



WYKEHAM SPORTS CLUB EXERCISE CLASSES SUMMER TERM 2019

Our Summer Term classes begin on **Tuesday 23rd April**. Please note that all courses are subject to minimum numbers being met, to secure your place please sign up as soon as possible.

Course places can be booked in advance and up to the end of term on **Friday 5th July 2019**, with a half-term break **Monday 27th - Friday 31st May 2019**, making the full term **10 weeks in total** and **9 weeks for Monday Yoga** (If you are going to be absent for a period of time during the term, please let us know either at the time of booking or in advance).

Yoga

Yoga classes are held on Monday morning 9.30–10.30am, a beginner's class 10.35–11.30am, in the evening 6.30–8.00pm and Friday mornings 10.15–11.15am. The classes are taken by **Susan** a well experienced Hatha Yoga teacher who has been teaching yoga for over 9 years. Her classes are lively and welcoming; are comments made by students who have attended her classes.

Pilates

Different Classes run throughout the week. We have a Pilates Flow Class on Tuesdays 11.15am–12.15pm. On Wednesdays we have a 10-11am class along with our popular Men's Intermediate Evening Pilates Class 6.15–7.15pm. On Thursday we have a morning session 9.30–10.30am and on Friday a 10.15–11.15am class. Our team of Pilate's instructors are **Amanda, Hazel** and **Christine**, all are well qualified and bring their own personality and style to their classes.

Stretch and Strengthen

We run a 45 minute Stretch & Strengthen Lunchtime Pilates Class with **Christine** 1.05–1.50pm on Tuesdays specifically designed for those who are short of time and to encourage us to move away from our desks. We also run an hours' class on Tuesday and Thursday evenings 6.15–7.15pm with Dariusz

Aqua Fit

Our popular Aqua-Fit classes are run by **Sarah**. Classes are held on Tuesdays 11.30am–12.15pm and two classes on Wednesdays 9.45–10.30am and 10.45–11.30am. This is a great form of exercise minus the impact or stress on joints; most of all it is **FUN!**

Circuits

The Circuit classes are our only drop in classes. You do not have to pre-book or pre-pay. Classes are taken by **PE Centre staff** on a Wednesday evening 6.15–7.15pm and on Friday lunchtimes at 1.05–1.55pm. They are usually held in the Sports Hall but if the weather is good they can be outside.

Enrolment on Classes

Please complete the attached form and return it to the **Winchester College PE Centre reception on Kingsgate Road, SO23 9QP along with your payment.** Confirmation of your place on the course and receipt of your payment will come via e-mail. Please ensure that we have your up-to-date e-mail address by including it on the application form.

We do allow for up to two weeks absence (to be pre notified at the beginning of term) so you will not be charged for these missed classes. Please note we do not offer refunds for any other missed classes. Catch-up classes must be booked with prior approval from the instructor and where possible taken in the same week. If you are unable to make a class for any reason, it is helpful to let us know so we can inform the instructor. Participants arriving more than 5 minutes after the class start time may not be allowed entry.

Classes can be paid for by cheque payable to: **WINCHESTER COLLEGE TRADING COMPANY LTD**, alternatively we are able to take payments using WorldPay secure online payments. Should you have any queries please do not hesitate to contact the Sports Club Administrators; 01962 621399 – (7.30am – 2.30pm Monday to Saturday) or 01962 621209 outside of these hours. The administrators can also be contacted via email at: wykehamports@wincoll.ac.uk

Kind regards

Helen Muir-Davies

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Commercial Manager – Enterprises

Tuesday 23rd April - Friday 5th July

| Summer Term 2019 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|----------------------|---|--|---|---|---|
| EARLY MORNING | 9.30am - 10.30am HATHA YOGA Susan | | 9.45 – 10.30am AQUA FIT Sarah | 9.15- 10.15am PILATES Hazel | 10.15 - 11.15am YOGA Susan |
| MORNING | 10.35 - 11.30am BEGINNERS HATHA YOGA Susan | 11.15-12.15 PILATES FLOW Christine 11.30am-12.15pm AQUA FIT Sarah | 10.00am- 11.00am PILATES Amanda 10.45-11.30am AQUA FIT Sarah | NEW BEGINNERS PILATES 10.20 – 11.20am Hazel | |
| LUNCH TIME | | 1.05-1.50pm STRETCH & STRENGTHEN (Pilates) Christine | | | 1.05 – 1.55pm CIRCUITS |
| EVENING | 6.30-8.00pm HATHA YOGA Susan | 6.15 - 7.15pm STRETCH & STRENGTHEN Dariusz | 6.15-7.15pm MEN'S INTERMEDIATE PILATES Hazel 6.15-7.15 CIRCUITS | 6.15 - 7.15pm STRETCH & STRENGTHEN Dariusz | |

TITLE.....NAME.....

TEL.....MEM.NO.....

ADDRESS.....

POSTCODE..... EMAIL.....

