be taken using the card used for the previous membership. If you do NOT want to renew your membership you should give us 7 days' notice, prior to expiry.