

Woking Leisure Centre & Pool in the Park

50+ Club

Open to any person over the age of 50. Although we call it a club, there are no joining fees; simply turn up each week at Woking Leisure Centre to enjoy a wide variety of activities. The centre supplies most of the equipment required. Please speak to a committee member if you are unsure. Please wear comfortable clothes and non marking trainers.

Monday: 2.00pm – 5.00pm; **Tuesday:** 2.00pm – 5.00pm; **Thursday:** 9.15am - 12.30pm

Fees per Session (1 January 2024 – 31 December 2024)

Price Bands	Casual entry price to 50+ Club	Membership 50+ Club is also included in our Key Fitness annual or monthly memberships for the over 50's*
Standard price available to everyone	£8.30 standard	£55 per month or £550 annually
Key Status: Offer discounts for pre-school, full time education, aged 60 and over, disabled customers, and those on a government training scheme. Card: £8.80 per year.	£6.70 Key Status cardholder	£41 per month or £410 annually
Key Concession: Offer discounts for Woking residents on a low income meeting eligibility requirements for selected means tested benefits) Card: £6.00 per year.	£4.60 Key Concession cardholder	£40 per month or £410 annually
*Additional benefits included for Key Fitness annual / monthly members: Free entry to 50+ club sessions plus gym, swimming, racket sports (member only), wet and dry group fitness classes, sauna, spa and steam room. Call 01483 743120 for information about memberships. Key cards also offer the facility to book up to 7 days in advance and pay on the day on selected activities at Woking Leisure Centre Woking Sportsbox and Pool in the Park, register for online bookings. Find out more here: https://www.woking.gov.uk/leisure-and-culture/about-key-leisure-card-scheme		

Come along and try...

badminton * aerobic warm up * table tennis * squash/racketball * short tennis * short mat bowls * gym * water aerobics* swim in the leisure lagoon (Monday & Tuesday only) * Outdoor Tennis Courts (Tuesday and Thursday only)

Each week simply choose which activities you wish to partake in. If you're feeling energetic, you could have a go at all the activities on offer, or dedicate yourself to mastering a few. The choice is yours!

At the beginning of Thursdays session, club members can attend a briefing meeting, led by one of the committee members, to find out whether there is any change to the normal programme and to get information about forthcoming events, etc. The club has a committee, which is made up of members of the club. They are on hand to give you advice if you have any problems or queries. They will show you round on your first visit and explain to you how the club works.

****Please ensure that you complete a health commitment statement form before you participate in your first 50+ Club session****

Organised trips, a monthly guided walk, and friendly competitions are a special feature of the club. See our website www.woking50plus.co.uk

Woking Leisure Centre Gym

A state-of-the-art gym with the latest fitness equipment designed for all your exercise needs, to ensure your body gets an all over work-out.

Gym sessions are always supervised by a qualified instructor, helping you with your exercises whenever necessary. The machines are simple to use and designed for everyone to be able to get use out of them in a work-out!

The exercise machines are split into 2 areas:

- Cardiovascular equipment (treadmills, cycles, steppers and rowing machines) are used to make you healthier, lower blood pressure, reduce stress, aid weight management and help improve your fitness level.
- Weights equipment can be used to improve muscle endurance, strength and help counter the effects of osteoporosis.

Before you are allowed to use the gym you must attend a group induction, where you will receive a demonstration of the cardiovascular and weight machines and gain help with basic gym exercise methods. PLEASE book your induction at reception, stating you are a 50+ club member.

50+ exercise programme

Once you have completed your induction and you discover you are enjoying using the gym, you may wish to take your exercise to the next level with a personalised exercise programme designed with one of our instructors, specifically for your health and fitness needs!

After a confidential discussion with your instructor, you will proceed to create an exercise programme using specific machines that will help you achieve your aims and give you the confidence and ability to use the machines.

Your programme will be recorded on an exercise programme card so you can follow your tailored routine every time you visit the gym.

To book a 50+ exercise programme at a discounted rate please speak to a member of the gym staff.

50+ gym times

Monday	2.00pm – 5.00pm
Tuesday	2.00pm – 5.00pm
Thursday	9.15am – 12.30pm

50+ fitness assessment

If you are unsure of your current fitness level and would like to have your fitness checked before embarking on your exercise routine, our computerised Fitness Assessment offers you a complete evaluation with a gym instructor. **50+ fitness assessments at a discounted rate can be booked at the gym reception, please ask for details.**

N.B. The 50+ Induction does not allow you to use gym outside of the 50+ Club times. Only persons taking out a personalised exercise programme or key fitness membership may use the gym during normal opening hours (upon payment of the appropriate entrance charge).

