



Welcome to **Sporties**
Health and Fitness



Procedures & Information

MEMBERS AND GUESTS

Welcome to Sporties Health and Fitness. Your commitment to improving your health and fitness and the fact that you have chosen Sporties Health means a lot to us. Some services that form a standard part of your membership are as follows:

- Initial health and fitness appraisal
- Individual exercise program
- Program and fitness re-assessments are available regularly. Contact your Gym Supervisor to make appointments.
- Unlimited Group Fitness classes, Aqua Aerobics and Yoga.

Not included in standard membership is individual Personal Training and swim lesson tuition. Lane Hire is available to external Swim Clubs, please contact Reception for Lane Hire availability and lane hire fees.

For your safety, the completion of the pre-exercise screening form and a health and fitness consultation must be completed by all members. Those choosing not to undertake these services will be liable for any injury to themselves whilst on the Club's premises, so please utilise your membership fully and have your consultation. A booking can be made any time at reception.

HOURS OF BUSINESS

Monday – Thursday 6.00am – 9.00pm

Friday 6.00am – 8.00pm

Saturday – Sunday 8.00am – 2.00pm

Public Holidays 8.00am – 12.00pm
(No classes, no crèche)

Pool Hall Closing

Monday – Thursday 8.30pm

Friday 7.30pm

We are motivated to assist you in every way possible to achieve your health and fitness goals. To enable us do this, it is important for you to adopt the F.I.T. principle as your overall long-term plan.

Frequency: 3-4 exercise sessions per week

Intensity: Dependant on your exercise program in consultation with your gymnasium instructor.

Time: At least 30 minutes per session
x 3 per week.

If you do have any queries, comments or questions regarding your new membership, please do not hesitate to contact reception. Your Personal Trainers are Matt, Sandy & Ash. They will answer all your questions in relation to the gymnasium and fitness classes. Once again congratulations and welcome to Sporties Health & Fitness.

Thank-you,

The Sporties Health & Fitness
Leadership Team

Information

All members over the age of 14 will be presented with a barcode swipe key-tag. These key-tags are your means of identification and are to be swiped through the infra-red tripod turnstile in the reception foyer each visit.

Your name and membership type is registered on the Reception screen. Replacement of this key-tag is \$15. Key-tags are your membership identity and are non-transferable.

AGE LIMITS

For safety reasons, age limits apply to various areas at Sporties Fitness and patrons are requested to abide by these for the wellbeing of children and adults alike.

Children twelve years and under are not permitted in the Centre unless accompanied by an adult of 16 years plus. Children under 16 are not permitted in the downstairs gymnasium. Teenagers 14 years and over are permitted to use the upstairs cardio-circuit room gym.

POOL

Children 12 years and under must be accompanied in the pool area by a person of 16 years plus.

CRÈCHE

Sporties Health & Fitness offers members and guests alike the benefit of being able to place your children in our fully supervised crèche while you participate in a class or complete your exercise program.

Crèche is open weekdays from 9.00am to 12.15 noon at a cost of \$4.50 per child.

20 session crèche passes at \$60 are available at Reception.

Enjoy your workout knowing that your children are well cared for.

The crèche does not operate on weekends or public holidays.

LOCKERS

Lockers are provided free of charge to members upon exchange of their membership key-tag or car keys. We recommend the use of lockers for all valuables.

TERMS OF PAYMENT

Auto Dues Terms of payment are offered to enable all people an affordable membership.

Payments are to be made as agreed on your membership contract and are binding for the term of your membership. Failure to meet a payment may result in the cancellation or a reduction in the term of your membership. Please discuss your membership payments carefully when committing to membership. Should a membership be terminated due to non-payment of fees, all membership key-tags will become invalid immediately.

SUSPENSIONS

30 days complimentary suspension is granted on 12 month fully paid memberships only. Should you wish to take advantage of this facility, please hand your key-tag to reception and advise when you will return. No suspension facilities are offered unless the membership is fully financial.

ACTIVITIES

As well as those programs already described, Sporties Health & Fitness also offers a wide range of other activities:

FITNESS CLASSES

As part of your membership you may participate in any of our scheduled fitness classes at no additional cost. Classes cater for all abilities and are a great way to keep fit and meet other members. Timetables are available from reception.