CHEQUE ENCLOSED FOR £.....payable to: **WINCHESTER COLLEGE TRADING CO LIMITED**

| CLASSES - 10 weeks/9 for Monday Yoga | MEMBERS: per class/term | Tick | NON-MEMBERS: per class/term | Tick | 2 week holiday |
|---|--------------------------------|-------------|------------------------------------|-------------|-----------------------|
| Hatha Yoga – Monday 9.30am/Susan | £6.50 / £58.50 | | £8.00 / £72.00 | | |
| BEGINNERS Hatha Yoga Monday 10.35am / Susan | £6.50 / £58.50 | | £8.00 / £72.00 | | |
| Hatha Yoga Monday 6.30pm-8.00pm / Susan (1.5hrs) | £9.00/£81.00 | | £12.00 / £108.00 | | |
| Pilates Flow – Tuesday 11.15am / Christine | £6.50 / £65.00 | | £8.00 / £80.00 | | |
| Aqua Fit – Tuesday 11.30am/Sarah | £6.50 / £65.00 | | £8.00 / £80.00 | | |
| Lunchtime Stretch & Strengthen Tuesday 1.05pm/Christine | £5.00 / £50.00 | | £6.00 / £60.00 | | |
| Stretch & Strengthen - Tuesday 6.15pm/ Dariusz | £6.50 / £65.00 | | £8.00 / £80.00 | | |
| Aqua Fit - Wednesday 9.45am/Sarah | £6.50 / £65.00 | | £8.00 / £80.00 | | |
| Pilates – Wednesday 10.00am/Amanda | £6.50 / £65.00 | | £8.00 / £80.00 | | |
| Aqua Fit - Wednesday 10.45am/Sarah | £6.50 / £65.00 | | £8.00 / £80.00 | | |
| Men's Intermediate Pilates Wednesday 6.15pm/Hazel | £6.50 / £65.00 | | £8.00 / £80.00 | | |
| Circuits - Wednesday 6.15pm | £5.00 per class | | £6.00 per class | | |
| Pilates – Thursday 9.15am/Hazel | £6.50 / £65.00 | | £8.00 / £80.00 | | |
| Beginners Pilates Thursday 10.20am New | £6.50 / £65.00 | | £8.00 / £80.00 | | |
| Stretch & Strengthen - Thursday 6.15pm Dariusz | £6.50 / £65.00 | | £8.00 / £80.00 | | |
| Yoga – Friday 10.15am/ Susan | £6.50 / £65.00 | | £8.00 / £80.00 | | |
| Circuits - Friday 1.05pm | £5.00 per class | | £6.00 per class | | |

NON-MEMBERS PARKING: If you wish to park at the PE Centre while attending your class, please insert your details below so that we can contact you if there is a problem. **PARKING IS ONLY PERMITTED DURING CLASS DURATION.**

CAR REGISTRATION.....

For Office use only

| CLASS | CLASS LIST |
|-----------------|-------------------|
| FEE PAID | DATE |

Physical Activity Readiness Questionnaire

If you wish to take part in any physical activity please answer the questions below. Certain questions require a referral to a doctor if answered affirmatively due to plausible health risk. If you are over the age of 68 and you are not used to being active please consult your doctor before taking exercise.

Each member must fill out this questionnaire individually in the case of a family or joint membership.

Name (BLOCK CAPITALS): _____ **DOB:** ___/___/___

I AM: **MALE** **FEMALE** **PREFER NOT TO SAY**

All information will be treated confidentially.

Please circle as appropriate.

- | | | |
|--|------------|-----------|
| 1. Have you ever been personally diagnosed with a heart condition? | YES | NO |
| 2. Have you ever suffered from chest pains or discomfort? | YES | NO |
| 3. Have you ever been diagnosed with high blood pressure? | YES | NO |
| 4. Does your family have a history of heart-related conditions? | YES | NO |
| 5. Do you ever feel faint or suffer from dizzy spells? | YES | NO |
| 6. Do you have a pre-existing bone or joint problem? | YES | NO |
| 7. Do you suffer from Diabetes? If so, which type? | YES | NO |

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|---|------------|-----------|
| 8. Do you suffer from Epilepsy? | YES | NO |
| 9. Are you currently or recently (within the last 6 months) pregnant? | YES | NO |
| 10. Do you suffer from Asthma or breathing difficulties? | YES | NO |
| 11. Are you recovering from a serious illness or operation? | YES | NO |
| 12. Has your doctor ever restricted you from physical activity? If so, why? | YES | NO |

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|--|------------|-----------|
| 13. Is there any other reason why you should not do physical exercise? | YES | NO |
|--|------------|-----------|

Please provide emergency contact information below.

| | |
|----------------------------|--|
| Name | |
| Main Phone No. | |
| Secondary Phone No. | |

I confirm that I have answered the questions above truthfully and to the best of my knowledge.

Signed: _____ Date: ___/___/___

DATA PROTECTION STATEMENT

Winchester College (Wykeham Sports Club) collects and processes relevant personal data as part of its everyday operations and is obliged to process it in accordance with the General Data Protection Regulation and Data Act 2018. The school is the Data Controller of this data under the Act and is registered with the Information Commissioner's Office. Its registration number is Z5751669.

A copy of the school policy can be found on the website <https://www.winchestercollege.org/privacy-policy>. Any queries about this Policy or how personal data is processed by the School should be referred to its Data Protection Officer.