

# Wykeham Sports Club

#### WYKEHAM SPORTS CLUB EXERCISE CLASSES

#### SPRING TERM (COMMON TIME) 2020

### Monday 6<sup>th</sup> January – Friday 3<sup>rd</sup> April 2020

We run a variety of exercise courses at the Wykeham Sports Club during term-time and throughout the school holidays and we encourage people of all skill levels to come and try out our wide selection of activities.

Course places can be booked in advance and up to the end of term on Friday 3<sup>rd</sup> April 2020, with a Half Term break between Monday 17<sup>th</sup> – Friday 21<sup>st</sup> February 2020, making the full term 12 weeks in total (13 weeks for Circuits). If you are going to be absent during the term, please let us know either at the time of booking or in advance).

#### **YOGA**

Yoga classes are held on Monday morning 9.15am - 10.15am, with a beginner's class at 10.20am -11.20am, and a class in the evening at 6.30pm - 8.00pm. The classes are taken by **Susan**, an experienced Hatha Yoga teacher who has been teaching yoga for over 9 years, and her classes have been described as lively and welcoming by participants!

#### PILATES

Different Classes run throughout the week. On Tuesday there are two Lunchtime Pilates sessions tailored specifically to those short of time but looking to get away from their desks on their lunch break, one running from 12.05pm – 12.55pm and another from 1.05pm – 1.55pm. On Wednesdays we have a 10.00am - 11.00am class, a 5.00pm - 6.00pm class, and our popular Men's Intermediate Evening Pilates Class from 6.15pm - 7.15pm. Our team of Pilates instructors are **Amanda**, **Christine** and **Hazel**; they are all well qualified and each brings their own personality and style to their classes.

#### STRETCH AND STRENGTHEN

On Tuesday why not join our Stretch and Strengthen class held by our instructor Dariusz? We run an hours' class on Tuesday evening from 6.15pm - 7.15pm

#### **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 sufficiently pleasant they can be held outside. Circuits normally runs through the Half Term holidays.

#### **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 – (8am - 2.30pm Monday, Wednesday, Thursday and Saturday) or 01962 621209 outside of these hours. The administrators can also be contacted via email at: wykehamsports@wincoll.ac.uk
Kind regards

Helen Muir-Davies Helen Muir-Davies Commercial Manager – Enterprises

## **EXERCISE CLASSES SPRING TERM (COMMON TIME) 2020**

Monday 6<sup>th</sup> January – Friday 3<sup>rd</sup> April 2020

Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
EARLY MORNING	9.15 - 10.15am INTERMEDIATE YOGA Susan				
MORNING	10.20 - 11.20am BEGINNERS HATHA YOGA Susan		10.00 - 11.00am PILATES - Amanda		
LUNCH TIME		12.05 - 12.55pm PILATES Christine  1.05pm - 1.55pm PILATES Christine			1.05 - 1.55pm CIRCUITS Instructor Varies
EVENING	6.30 - 8.00pm HATHA YOGA Susan	6.15 - 7.15pm STRETCH AND STRENGTHEN Dariusz	5.00 – 6.00pm PILATES - Hazel 6.15 - 7.15pm MENS' INTERMEDIATE PILATES - Hazel 6.15 - 7.15pm CIRCUITS - Instructor Varies		

	or Exercise Course adequate contact information so				
Name:		Telephone:			
E-mail Address:		Postcode:			
Address:					
Membership Number (If exist	ing member):				
I have enclosed a cheque for £	g payable to:		COLLE		MITED
CLASSES (12/13 WEEKS)		MEMBERS: Session/Total	Tick	NON-MEMBERS: Session/Total	Tick
HATHA YOGA (INTE Monday 9.15 – 10.15am / S		£6.50 / £78.00		£8.00 / £96.00	
HATHA YOGA (BEGIN Monday 10.20 – 11.20am /	,	£6.50 / £78.00		£8.00 / £96.00	
HATHA YOGA Monday 6.30-8.00pm / Susa	an (1h 30m) – <b>12</b> sessions	£9.00 / £108.00		£12.00 / £144.00	
PILATES Tuesday 12.05-12.55pm/Ch	nristine – <b>12</b> sessions	£5.00 / £60.00		£6.00 / £72.00	
PILATES  Tuesday 1.05-1.55pm/Christine – 12 sessions		£5.00 / £60.00		£6.00 / £72.00	
STRETCH & STRENGTHEN Tuesday 6.15-7.15pm/Dariusz – 12 sessions		£6.50 / £78.00		£8.00 / £96.00	
PILATES Wednesday 10.00-11.00am/Amanda – 12 sessions		£6.50 / £78.00		£8.00 / £96.00	
PILATES Wednesday 5.00-6.00pm/Hazel – 12 sessions		£6.50 / £78.00		£8.00 / £96.00	
MEN'S' PILATES Wednesday 6.15-7.15pm/Hazel – 12 sessions		£6.50 / £78.00		£8.00 / £96.00	
CIRCUITS Wednesday 6.15-7.15pm/Instructor Varies – 13 sessions		£5 pay on day		£6 pay on day	
CIRCUITS Friday 1.05-1.55pm/Instruc	£5 pay on day		£6 pay on day		
	If you wish to park at the PE Centr G IS ONLY PERMITTED DURI			e insert your details below so	that we can
CAR REGISTRATION					
For Office use only				T	
CLASS		CLASS LIST			
FEE PAID		DATE			

Please note that there will be no parking on site until January 18<sup>th</sup> 2020 Pedestrian access will be via Romans Road

## Physical Activity Readiness Questionnaire

MALE onfidentiall	PREFER NOT TO SAY	Please circle as a	anntontists						
	ly.	Please circle as a	nnroprioto						
ally diagno			Please circle as appropriate.						
any diagno	sed with a heart condition?	YES	NO						
2. Have you ever suffered from chest pains or discomfort?									
3. Have you ever been diagnosed with high blood pressure?									
<ul> <li>Does your family have a history of heart-related conditions?</li> <li>Do you ever feel faint or suffer from dizzy spells?</li> <li>Do you have a pre-existing bone or joint problem?</li> <li>Do you suffer from Diabetes? If so, which type?</li> </ul>									
					. Do you suffer from Epilepsy?				
					2. Are you currently or recently (within the last 6 months) pregnant?			NO	
10. Do you suffer from Asthma or breathing difficulties?			NO						
1. Are you recovering from a serious illness or operation?									
cted you fro	om physical activity? If so, why?	YES	NO						
hy you sho	uld not do physical exercise?	YES	NO						
Main Phone No.									
ered the o	questions above truthfully and to	the best of my kno	wledge.						
	Da	te: / /							
	story of head of the form of the serious illustrated you from the	story of heart-related conditions?  affer from dizzy spells? bone or joint problem?  ses? If so, which type?  sy?  dy (within the last 6 months) pregnant?  a or breathing difficulties?  serious illness or operation?  cted you from physical activity? If so, why?  why you should not do physical exercise?  contact information below.	story of heart-related conditions?  If the first from dizzy spells?  If so, which type?  YES  Stess? If so, which type?  YES  Stess? If so, which type?  YES  Stess?  YES  Stess?  YES  Stess or operation?  YES  Steps or operation?  YES						

#### 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 <a href="https://www.winchestercollege.org/privacy-policy">https://www.winchestercollege.org/privacy-policy</a>. Any queries about this Policy or how personal data is processed by the School should be referred to its Data Protection Officer.