

## 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 from 10 a.m. until 2 p.m. on Tuesdays and Thursdays (see overleaf for specific details of activities).

The Club also arranges occasional social events and friendly matches against other clubs. 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 2018 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. 1<sup>st</sup> April, and this is currently £3.30.

Annual subscriptions are renewed via the Membership Secretary on or after 1<sup>st</sup> 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 and ask at Reception to speak to a Club representative. Alternatively, please email the Club at [winchesterfsc@gmail.com](mailto:winchesterfsc@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) or with a cheque for £5, together with a stamped addressed envelope to:

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

You will be contacted as soon as your application has been successfully processed.

Please note that 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.

WINCHESTER FITNESS AND SPORTS CLUB  
FACILITIES AVAILABLE TO MEMBERS AT  
THE RIVER PARK LEISURE CENTRE

**TUESDAY**

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

- **Small additional payment required**

**WEDNESDAY**

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

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