

How to get started

Please visit YMCA Hawker Centre to view and/or join. If you require further information or have any queries, please contact:

Reception Tel: 020 8296 9747 Fax: 020 8296 9759

Textphone users dial **18001** prefix

Or send your details to us on the tear off form and we will contact you to arrange a first consultation.

Please send to:

**Angus McGregor
Programme Manager
YMCA Hawker Centre
Lower Ham Road
Kingston KT2 5BH**

Title Mr Mrs Ms Miss Date _____

First Name _____ Surname _____

Address _____

Post Code _____

Tel No _____ Fax No _____

Email address _____

How did you hear about the YMCA Hawker Centre IFI Initiative?

This leaflet IFI Website
Poster Recommended by existing user
KWYMCA website Other (please give details)

KWYMCA is a registered charity

Kingston & Wimbledon **YMCA**

fitness for everyone

Inclusive Fitness Initiative

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www.kwymca.org.uk



YMCA encourages health and wellbeing for everyone...

...through effective and safe exercise in a friendly environment

- Everyone welcome
- You will find opportunities for exercise and physical activity for all, including those with any kind of disability - learning, physical or sensory and conditions such as osteoporosis, arthritis, obesity, stroke, neurological and mental health problems
- All parts of the centre are wheelchair accessible
- Hearing loops and braille signage
- Dedicated parking spaces

Gym

- Bright, air-conditioned, ground floor gym
- Experienced fitness staff with specialist training
- Changing facilities with steam room
- All disabilities catered for including Phase IV Cardiac Rehabilitation and general rehabilitation
- A programme designed to fit your individual requirements and interests. Please note, that at least one week's notice is required for all bookings/inductions.
- Nutrition and lifestyle advice available

Classes

- A broad range of day and evening classes - something for everyone from complete beginners to regular exercisers, including pilates, yoga, aerobics, step and dance classes
- Classes are held in the spacious sports hall or studios
- If you require a supporter to access the classes, there is no charge, however, please notify us at time of booking.

Lockers

- Identified by braille
- £1 coin operated (returnable)

Referrals

You may be referred by your GP or medical specialist, physiotherapist or social worker. Alternatively, you may refer yourself and be accepted after an initial assessment by a member of the Health and Fitness staff.

Medical references will be required

Carers

- **Free admission** to the centre if they **do not** wish to work out
- **Concessionary rates** will apply for Carers who **do** wish to work out
- A mixed changing facility is available if you are attending with your carer

Good value

If you are registered disabled or have been referred by your GP you can join at the specialist rate. Documentary proof is required

Monthly Specialist Membership **£25**

Includes use of gym and classes, plus the **Get Started** programme (gym induction, one-to-one training and nutritional advice)

'Pay As You Go' Day passes **£6.50**

No commitment, pay as and when you use the facilities

Opening hours

Day	Gym	Restaurant
Mon - Sun	9 am - 5 pm	9 am - 5 pm

Restaurant

The River Terrace Café/Bar serves a delicious lunch, snack or coffee with a river view

