

HEATHFIELD SPORTS CLUB TIMETABLE
SEPTEMBER 2010 – JULY 2011

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MEMBERS SWIM SESSIONS	7.30-8.45pm	7.00-8.45pm	7.45-8.45pm	7.30-8.45pm	6.30-8.45pm	10.00am-12 noon Pool Parties 12.30-1.30pm Closed to members 1.30pm – 3.45pm	10.00am-1.45pm
FITNESS CLASSES	Aquarobics 7.45-8.30pm		Legs, Bums & Tums 7.30-8.30pm	Circuits 7.30-8.30pm			
TENNIS COURTS (When Available) No Floodlights	6.00-8.45pm	6.00-8.45pm	6.00-8.45pm	6.00-8.45pm	6.00-8.45pm	11.30am-3.45pm	10.00am-1.45pm
FITNESS GYM/PERSONAL TRAINING	5.30-8.45pm	5.30-8.45pm	5.30-8.45pm	5.30-8.45pm	5.00-8.45pm	9.00am-3.45pm	10.00am-1.45pm
BADMINTON	6.00-8.45pm	6.00-8.45pm	6.00-8.45pm	6.00-8.45pm	6.00-8.45pm	11.30am-3.45pm	10.00am-1.45pm

Please ask at reception for other classes that are not included in the membership

<u>HEATHFIELD SPORTS CLUB OPERATING DATES</u> September 2010 – July 2011

PLEASE NOTE: As we have to be off site promptly in accordance with our permitted opening hours, we are obliged to advise you that the last entry time to the club will be 8.30pm weekdays, 3.30pm Saturdays and 1.30pm Sundays.

	TERM BEGINS	HALF TERM	TERM ENDS
Autumn Term 2010	Wed. 1 st September	25 th – 31 st Oct. inclusive	Tuesday 14 th December
Spring Term 2011	Wed 5 th January	21 st – 27 th February inclusive	Tuesday 5 th April
Summer Term 2011	Thursday 28th April	30 th May – 5 th June inclusive	Sunday 31 st July
<u>The sports club will be closed on:</u>	Saturday 16 th October (School Open Day) Monday 2 nd May & 30 th May 2010 (Bank Holidays)		

Please be aware that changing rooms will be locked promptly at 9.00pm Monday – Friday, 4.00pm Saturday and 2.00pm Sunday therefore all members will need to allow enough time to shower before closure.

Thank you for your co-operation.

**Heathfield Sports Club,
 Heathfield School,
 Beaulieu Drive,
 Pinner HA5 2HR**
 Email: heasportsclub@uk.gdst.net

020 8307 5523

Regulations for the Safety of Members of the Sports Club

1. Members

- 1.1 Entry to the club is by membership card. Membership is personal to the member and is non-transferable.
- 1.2 Persons using the pool and fitness gym do so at their own risk. In the interests of safety, the duty officers are empowered to enforce the club rules.
- 1.3 Nothing may be taken into the water except arm bands, floats and equipment offered by staff as swimming aids.
- 1.4 Bombing, running, pushing and ducking are not allowed in the pool area.
- 1.5 No smoking is allowed in any part of the club including the grounds.
- 1.6 The club reserves the right to exclude or refuse entry to the facilities to any person who is obstructive or whose behaviour threatens the safety and enjoyment of other members. No refunds will be given.
- 1.7 No more than 40 swimmers should use the pool at any one time.
- 1.8 Only members aged 18 + may use the fitness gym once an induction has been attended.
- 1.9 The Sports Hall is for use of the badminton courts only. Members are not allowed to either bring balls into the facility or allow their children to take equipment out of the cupboard in the Hall. No food or drink is allowed in this area. Appropriate footwear should be worn in the Sports Hall.

2. Dress Code

- 2.1 Appropriate swimming attire should be worn at all times in the pool. Anyone with jaw length hair or longer **must** wear a swimming hat.

3. Children

- 3.1 All under 16's must be accompanied by an adult on premises.
- 3.2 All children must be able to swim 50m and tread water for 1 minute in order to swim unaccompanied in the pool. Competency will be assessed by the Lifeguard or Duty Manager. If unable to do so they must be accompanied by an adult swimmer in the water.
- 3.3 When not in the pool/changing areas children must be kept under adult supervision at all times and not allowed to run around the facilities. The corridor leading to the viewing gallery is not a play area.
- 3.4 Please note, this is a fitness pool and Saturday 1.30pm – 3.45pm is the only recreational session when floats will be allowed into the pool.

4. Guests

- 4.1 Members must be responsible for the behaviour of their guests. Members introducing guests shall ensure that their guests pay the current guest fee.
- 4.2 Each membership is only allowed to bring up to 3 guests on 3 separate occasions each term. Each guest will only be permitted use of the facility 3 times in any term otherwise they will be required to take out membership. Guest passes must be obtained from Reception.

5. Safety & Hygiene

- 5.1 Swimmers should shower before entering the pool.
- 5.2 Children aged 7 and above should use the correct gender changing room. It is inappropriate for fathers/older brothers to be in the female changing area, and mothers/older sisters to be in the male changing area.
- 5.3 Outdoor footwear must not be worn poolside or in the changing areas. This includes flip-flops that have been worn outside.
- 5.4 Running around the changing room areas is strictly prohibited, as the floors are sometimes very wet. The Sports Club cannot accept responsibility for accidents arising from this behaviour.
- 5.5 Please do not wring swimming costumes out on the floor as this exacerbates the problems arising from wet floors.
- 5.6 Pushchairs are not allowed in the changing areas.
- 5.7 The club facilities should be kept clean at all times.
- 5.8 No food or drink may be taken poolside or consumed in the viewing gallery, changing rooms or sports hall.

6. Parking/Pedestrian Access

- 6.1 Pedestrian access is only via designated pedestrian path. The Club will not accept responsibility for any accidents arising from pedestrians using the vehicular access.
- 6.2 Please use only the designated parking bays. If the car park is full there are additional spaces to the front and side of the main school building. The grass verges must not be used for parking or manoeuvring vehicles.
- 6.3 Please keep the disabled parking bay clear unless you hold a current disability badge and the person it refers to is with you. We do have disabled members who genuinely need to use this space.
- 6.4 Vehicles are left at owners risk.

7. Limitation of Liability

- 7.1 Once a member of the club, the Member agrees that:
 - i) Neither the school or club employees shall be liable for any loss, damage or theft of any property belonging to or brought on to the premises by the member or any guest of the member, occurring upon the club premises unless caused by the negligence of the management or employees.
 - ii) Neither the school, nor any employees of the club shall be responsible for any death, personal injury or illness occurring upon the club premises or as a result of the facilities and/or equipment provided by the club, except to the extent that such death, personal injury or illness arises from any negligent act by the management and employees.

8. Other

- 8.1 The management reserve the right to adjust the hours in which any facilities or services within the club are available to members. The management endeavour to give reasonable notice of any changes of club sessions and courses.
- 8.2 A first aid box can be found in the First Aid Room. A telephone for emergency use can be found in the Pool Office, Administrative Office and First Aid Room.
- 8.3 Use of badminton courts is subject to availability.