

## **SUTHERLAND SHIRE LEISURECENTRES HEALTH SCREEN FORM (AMENDED) TERMS AND CONDITIONS**

### **RECOMMENDATION**

It is recommended that all males over 35 and females over 45 should have a medical assessment, including an exercise ECG and cholesterol and lipid count (fitness NSW)

### **Please read the following exercise advice carefully.**

Ask fitness staff to guide you into the most suitable class or program. Work at a low level on your first visit and concentrate on learning to do the exercise properly. Be sure to limit yourself to a pace where you can still talk comfortably. Should you suffer any illness or condition in the future, please tell us so that we may update your files/program (where appropriate) and take the opportunity to advise you appropriately.

### **INDEMNITY CLAUSE**

**"I recognise that participation in this activity involves the risk of injury to my person or my property.**

**I acknowledge that whilst I participate I do so entirely at my own risk."**

**I will not hold Sutherland Shire Council, Sutherland Shire Leisure Centres, its instructors, members, servants or agents liable for any personal injury or loss of property which I may suffer whether caused by the negligence or omission of any of them.**

### **TERMS AND CONDITIONS**

- Membership includes: Unlimited use of aerobics, aquarobics, boxing, circuit classes, spin, weights gym, cardio equipment, indoor/outdoor heated pools, entry to the steam room and spa for 18 years old and up;
- Membership excludes: crèche, school programs, squad, learn-to-swim and Waterpolo;
- Three and twelve month memberships include a fitness test and personalised program (tests are redone quarterly);
- To be eligible for renewal discounts, members must renew on or before the expiry date. (Excluding already discounted memberships). Variations to this are subject to management discretion;
- Membership commences from the date of purchase;
- Should you decide to cancel your membership within seven (7) days, you will be entitled to a refund, less the cost of any use of the facilities and programs of the centre within this period. Sutherland Shire Leisure Centres must be advised of any membership cancellation in writing;
- All members must be 16 years of age at the time of signing;
- Membership cards must be produced on entry into the centre;
- Twelve month full paying memberships are eligible for a minimum extension of seven (7) continuous days and a maximum of thirty (30) continuous days, subject to management discretion;
- Three month full paying memberships are eligible for a minimum extension of seven (7) continuous days and a maximum of fourteen (14) continuous days subject to management discretion.
- Management reserves the right to cancel a class in the event that fewer than three (3) participants are in attendance;
- Extension for medical reasons must be accompanied by a doctor's certificate (copy and sight original);
- A one month membership is not eligible for extension for any reason
- All participants must collect a tag from reception and hand it to the instructor before class commences. Cardio room and weight room participants must obtain a hand stamp or display membership card on request;
- Spas/Steam participants are required to collect band from front reception;
- Members cannot be guaranteed a place in a class as numbers are limited for safety reasons. Members should arrive 10 minutes before classes commence. For safety reasons participants will not be admitted into classes after the warm-up phase. Pump and spin participants will not be allowed entry once the warm-up has commenced due to the set up time;

- You are required to use towels on equipment and in classes. Appropriate footwear, such as joggers, must be worn. No thongs or sandals;
- Memberships are not transferable between individuals;
- Management reserves the right to place a hold or cancel any membership;
- Antisocial behaviour/foul language is not acceptable and can lead to the termination of your membership/attendance;
- Ezypay memberships abide by additional terms and conditions as advised;
- I acknowledge that I have been given the option of choosing a membership based on a monthly billing agreement.