PERSONAL TRAINING

One-on-one personal training sessions are available. Programs are designed to motivate you to get the results you want. Package details and bookings at Reception.

SWIMMING LESSONS

From infants to school age, we provide expert tuition in all facets of learn to swim. Classes run with the school terms and are available at concession rates for members. All Swim Instructors are Austswim certified.

SCHOOL HOLIDAY PROGRAM

Out of ideas to keep the kids busy over the holidays, we have the answer.

Sporties Health & Fitness runs a fully supervised school holiday program with heaps of fun activities for the children. See reception staff for more information.

LAP LANES

Lap lanes are provided for members and casual swimmers however there are times when heavy bookings prohibit pool access. These times are minimal and we ask for members understanding and patience. Enquire at Reception for 'recommended' quiet pool periods.

PROPERTY LIABILITY

Sporties Health & Fitness management and employees are in no way under any liability for the loss or theft of property belonging to members and guests. Lockers are provided for members and guests use whilst on the premises.

Sporties Management and employees will under no circumstances be held liable for personal injury caused through the normal participation in any activities or programs whilst on the premises. Nor will Sporties Health & Fitness Management and employees be held liable for any personal injury to persons who have not completed a pre-exercise screening fitness assessment and program show through.

Neat casual attire is required whilst on the premises. Shoes and shirts must be worn in all areas with the exception of the swimming pool area. Staff have the right to refuse entry to any members and guests deemed by them to be dressed inappropriately.

Sporties Health & Fitness reserves the right to refuse entry if patrons are intoxicated.

Under the Sporties Health & Fitness guidelines there will be No Personal Training, Swim Coaching or Small group fitness sessions taken on these premises unless conducted by a Sporties Health & Fitness staff member.

Gymnasium and fitness class participants are required to use a towel.

Memberships are not refundable, nor transferable. A cooling off period of 3 days applies to the Contract of Membership. After this time no refunds will be given. An annual CPI increase will occur on the first day of the new financial year and apply to all membership contracts.

Cancellation of all Auto Dues/ Debit Membership requires written notification, including 30 days prior notice addressed to 'The Centre Manager'.

Membership Fees

STANDARD MEMBERSHIP FEES PAID IN FULL

Membership includes entry to the gymnasium, fitness classes, wet area & court.

P.T. PLUS	STANDARD	2 x ADULT*
12 month Single + 6 x 30min P.T. sessions	12 months Single	12 months x 2 Adults Only
\$640	\$530	\$758
\$12.31 per week	\$10.19 per week	\$14.58 per couple per week or \$7.29 per person per week

* Only available for two cohabitating adults joining for a 12 month term

CONCESSION MEMBERSHIP FEES

Are available only upon presentation of the relevant identification. Students require a current Secondary Student or Proof of Age Card. 'P' Platers must present their Drivers Licence. Seniors require a 60 plus Seniors/Seniors Pension Card and Concession rates are available upon presentation of a current Health Care or Disability Card.

STUDENT	'P' PLATE	SENIORS 60+	CONCESSION HEALTH CARE OR DISABILITY
12 month Single (15-17 years)	12 months Single (15-17 years)	12 months Single (Seniors 60+)	12 months Single
\$219	\$346	\$338	\$395
\$4.21 per week	\$6.65 per week	\$6.50 per week	\$7.60 per week

AUTO DIRECT DEBIT MONTHLY MEMBERSHIPS

A Joining Fee of \$45.00 per membership will apply payable upon enrolment. A minimum term of 3 months applies to all Auto Direct memberships.

SINGLE MEMBERSHIP \$ 53.00 (\$12.23 per week)

FAMILY MEMBERSHIP* \$ 75.00 (\$17.30 per week)

* Family denotes two cohabitating adults and dependent children 17 and under, residing at the same address. Medicare Card ID required.

