



Dear Prospective Member,

Thank you for your enquiry regarding the facilities at Monkton Sports Club. We are delighted to offer members use of our outstanding sporting facilities alongside a comprehensive programme of exercise classes.

The Sports Club is managed by a professional and friendly team ensuring efficient service, high standards of cleanliness and a welcoming atmosphere each time you visit. We are always keen to welcome new members and hope you take the opportunity to join our club.

Our indoor pool is heated to 29.5 degrees, ideal for recreational swimming. The gym is equipped with Precor fitness products and includes bikes, treadmills, rowing machines, Ski machines, elliptical trainers and a range of stations suitable for conditioning and strengthening exercises. Classes currently include Aquafit, Cardio and Tone, Condition and Tone, Hydrofit, Stretch and Tone, Total Body Workout and Pilates.

We actively encourage feedback to ensure we meet expectations.

There are a number of subscription types available to suit you and your family with all payments by direct debit.

If you would like to arrange a site visit please call on the number below and I will be delighted to give you a tour of the club and its facilities.

Once again, many thanks for your interest. I do hope I have the opportunity to be of assistance in the near future.

Yours faithfully

A handwritten signature in black ink that reads 'Marcus Larbalestier'.

Marcus Larbalestier  
Sports Club Manager



## Fees and Subscriptions

1st April 2026 to 31st March 2027

| Initialisation Fee |                               | Joining Fee |
|--------------------|-------------------------------|-------------|
| Individual         |                               | £30.00      |
| Concessions        | (Over 65's)                   | £30.00      |
| NUS Students       |                               | £30.00      |
| Junior             | (Ages 3 to 16)                | £30.00      |
| Couple             | (2 Adults)                    | £40.00      |
| Family             | (2 Adults & up to 3 Children) | £50.00      |

| Category of Membership | Monthly Subscription by<br>Direct Debit (minimum of<br>four month term) |
|------------------------|-------------------------------------------------------------------------|
|------------------------|-------------------------------------------------------------------------|

|                                      |                          |
|--------------------------------------|--------------------------|
| Individual                           | £51.64                   |
| Couple                               | £75.57                   |
| Junior (Ages 3 up to 16)             | £25.00                   |
| Concessions (Over 65's)              | £42.40                   |
| NUS students                         | £33.79                   |
| Family (2 Adults & up to 3 Children) | £86.85                   |
| Temporary Membership (3 months)      | £169.00 (Single payment) |

Members wishing to pay by Direct Debit should note that the subscription price is liable to change on the 1st April 2027. The joining fee and first month's instalment of the direct debit subscription may be paid by card, cash or cheque. Accounts will then be debited at the start of each month, or the nearest working day, for the subsequent months of membership.

**Cancellation of Direct Debit memberships require a one calendar month's notice period and must be confirmed in writing or via email.**

### Monthly Pass

Available at a cost of £76.00 per person per month.

### Guests

Members are allowed to book guests for the Sports Clubs Family Swimming Zones or to any open swimming sessions. A guest fee of £10.00 per adult, £7.00 per concession adult or £6.00 per child per visit will be required. Guests cannot be in their own zone. Ages 0 - 2 are free.



**Monkton**  
leisure  
**Activities & Fitness Classes**

#### **Stretch & Tone**

Kick off the week with this dynamic and exciting Stretch and Tone class with Rebecca Thomas.

#### **Total Body Fitness**

Low impact exercises aimed at anyone who wants to tone up and increase their fitness without putting their body under too much stress. Get your heart beating and build fitness and stamina, without risking injury to your joints. This class burns calories by using functional movements mirroring daily movement patterns.

#### **Hydrofit**

Hydrofit is a deep water exercise class utilising hand weights and a flotation belts. All fitness levels and age groups can benefit from Hydrofit, a young athlete can use it as cross training or to train during injuries and an older adult can train everyday to maintain general fitness.

