

How to get started

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

Reception Tel: 020 8542 9055 Fax: 020 8542 1086

Textphone users dial **18001** prefix

Email: katieyoung@kwymca.org.uk

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

Please send to:

**Katie Young
Inclusive Activities Coordinator
YMCA Wimbledon
200 The Broadway
London SW19 1RY**

Title Mr Mrs Ms Miss Date _____

First Name _____ Surname _____

Address _____

Post Code _____

Tel No _____ Fax No _____

Email address _____

How did you hear about Inclusive Fitness at YMCA Wimbledon?

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

YMCA Wimbledon is part of YMCA LSW, a registered charity

YMCA
London South West

formerly Kingston & Wimbledon YMCA

fitness for everyone

Inclusive Fitness Initiative

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London
SW19 1RY

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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 disabled people
- All parts of the centre are wheelchair accessible
- Hearing loops and braille signage

Gym

- The gym is IFI accredited - an initiative designed to make fitness suites accessible
- Air-conditioned, well equipped gym on the ground floor
- Experienced fitness staff with specialist training
- A programme designed to fit your individual requirements and interests.
- Nutrition and lifestyle advice available

Classes

- A broad range of day and evening fitness and dance classes as well as specialist classes for disabled users
- There is something for everyone - from complete beginners to regular exercises - including pilates, yoga and dance classes
- Classes are held in the spacious sports hall or studios
- If you require support to access the classes, please notify us at the time of booking. Entry is free of charge for supporters

Lockers

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

Restaurant

- Accessible by lift
- Open for snacks, fresh salads, sandwiches, hot lunches, panini, cakes and savouries **Fairtrade**® tea and speciality coffees

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
- Please note that there is no mixed changing facility for those attending with their carer

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**

Good value

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

	Monthly	Annual
Specialist	£32	£320
A one off fee of £12 is required for the 'Get Started' programme		
PAYG Gym Pass	£2.50	
Inclusive Fitness Class	£2.50	
Regular Fitness Classes	£6.50	

Opening hours

Day	Gym	Restaurant	Lunch served
Mon - Fri	6.30am - 10pm	10am - 4pm	12 noon - 2 pm
Sat & Sun	8am - 8pm	10am - 4pm	12 noon - 2 pm