TERMS & CONDITIONS OF MEMBERSHIP

Membership with Sporties Health & Fitness is non-refundable, nor transferable. A cooling-off period of 3 days applies to the Contract of membership if signed by the participating member. Should conditions of membership be violated by a member, management reserves the right to suspend or terminate the remaining period of membership. Cancellation of all Auto Direct Debit memberships after the 3 months agreed upon, must be put in writing 30 days prior to cancellation and addressed to the Centre Manager. Adult Swim/Spa



Casual Rates

WET AREA - SWIM / SPA

\$10.00	Adult Swim/Spa
\$8.00	Senior 60+/Secondary Student*
\$5.00	Child Swim under 14 years
FREE	Children Under 2years
\$22.00	Family Centre Pass 2 Adults/2 children under 14

COURT HIRE

\$30.00	Per Hour
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Court Usage individual as per age group fees

LOCKERS

FREE	For Member
FREE	For Non-Member with deposit of an item for security

CRÈCHE

Available Monday – Friday 9.00am – 12.15pm

Crèche fees or passes are to be paid at Reception prior to entering the Crèche. All crèche participants are to be signed in on the crèche register and an enrolment form completed by the parent/guardian.

\$4.50	Per Child
\$60.00	20 x Crèche Passes

MEMBERSHIP KEY-TAGS

All members receive a membership key-tag, which is to be swiped through the Reception turnstile each entry. Misplaced key-tags must be reported to reception immediately. A replacement will be issued and will incur a \$15.00 replacement fee. Key-tags are non-transferable.

WORKOUT HYGIENE

To maintain a high level of hygiene, all patrons must ensure that they use a towel during their workout session. Sports shoes are to be worn in the gym and in Group Fitness classes.

TOWELS

Please use your towel during your workout session on benches and use the sanitiser and handtowel provided to wipe down machines after use.

ROYAL LIFESAVING SOCIETY STATES

All children under the age of 12 must be supervised by an adult (16y/o+) at all times while in the centre.

Centre management has the right to refuse entry to any children not abiding by this rule. This policy supports the Centre in providing fun & fitness for all your family in a safe & happy environment.

FULL CENTRE – GYM / AEROBICS / WET AREA

\$15.00	Adult
\$8.00	Senior 60+/Secondary Student On presentation of 60 plus Seniors, Senior Pensioner or Secondary Student Card
\$10.00	Health Card Concession/Tertiary Concession /Tertiary Student On presentation of Disability Pension, HCCard or Tertiary Student Card. Tertiary Students must be aged between 18-21 years to be eligible
\$110.00	10 x Casual Sessions – \$11.00 per pass
\$170.00	20 x Casual Sessions – \$8.50 per pass
\$125.00	Senior 60+/Concession 20 Sessions (\$6.25 per pass. * I.D. Required)
\$ 65.00	Gym Programs for non-members 2 appointments: Fitness assessment & Personalised Exercise Program Prescription

PERSONAL TRAINING

\$36.00	45min Individual P.T.
\$170.00*	5 x 45min Individual P.T.
\$320.00*	10 x 45min Individual P.T.
\$28.00	30min Individual P.T.
\$240.00*	10 x 30min Individual P.T.

*Includes initial complimentary assessment

Fully Equipped Gym

Sporties Health & Fitness has an extensive & diverse range of equipment available - designed to help you achieve your health & fitness goals.

Are these the personal health/fitness goals you would like to achieve?

- Weight Loss
- Body Shaping and Toning
- Improve cardiovascular endurance and stamina
- Improve Strength and Endurance
- Increase Muscular size and development
- Improve mobility and range of movement
- Rehabilitation
- Exercise during or after pregnancy
- Sport specific training
- Stress relief
- General health, fitness and wellbeing

By answering 'yes' to any of the above - you need to join our gym!

All Personal Trainers are fully qualified and have diverse experience within many areas of health, fitness & wellbeing. Qualifications & personal development programs are continually updated & maintained, ensuring you receive the most up-to-date & relevant information.

Included in your membership:

- Initial health consultation with a professional qualified Personal Trainer
- A personalised program designed to achieve your health & fitness goals
- A one-on-one appointment to familiarise you with your program
- On-going reassessments to monitor your progress.
- Friendly motivated staff to assist you with your training
- Our support & guidance to help you achieve your goals.
- Download our FREE App LFConnect & like us on Facebook

Sporties fitness also offers:

- Personal Training – 10 pack sessions available
- Cardio incentive program
- BootCamp 6 week program
- Learn to Swim programs – infant/toddler/pre-school/school age/adult

CASUAL FEES

Casual passes purchased in bulk are available. Please check at Reception.