#### **Pilates**

Pilates is a great form of general fitness and well-being. It's not only a great way to improve your physical fitness, but can enhance mental, emotional and spiritual wellbeing. Pilates can be done by anyone and the teachers will offer exercises that can be adapted to allow various fitness levels, body types and those with health issues. Suitable for those aged between 18-80 years, it can support professional sports people, physical rehabilitation after injury and also help prevent injuries.

#### **Aquarobics**

AquaFit is a water based exercise class for all fitness levels and age groups, its low impact water aerobics but great if want to train for cardiovascular fitness, strength and flexibility.

#### **Cardio & Tone**

This class is a total body, heart pumping, aerobic and strength conditioning workout. This interval-based class combines full-body strength training with high intensity cardio bursts designed to tone your body, improve your endurance and clear your mind before you start your busy day!

#### **Condition and Tone**

Similar to a Pilates class - focus on core, glutes and toning upper and lower body. Filled with stretching and improving your overall mobility. Full body stretch warm up, then working through core & glute exercises. Followed by some low impact conditioning with body weight upper & lower body exercises.





## Monkton Leisure Terms and Conditions of Membership 2026

**Members are bound by the Terms and Conditions of Membership and Rules and Regulations that the Club sees fit to impose in connection with the use of its facilities.**

- This Agreement is between Monkton Combe Enterprises Ltd and the person named on the membership application form. Monkton Leisure is part of Monkton Combe School Enterprise Ltd, a wholly owned trading subsidiary of Monkton Combe School.
- Members should be aware that some facilities may occasionally be unavailable if the school has a requirement outside the normal timetable.
- The Management reserves the right to vary the opening times and withdraw facilities to complete essential maintenance or for School requirements or events.
- Membership at Monkton Leisure shall be offered at the discretion of Management who reserve the right to grant or refuse membership without any explanation.
- When joining Monkton Sports Club, you must agree to these Terms and Conditions. Membership is not transferable and fees are non-refundable.
- To attend any sessions, Gym, Swim or Classes at Monkton Sports Club It is essential that you make a booking on our Gladstone Membership Booking system, failure to do so will result in you being to leave a session that maybe oversubscribed. Repeated failure to book sessions will result in a withdrawal of your membership.
- Children under the age of 12yrs must always be accompanied by an adult using the Club. Children under 8yrs must be accompanied in the water by an adult to a ratio of 2:1.
- Children under 12 years are not permitted to attend Lane Swim Sessions unless agreed by Management.
- Our gym/fitness suite is unmanned. Your safety is your responsibility whilst using the equipment. We suggest that all members request an induction by a member of the Sports Club staff before your first gym booking.
- The Fitness Suite/Gym is out of bounds for anyone under 16yrs of age.
- The responsibility for deciding if you are fit and well enough to use the gym is entirely yours. You must make sure you exercise within your limits. You may need to seek advice from your doctor if you are unsure.
- If you require assistance or need to report an accident, there are staff on poolside or in the office area who should be able to help you with this, they will be First aid trained.
- The Dance Studios primary use is for fitness classes. Outside of these times members are welcome to utilise the space, provided it is not being used by our fitness instructor.
- Members are welcome to bring a maximum of three guests to the Club during a Family Swim Zone and Open Sessions but the appropriate fee must be paid and the guest must sign in at Reception. Guests must be accompanied by the member at all times and cannot use facilities or pay a guest fee without attending with a full fee-paying member. The Sports Club member remains responsible for the guest's conduct whilst they are on the school's premises.
- We are NOT accepting guest fees for the Gym, Classes, or Lane sessions.
- Parents should be aware that when children are using the changing facilities during Sports Club Members timetabled swims and gym sessions, they are shared by adult Sports Club Members. There are three cubicles in each changing room for those who are seeking privacy.



