

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

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

Please send to:

**Ann Hart
Gym Manager
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 the YMCA Wimbledon 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

YMCA Wimbledon
200 The Broadway
London
SW19 1RY

T:020 8542 9055

F:020 8542 1086

Textphone users
dial **18001** prefix



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

Gym

- Air-conditioned, well equipped gym on the ground floor
- Experienced fitness staff with specialist training
- 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 is available
- There is 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, please notify us at the time of booking. Entry is free of charge for supporters

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
- Please note that there is no mixed changing facility for those attending with their 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 **£29**

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	Lunch served
Mon - Sun	9am - 5pm	10am - 4pm	12 noon - 2 pm

Restaurant

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

