

Monthly Option

A £25 fee is required for the 'Get Started' programme. This includes an initial health check, which is part of our health and safety requirements.

Annual Option

Annual memberships are paid in one lump sum and are non-refundable.

6 Month Committed Membership Option

This option offers unlimited use of the gym and classes for only £32 a month. If you are living in the area long term and you are able to commit yourself for 6 months this option may suit you. If you choose this option you will need to make a minimum of 6 direct debit payments.

Specialist Option

Those eligible for specialist membership include:

- 16 to 18 year olds
- Students with NUS cards
- Those who have completed the Exercise Referral Programme
- Senior Citizens

Duo Option

Join with your spouse, partner, friend or colleague. Pay by one direct debit - a great way to spread the cost.

3 Site Option

Use all three of YMCA LSW's Health & Fitness facilities (YMCA Surbiton, YMCA Hawker Centre and YMCA Wimbledon).

Day Passes

If you do not wish to join, we offer a day pass that entitles you to use the gym for £6.50. The fee to get started is £25 if you are new to the centre. Classes are available on a PAYG option, with prices ranging from £5.60 to £7.50 per class.

Active Kingston Card

The YMCA Hawker Centre is a member of the Royal Borough's Active Kingston Card Scheme, which allows you to use the facilities of eight local leisure centres at a reduced rate. If you are aged 60 or over; registered disabled; are a full-time student; receiving Jobseeker's Allowance, Carers Allowance, Income Support or Disability Benefit, you can apply for a Card. The Hawker is an issuing centre. Please ask Reception for more information. **You must live in the Royal Borough of Kingston to qualify.**

finally... If after a tough session in the gym or a challenging step class, you have worked up an appetite, remember that the Hawker is home to the River Terrace Café/Bar.

If you would like to join the YMCA Hawker Centre or would like more information, please ask Reception or call us

belong

join or 'pay as you go'

YMCA Hawker Centre

Lower Ham Road

Kingston

KT2 5BH

T:020 8296 9747

F:020 8296 9759

Textphone users

dial 18001 prefix

www.kwymca.org.uk



belong...

At the YMCA Hawker Centre you will find everything you need to achieve and maintain a healthy lifestyle. Our qualified and enthusiastic instructors will help make exercise a regular and enjoyable part of your life. The gym is bright, air-conditioned and equipped with up-to-date cardiovascular and resistance equipment. We have two studios and a sports hall, offering a wide range of sports, fitness and dance classes. Programmes are updated regularly to bring you the latest fitness trends.

Run in partnership with the Royal Borough, the Centre enjoys a superb location on the River Thames, with plenty of outdoor space. There are three tennis courts, a basketball practice area, a bowling green, together with football and cricket pitches. The Hawker Centre is friendly and is a previous winner of **Time Out** magazine's 'Best Family Friendly Facility in London' Award. Children and teenagers can choose from a wide variety of activities, classes and courses. The Centre operates a crèche, breakfast and after school clubs, as well as school holiday day camps.

Everyone is welcome, whatever their level of fitness. The Hawker is accessible for wheelchair users and as part of the Inclusive Fitness Initiative, our staff are experienced in training people with special needs.

We offer a range of membership options. Regular users will save money by joining or you can 'pay as you go'.

included...

In your membership:

- Unlimited use of the gym
- Unlimited fitness classes
- Reduced rate for courses
- The Get Started Programme

The programme begins with an assessment session to measure your fitness, height, weight and blood pressure. Together with an instructor, you will decide on your goals and receive a personalised exercise programme designed to help you achieve them. Follow-up appointments include nutritional advice, one-to-one training and regular programme reviews to keep you on track.

- Use of changing facilities, showers and steam room
- Reduced rate for Crèche

Your child (under 5) will have great fun in the Hawker crèche. A 'Drop'n'Shop' service is available for the over 2's. **The crèche is open Monday to Friday from 9 am until 12 noon.** Busy working parents will find the breakfast and after school clubs invaluable.

- Free and plentiful parking!

The Hawker has a large car park with several disabled spaces near the entrance.

for everyone...

YMCA Hawker Centre welcomes the whole family, with a wide range of activities for ages 6 months to 60 + including:

- Toddlers Funtime
- Football Coaching
- Salsa
- Step & Classic Aerobics
- Pilates & Yoga
- Karate
- Body Balance
- Indoor Cycling
- Line Dancing
- Tennis

Full programmes are available from Reception or call: **020 8296 9747**

open...

We are open seven days a week and most Bank Holidays (reduced hours on public holidays).

Monday - Friday	6.30 am - 10.00 pm <i>(last entrance 9.30pm)</i>
Weekends	8.00 am - 8.00 pm <i>(last entrance 7.30pm)</i>

excellent value...

YMCA Hawker Centre offers excellent value and there are a number of membership options to choose from:

	Monthly	Annual
Specialist / 6 Month Committed Individual	£32	£320
3 Site Duo	£40	£400
Day Pass	£50	£500
	£75	£750
	£25 Get Started Fee	£6.50 per visit

There is no annual contract and the minimum period of membership is three months. (This excludes the 6 Month Committed Membership option).

If you do not wish to join, day passes are available for **£6.50** (details overleaf)