- In the Changing facilities adults are encouraged to use their own area/cubicle wherever possible, when changing at the same time as children. Where this is not possible adults are to be reminded to change in an appropriate fashion, and to be mindful that they are changing with children.
- All Club users must always wear appropriate clothing and footwear for their activity.
- Members should not go barefoot or wear Crocs in the gym.
- The Sports Club will have occasional School Squad Swim Session in Evenings and Mornings, at this time the Changing rooms will closed to members, signage will be placed on the hanging room doors 'Closed for School Swim Sessions.' Members must not attempt to enter the changing rooms when the signs are on the changing room doors. There are additional toilets available upstairs in the gym area.
- Smoking and vaping are not permitted in any of the School or Sports Club facilities or grounds.
- Sports Club members and their guests are forbidden from walking around the school grounds or using any of the school play equipment other than those offered within the pool complex.
- Members must always conduct yourselves in a polite and well-mannered fashion whilst using Club facilities or on the school premises. Anyone found using loud, foul or abusive language or behaving in a threatening manner will be asked to leave the premises immediately, their membership will then be revoked.
- No Balls, floats, or inflatables are permitted in the swimming pool area, unless they are provided by Monkton Staff.
- The Management of the Club cannot accept responsibility for any loss of or damage to personal property.
- You must not use any equipment or facilities unless you feel you are satisfied that you are competent to do so safely and properly. Check with staff if you are in any doubt.
- Anyone deemed under the influence of Alcohol or drugs can be refused entry or asked to leave the Sports Club
- You may suspend your membership for a minimum of one month and a maximum of 6 months, there-after your membership will be expired and you will incur a new joining fee charge.
- The Monkton Sports Club and its staff cannot accept liability for any injuries incurred due to the members' or their visitors' own carelessness or misuse of equipment or facilities, or failure to comply with these terms and conditions.
- Cancellation of Direct Debit memberships require one calendar months' notice period and must be confirmed in writing.
- Membership prices are valid from 1st April 2026 to 31st March 2027. Payment must be by Direct Debit.
- Members are required to have changed and left the building within 10 minutes of the advertised session closing time.
- All members are responsible for providing Monkton Leisure with any changes in contact details. If this is not done Monkton Leisure take no responsibility for members not receiving information or details of membership changes.
- Direct debit memberships are set at a minimum term of four months.
- Members are responsible for informing Monkton Leisure if they qualify for a concessionary rate at any point during membership. Refunds cannot be given to full fee-paying members who fail to inform staff that they qualify for a concessionary membership.



- Monkton Combe School Enterprises will collect information from you when you join the Sports Club such as your name, address, contact details and medical conditions that may affect your membership and activities that you can do. We will only use this information to;
  - 1. Log and look after your membership, contact you for renewals, advise for any class changes or closures, record your attendance.
  - 2. We may share your information with Monkton Combe School as the School is ultimately responsible for the Sports Club's finances.
  - 3. Monkton Combe School and Monkton Combe School Enterprises may send you details of products and services that maybe of interest to you.
  - 4. We do not sell information onto third parties.

**Please sign to confirm that you have read and understand all terms and conditions of membership at Monkton Leisure and agree to comply to these at all times when using Monkton Leisure's Facilities.**

**Full Name .....** **Signature .....** **Date.....**



# Physical Activity Readiness Questionnaire

(To be completed by each individual joining)

PAR-Q is designed to help you help yourself. Many health benefits are associated with regular exercise, and completion of PAR-Q is a sensible first step to take if you are planning to increase the amount of physical activity in your life.

For most people, physical activity should not pose any problem or hazards. PAR-Q has been designed to identify the small number of adults for whom physical activity might be inappropriate or those who should seek medical advice concerning the type of activity most suitable for them.