\$15.00	Adult
\$10.00	HCC/Tertiary Student
\$8.00	Secondary Student
\$8.00	Senior Pensioner 60+



Swimming Lessons

The Club operates lessons based on the Austswim and Royal Life Saving Society programs. Swimming Lessons are conducted over an eight-week period coinciding with the Victorian school term. The lessons for 'Infant' and 'Pre-School' and 'school-age' children run for 30 minutes.

All swimming instructors hold current qualifications in (at minimum) swim instructing and water safety skills, Level 1 first aid and CPR.

INFANT LESSONS (AGES 6 MONTHS – 3 YEARS)

The emphasis at this level is on gaining confidence and familiarisation with water through fun activities and games. At this level of lessons, a parent or accompanying adult is required to be in the water with the child. The instructor will guide adult and child through a variety of activities where each child will learn and develop at their own pace. Positive encouragement and reinforcement is constantly practiced to aid the child's development however adults must be prepared to demonstrate activities themselves as a process of 'imitation' therefore learning.

PRE-SCHOOL & SCHOOL-AGED LESSONS (AGES 3+YEARS)

As children enter Pre-School lessons they begin to learn the fundamental water familiarisation competencies which are required to continue on to learning proper swimming techniques. The Pre-School structure consists of two levels and children must successfully complete the 'Pre-School Introductory Level' before progressing to 'Pre-School Level 1'.

Once in School-aged lessons, children will continue to expand their development by learning and refining the various swimming stroke styles and water safety skills to survive. There are 7 levels with the School-aged structure and children must successfully demonstrate the ability to complete the competencies required at each level in order to progress to the next level.

Please see opposite table for further information regarding specific levels & required competencies.

SWIM SCHOOL INFORMATION

- Lesson payments must be made on or before the first lesson.
- Children should never be left unattended within the Centre, especially near or in the pool.
- All children not toilet trained must wear appropriate swimwear including an 'aqua-nappy'. Aqua-nappies are available at reception for purchase.
- If required, a credit on a 'paid in-full' term booking will only be issued by management when a doctors certificate is produced.
- We do not offer make-up lessons for missed classes unless it is the fault of the centre that a lesson has been cancelled due to instructor illness or unavoidability.

LEVEL	ABILITY	SKILL DEVELOPMENT & PROGRESSION
Infant	6 months – 3 years	Water familiarisation with fun games, exercise & play. Parental education to promote & develop their child's confidence & aquatic skills.
Pre-school	Introductory 3 years +	Water familiarisation : floating, kicking, sub-merging, basic water safety skills, independent movement through water.
	Level 1	Continuation and further development of skills introduced in the pre-school introductory stage.
School-age	Level 1	Introduction to kicking, bubble blowing, kickboard usage, complete sub-mergion, basic swimming techniques.
	Level 2	Front & back glide, front & back torpedoes, swim 15 metres of basic freestyle & backstroke, perform a kneeling dive.
	Level 3	25 metre continuous swim of freestyle & backstroke, tread water & survival sculling, perform a standing dive.
	Level 4	50 metre continuous swim where recognised stroke techniques are used, survival floating & sculling.
	Level 5	Swim 25 metres continuously of all: freestyle, backstroke, survival backstroke & breaststroke.
	Level 6	Swim 50 metres continuously of all: freestyle, backstroke, survival backstroke & breaststroke.
	Squad	Swim 50 metres continuously of all: freestyle, backstroke, survival backstroke, breaststroke, butterfly & side stroke.

PARENT INVOLVEMENT WITHIN THE PROGRAM

It is important for parents to remember that a swimming lesson once a week will not guarantee a child's utmost safety in or around the water. It is up to you as parents to reinforce, practice, educate and encourage the skills and competencies learnt throughout swimming lessons as often as possible with your child. Suggested ways to maximise your child's learning progression in swim lessons include:

- encourage your child to practice, outside of swimming lessons, the skills they have learnt or are learning.
- provide positive reinforcement and encourage every achievement, no matter how big or small.
- avoid comparing your child's development with other children, as all children will develop at their own pace.
- most of all - swimming is fun therefore make swimming lessons an enjoyable experience and as a result children will look forward to attending lessons and participant fully within the class.

'Remember the best skill you can give your child is the skill to stay alive in and around water.'

If you require any further information or would like an enrolment form, please speak to one of our friendly Swim instructors or reception staff.



Sporties Health & Fitness

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