



WINCHESTER COLLEGE
ENTERPRISES

Wykeham Sports Club

WYKEHAM SPORTS CLUB EXERCISE CLASSES AUTUMN TERM (SHORT HALF) 2019

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 13th December 2019**, with a Half Term break between **Thursday 24th October – Sunday 3rd November 2019**, making the full term **13 weeks in total**, but only **3 weeks for Aquafit** due to us closing the pool at the end of September. (If you are going to be absent during the term, please let us know either at the time of booking or in advance).

Please be aware that there will be a brief closure period during the Autumn Term to allow the move from the existing PE centre to the Temporary Building. We are unsure of the exact dates but we will endeavour to give as much notice as possible. We are hoping the move may coincide with Half Term but as with all building projects dates are a little fluid.

YOGA

Yoga classes are held on Monday morning 9.30–10.30am, with a beginner's class at 10.35–11.30am, and a class in the evening at 6.30–8.00pm. 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 12.00pm – 1.00pm and another from 1.00pm – 2.00pm. 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 Pilate's instructors are **Amanda, Hazel and Christine**; 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

AQUA FIT (3 Weeks Only)

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!** Due to the pool closure, Aquafit will **only run for the first 3 weeks** of the term.

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.

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 to 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 AUTUMN TERM (SHORT HALF) 2019

Monday 9th September 2019 – Friday 13th December 2019

Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
EARLY MORNING	9.30 - 10.30am HATHA YOGA Susan		9.45 – 10.30am AQUA FIT Sarah		
MORNING	10.35 - 11.30am BEGINNERS HATHA YOGA Susan	11.30am - 12.15pm AQUA FIT Sarah	10.00 - 11.00am PILATES - Amanda --- 10.45 - 11.30am AQUA FIT - Sarah		
LUNCH TIME		12.00pm -1.00pm PILATES Christine 1.00pm – 2.00pm 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 (new time) PILATES - Hazel --- 6.15 - 7.15pm MENS' INTERMEDIATE PILATES - Hazel --- 6.15 - 7.15pm CIRCUITS - Instructor Varies		

Application Form for Exercise Course Autumn Term (Short Half) 2019

Please ensure that you provide adequate contact information so that we can contact you in the case of a last-minute cancellation.

Name: Telephone:

E-mail Address: Postcode:

Address:

Membership Number (If existing member):

I have enclosed a cheque for £..... payable to: **WINCHESTER COLLEGE TRADING CO LIMITED**

CLASSES (3 OR 13 WEEKS)	MEMBERS: Session/Total	Tick	NON-MEMBERS: Session/Total	Tick
HATHA Monday 9.30am / Susan – 13 sessions	£6.50 / £84.50		£8.00 / £104.00	
HATHA YOGA (BEGINNERS' SESSION) Monday 10.35am / Susan – 13 sessions	£6.50 / £84.50		£8.00 / £104.00	
HATHA YOGA Monday 6.30pm-8.00pm / Susan (1h 30m) – 13 sessions	£9.00 / £117.00		£12.00 / £156.00	
AQUA FIT Tuesday 11.30am/Sarah B. & Sarah A. – 13 sessions	£6.50 / £84.50		£8.00 / £104.00	
PILATES Tuesday 12.00pm/Christine – 13 sessions	£5.00 / £65.00		£6.00 / £65.00	
PILATES Tuesday 1.00pm/Christine – 13 sessions	£5.00 / £65.00		£6.00 / £65.00	
STRETCH & STRENGTHEN Tuesday 6.15pm/Dariusz – 13 sessions	£6.50 / £84.50		£8.00 / £104.00	
AQUA FIT Wednesday 9.45am/Sarah B. – 3 sessions only	£6.50 / £19.50		£8.00 / £24.00	
PILATES Wednesday 10.00am/Amanda – 13 sessions	£6.50 / £84.50		£8.00 / £104.00	
AQUA FIT Wednesday 10.45am/Sarah B. – 3 sessions only	£6.50 / £19.50		£8.00 / £24.00	
PILATES Wednesday 5.00pm/Hazel - 13 sessions	£6.50 / £84.50		£8.00 / £104.00	
MEN'S' PILATES Wednesday 6.15pm/Hazel – 13 sessions	£6.50 / £84.50		£8.00 / £104.00	
CIRCUITS Wednesday 6.15pm/Instructor Varies - 13 sessions	£5 pay on day		£6 pay on day	
CIRCUITS Friday 1.05pm/Instructor Varies - 13 sessions	£5 pay on day		£6 pay on day	

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 issue you with a permit. **PARKING IS ONLY PERMITTED DURING CLASS DURATION.**

CAR REGISTRATION

For Office use only

CLASS		CLASS LIST	
FEE PAID		DATE	

Physical Activity Readiness Questionnaire

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.