**We will need a PAR-Q filled out for each member on the Application Form**

Name: \_\_\_\_\_ Male: ☐ Female: ☐

Address: \_\_\_\_\_

\_\_\_\_\_ D.O.B: \_\_\_\_\_

\_\_\_\_\_ Telephone Number: \_\_\_\_\_

| Please answer the following questions and tick either yes or no.                                                                                                                                                                                                                                                                                                                                                                           | Yes | No |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----|----|
| Has your doctor ever said you have a heart condition and recommend only supervised activity?                                                                                                                                                                                                                                                                                                                                               |     |    |
| Do you have any chest pains brought on by physical activity?                                                                                                                                                                                                                                                                                                                                                                               |     |    |
| Have you developed chest pains in the last month?                                                                                                                                                                                                                                                                                                                                                                                          |     |    |
| Do you tend to lose consciousness or fall over as a result of dizziness?                                                                                                                                                                                                                                                                                                                                                                   |     |    |
| Do you have a bone or joint problem that could be aggravated by the proposed physical activity?                                                                                                                                                                                                                                                                                                                                            |     |    |
| Has a doctor ever recommended medication for your blood pressure or a heart condition?                                                                                                                                                                                                                                                                                                                                                     |     |    |
| <p><b>If you have answered NO to all questions</b> accurately, you have reasonable assurance of your present suitability for a progressive exercise programme. A progressive exercise programme that includes a gradual increase in regular exercise and that promotes fitness and improves overall health while minimising or eliminating discomfort. Postpone entry into the programme if you feel unwell or have temporary illness.</p> |     |    |
| <p><b>If you have answered YES to one or more of the questions</b> then you are advised to seek GP medical advice prior to commencing any type exercise programme. Monkton Leisure may contact you after application of membership following a 'yes' to any of the questions, to check you are aware of affects of exercise.</p>                                                                                                           |     |    |
| Signature of the Participant:                                                                                                                                                                                                                                                                                                                                                                                                              |     |    |
| Signature of Sports Club staff:                                                                                                                                                                                                                                                                                                                                                                                                            |     |    |
| Date: _____                                                                                                                                                                                                                                                                                                                                                                                                                                |     |    |

**injonkton** **leisure**

| Membership type | Title | First name | Surname | Clients date of Birth | Monthly Subscription Price |
|-----------------|-------|------------|---------|-----------------------|----------------------------|
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|                 |       |            |         |                       |                            |
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|                 |       |              |
|-----------------|-------|--------------|
| Postal Address: | Email | Phone Number |
|-----------------|-------|--------------|

Parents name and signature: \_\_\_\_\_

Email: \_\_\_\_\_

Parents contact number: \_\_\_\_\_

For enquiries - please email [Leisure@monkton.org.uk](mailto:Leisure@monkton.org.uk) or call us on 01225 721206





**Instruction to your  
Bank or Building Society to pay by Direct Debit**



Please complete all the fields below and return with your application form:

Name and full postal address of your Bank or Building Society

|                 |                          |
|-----------------|--------------------------|
| To: The Manager | Bank / Building Society: |
| Address:        |                          |
| Postcode:       |                          |

Originator's Identification Number

|   |   |   |   |   |   |
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Reference Number

(To be completed by Monkton Combe School)

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Name(s) of Account Holder(s) in Block Capitals

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Branch Sort Code

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Bank/Building Society Account Number

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**Instruction to your Bank or Building Society**

Please pay Monkton Combe School Direct Debits from the account detailed in this Instruction subject to the safeguards assured by the Direct Debit Guarantee. I understand that this instruction may remain with Monkton Combe School and, if so, details will be passed electronically to my Bank/Building Society.

Signature(s):

Date:



This guarantee should be detached and retained by the Payee

**The Direct Debit Guarantee**

- This Guarantee is offered by all Banks and Building Societies that take part in the Direct Debit Scheme. The efficiency and security of the Scheme is monitored and protected by your own Bank or Building Society
- If the amounts to be paid or the payment date change, Monkton Combe School will notify you 10 working days in advance of your account being debited or as otherwise agreed.
- If an error is made by Monkton Combe School or your Bank or Building Society, you are guaranteed a full and immediate refund from your branch of the amount paid.