

WINCHESTER FITNESS AND SPORTS CLUB

AT RIVER PARK LEISURE CENTRE

Club membership is for the over 50s and places the emphasis on keeping fit through playing sport for fun. Members are encouraged to join in any of the wide range of activities whether they are experts or beginners.

The Club meets at the Leisure Centre mostly from 10 a.m. until 2 p.m. on Tuesdays and Thursdays (see overleaf for specific details of activities), with some activities taking place on the other weekdays.

The Club also arranges occasional social events and enters the annual REACT Games for similar clubs in the Southern Region. Members can also use the Leisure Centre cafeteria where, on presentation of their membership card before purchase, they enjoy a discount on beverages.

The cost of membership for 2020 is just £5.00 (non-refundable) for the whole or part year. Additionally, a session fee is payable to the Leisure Centre for each attendance. This session fee is reviewed annually, usually w.e.f. 1st April, and this is currently £3.40. Separate fees and arrangements exist for Monday, Wednesday and Friday activities. Annual subscriptions are renewed via the Membership Secretary on or after 1st January each year. There is no reduction for part year membership.

If you would like to join, please complete and return the application form. If you would like further information before joining, please come along on a Tuesday or Thursday morning only and ask at Reception to speak to a Club representative. Alternatively, please email the Club at winchesterfsclub@gmail.com.

Please bring your completed form and hand it to an officer of the Club together with £5 cash at one of the Club's sessions, or send it, having made a payment to WINCHESTER FITNESS & SPORTS CLUB either by bank transfer SORT CODE 60-83-01 ACCOUNT NUMBER 20381880 (please use your name as the payment reference), together with a stamped addressed envelope to:

Membership Secretary
Winchester Fitness and Sports Club
150 Springvale Road
Winchester
SO23 7RB

Please note that cheques are no longer accepted. You will be contacted as soon as your application has been successfully processed.

Every member, or their carer, is responsible for their own safety and the safety of others. The Club reserves the right to change the qualifications for membership or, at its discretion, refuse membership.

PROGRAMME (Please check the News and Events tab on the website <http://www.wfsclub.org.uk/> for the latest information.

MONDAY

Keep Fit*	Studio 1	14.00 – 15.00
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TUESDAY

Badminton	Main Hall	10.00 – 14.00
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Keep Fit	Main Hall	10.00 – 10.30
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Keep Fit*	Main Hall	10.30 – 11.30
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Outdoor Bowls* (Summer)	Hyde Abbey Club	14.00 – 16.00
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Racket Ball	Squash Courts	10.00 – 12.00
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Short Tennis	Main Hall	10.00 – 14.00
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Swimming	Main Pool	11.30 – 13.00
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Aquacise	Small Pool	12.00 – 13.00
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Table Tennis	Studio 2 (two tables)	10.00 – 12.40
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	Squash courts (2 tables)	10.00 – 12.40
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Lawn Tennis	Outdoor Courts	10.00 – 13.00
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Gym sessions	Gym	10.00 – 12.00
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WEDNESDAY

Indoor Bowls* (Winter)	Riverside Indoor Bowls Club	09.00 – 11.30
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THURSDAY

Badminton	Main Hall	10.00 – 14.00
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Keep Fit*	Studio 2	10.00 – 11.00
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Outdoor Bowls* (Summer)	Hyde Abbey Club	14.00 – 16.00
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Racket Ball	Squash Courts	10.00 – 12.00
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Short Tennis	Main Hall	10.00 – 14.00
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Swimming	Main Pool	11.30 – 13.00
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Aquacise	Small Pool	12.00 – 13.00
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Table Tennis	Main Hall	10.00 – 14.00
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Lawn Tennis	Outdoor Courts	10.00 – 13.00
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Pilates*	Studio 2	09.00 – 10.00
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Tai Chi*	Function Suite	10.00 – 11.00
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Tai Chi (Introductory)*	Function Suite	11.15 – 12.15
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Yoga*	Studio 2	11.15 – 12.30
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Gym sessions	Gym	10.00 – 12.00
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FRIDAY

Short Tennis	Main Hall	10.00 – 12.00
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- **Small additional payment required**