

PARAFED CANTERBURY GYMNASIUM INFORMATION

GYMNASIUM PRICES

(Effective from 1st October 2010)

GENERAL

12 Months	\$280
6 Months	\$190
3 Months	\$140

* Please note we only accept cheque or cash as we do not have EFTPOS facilities

All gym membership prices **include** a bond of \$30 for your swipe card to access the gym.
All gym memberships include an initial gym assessment by our personal trainer.

Thank you for your interest in joining the ParaFed Canterbury Gymnasium. ParaFed Canterbury is a charitable organisation focusing on sport and recreation for people with disabilities. The aim of the gym is to provide an accessible facility for our members with disabilities to exercise. We welcome non-ParaFed members to join.

HOURS

The gym is available for use between the hours of 6:00am and 9:00pm, 7 days a week.
Entry is through the main gym door using your personal swipe card.

SWIPE CARDS

Your swipe card is loaded with all your details and enables us to keep a record of what members have entered the gym. Your swipe card will not work once your membership has expired.

Swipe cards carry a \$30 bond, which is included in your overall membership cost. Ensure you do not bend or put holes in your swipe card, as it will not work if it is damaged. A replacement swipe card will cost \$30.

Do not let anyone else (including other members) into the gym using your swipe card. All members must use their own swipe card to access the gym.

If found letting **NON MEMBERS** into the gym on your swipe card you will be warned once and on the second offence your gym membership will be cancelled and swipe card taken off you with **NO** refund.

PROGRAMMES

We recommend that all gym users obtain a programme prior to using the gym. We have a qualified Personal Trainer / Exercise Consultant who is available for appointments by prior arrangements. Your initial programme is included in your membership price. After this, there is a cost involved.

As timeslots are limited, if you fail to attend your scheduled appointment without giving at least 24 hours notice then you will forfeit the right to your free programme.

Please call Robyn on 027 421 0058 if you are unable to attend your scheduled appointment.

PARAFED CANTERBURY GYMNASIUM RULES

RULES

A set of rules is below and is also displayed around the gym for you to familiarise yourself with.

KEEPING THE GYM TIDY

Ensure you put any equipment away after you have finished with it (ie: dumbbells, weights etc...). It is important to remember that the gym has a large number of members with disabilities using it and we need the gym kept as accessible as possible.

WATER BOTTLES

There is a water cooler in the corridor of the gym for members to fill up their water bottles. Ensure that you have your own water bottle, as we do not supply drinking cups.

SHOES - CLOTHING - TOWEL

Ensure that you always have suitable footwear on in the gym. All gym members are required to wear a top when working out and bring a towel to place over equipment.

ACCIDENTS / FIRST AID

There is a First Aid Kit in the bottom draw of the filing cabinet. This is for absolute emergencies only! Please record details of the accident and materials used in the book provided.

TIME LIMITS

For fairness of others, there is a **15 MINUTE TIME LIMIT** on each item of equipment, if there are others waiting to use it. If you are wishing to use an item of equipment, let the person using it know and from that point they will have 15 minutes left to use it.

YOUNG CHILDREN

For safety reasons, young children are not allowed in the gym. The gym is not a safe place for children and ParaFed Canterbury takes no responsibility for children who enter the gym.

ANIMALS

No animals are allowed in the gym unless prior arrangement is made with ParaFed Canterbury.

THE OFFICE

If you have any questions concerning the gym or your programme, please feel to contact us at the ParaFed Canterbury Office, which is located next to the gym.

Phone: (03) 385 4449
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