

Premium Membership

Anyone eligible to the following benefits will be entitled to a Premium Membership (see Price List below)

- *Income Support
- *Incapacity Benefit
- *Job Seekers Allowance
- *Council Tax Benefit (single persons not included)
- *Housing Benefit
- *Full Time Student (part time not included)
- *Registered Disabled
- *Senior Citizen
- *Working Tax Credit (combined with child tax credit only)

PLEASE NOTE: Proof of eligibility must be provided before membership will be issued (e.g. benefits book, up to date letter from D.S.S or local employment form signed by D.S.S)

Castle View

Community & Fitness Centre



Gym Membership & Price Information (term time only)

FOR MORE INFORMATION PLEASE CONTACT THE COMMUNITY & FITNESS CENTRE RECEPTION ON

0191 553 5539

			Health & Fitness Club Only				Health & Fitness Club (Gym & Swim) Classes included in full membership					
Premium Member	Member		Standard Induction Fee	Casual User (pay per session)	28 Day Pass (purchase at Centre Reception)	Gym Only (monthly payments through your bank)	Yearly Membership (payment in one installment)	Casual User (pay per session)	28 Day Gym & Swim Pass (purchase at Centre Reception)	Total Fitness (monthly payments through your bank)	Yearly Membership (payment in one installment)	
£10.00	£10.00		£10.00	£2.75	£17.75	£12.00 (12 monthly payments)	£168.00	£3.90	£25.00	£17.00 (12 monthly payments)	£204.00	
				£3.35	£21.50	£14.00 (12 monthly payments)	£4.50	£28.25	£19.00 (12 monthly payments)	£228.00		

Castle View Community & Fitness Centre is committed to safeguarding and promoting the welfare of children and young people. We expect all staff and volunteers to share this commitment

Gym Opening Times

Monday	4.00pm - 9.30pm
Tuesday	4.00pm - 9.30pm
Wednesday	3.00pm - 9.30pm
Thursday	4.00pm - 9.30pm
Friday	3.00pm - 9.30pm
Saturday	9.15am - 5.00pm
Sunday	9.15am - 5.00pm

About the Induction

Our Induction will teach you everything you need to know. A fully qualified Instructor will take you into our Members room and explain the benefits of an exercise programme to you. The Instructor will also explain the different membership options and help you complete the Physical Readiness Questionnaire. You will be taken into the gym and shown how to use each piece of equipment by the Instructor. We will then work out your personal programme (should you wish to have one). After your induction is complete, you may then have your first session **FREE OF CHARGE!**

please note...

Inductions must be booked and paid for in advance at Reception. Bookings cannot be made by phone.

We appreciate that some customers may have used similar machines before, however, it is a health and safety requirement that everyone has an induction before they can use the gym.

You **will** be using the gym equipment during the induction. Please wear something that you would normally wear to train or exercise in.

Types of Membership

We have 4 different types of Membership

* Casual Membership

* 28 Day Pass

* Health & Fitness Club Membership

* Health & Fitness Club (Full Membership)
(includes Pool & Fitness Class Membership)

Casual Membership

After an induction a Casual user will pay to use the facilities each time they attend. The prices per session are as follows;

£3.25 - Health & Fitness Club

£4.50 - Health & Fitness Club and Pool

28 Day Pass

You can pay **£21.50** (cash or cheque) up front and have unlimited use of the gym for 28 days from the date of payment. For **£28.25** you can have unlimited use of the gym and the pool for 28 days.

Health & Fitness Club (Gym Membership only)

You can have access to our health & fitness gym either by paying for your membership in one payment of **£168.00**, or just **£14.00** per month, by signing up to a leisure finance contract. This can be set up by standing order through your bank account.

Health & Fitness Club (Total Fitness)

As above but for **£228.00** per year (or **£19.00** per month by standing order) you can take advantage of our Full Membership which gives you access to the gym and the swimming pool. As an added extra we have included all Fitness Classes **FREE OF CHARGE!**

PLEASE NOTE: Use of the Pool is subject to the Pool opening times and Fitness Classes are subject to availability.