50+ Club Activities

Aerobic Warm-Up

This half-hour session is designed especially for people of 50 and over. It is a low to moderate intensity workout, for anyone looking to get back into shape or start a training programme.

Gym

A state-of-the-art gym with friendly, professional staff set in a modern, fresh environment. The gym at Woking Leisure Centre provides the latest fitness equipment designed for all your exercise needs.

Table Tennis

Table tennis tables are set up in the studio on the upper balcony or on a squash court. Balls and bats are provided and can be obtained from reception.

Badminton

Several badminton courts are available to the 50 plus Club during each session. Badminton rackets and shuttlecocks are provided.

Short Tennis

Short tennis courts are available during each session. Rackets are provided. Balls can be purchased from a committee member.

Short Mat Bowls

Short mat bowls is available on request, on the Upper Balcony. All equipment required is provided.

Leisure Lagoon

Our leisure pool offers exciting features, including flumes, two spa pools bubble rings, lazy river, and wave machine. Please note: the Leisure Lagoon is not available during morning sessions.

Competition Pool

Lane swimming in the competition pool is also available to 50+ members.

Water Workout

A 45-minute water workout is held in the swimming pool during the Tuesday and Thursday sessions. Using the water's natural resistance and support the muscles are safely exercised with little stress to the joints and skeletal system.

Squash/Racketball

Several courts are available to the 50+ Club. Rackets and balls are provided.

Outdoor Tennis

Takes place on the Outside Hard Tennis Courts 1 and 2 behind the Pool in the Park building. Please bring your own Racquets and Balls (Tuesday and Thursday only).

From time to time, day time walks, day trips, short excursions and other events such as a quiz nights are organised by the 50+ Club. Details of these walks, trips and events are published on our website, www.woking50plus.co.uk sent out to members by email and posted on our notice board on the wall on the lower ground floor in the Leisure Centre.

Members coming on these trips or joining these events do so entirely at their own risk. Outings and excursions are planned using only reputable coach companies/travel agents and visiting suitable locations. However, the 50+ club can accept no liability for any accident, loss or damage sustained by participants or to their possessions or goods.

50+ Club Sessions Timetable

Mondays		Tuesdays		Thursdays	
warm up	2.00pm – 2.30pm	badminton / short tennis	2.00pm – 5.00pm	meeting	9.15am
badminton / short tennis	2.00pm – 5.00pm	squash / racketball	1.30pm – 5.15pm	warm up	9.30am – 10.00am
squash / racketball	1.30pm – 5.15pm	Gym	2.00pm – 5.00pm	badminton / short tennis	9.30am – 12.00pm
gym	2.00pm – 5.00pm	Swimming	2.00pm – 5.00pm (main pool) 4.00pm – 6.00pm (lagoon)	squash / racketball	9.00am – 12.45pm
table tennis	2.00pm – 5.00pm	Table Tennis	2.00-5.00pm	table tennis	9.30am – 12.30pm
swimming	4.00pm – 5.00pm (main pool) 4.00pm – 6.00pm (lagoon)	Aqua Class	3.00-3.45pm – no instructor	swimming	9.30am – 12.30pm (main pool only)
		Tennis in Woking Park (Court 1 and 2)	14.00-17.00pm (earlier finish in winter)	gym	10.00am – 12.00pm
				short mat bowls on request	10.15am – 12.00pm
				Tennis in Woking Park (Court 1 and 2)	10.00am – 13.00pm
This programme may be subject to change. Updates will be given at the meetings.				aqua deep class	11.30am – 12.15pm

Woking 50+ Club
Consent Form January 2024-December 2024



Before we get started, we must know a few things about you to ensure you have a great experience at the sessions. Please carefully read the advice below, complete the form and hand this completed registration form back to the Coordinator or to hcwoking@freedom-leisure.co.uk

- Please be aware that the session runs during our Centre's public opening times, meaning toilets and changing facilities will also be open to members of the public
- We recommend comfortable clothing with appropriate footwear
- We also recommend a bottle of water to stay hydrated during the session
- Jewellery/sharp objects and chewing gum must be removed before the session begins

Please use BLOCK CAPITALS

Participants details:

Name - Age - D.O.B - / /

Email - Contact number -

Ethnicity - (not compulsory)

Gender - (not compulsory)

Medical, Access or Communication Requirements (This may include any regular or emergency medication, allergies or details of medical intervention etc).

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.....(please attach additional sheet if required)

Emergency Contact/Next of Kin Information (please circle)

Name -

Contact Number 1

Contact Number 2.....

1. In the event of an emergency, I authorise Freedom Leisure to take any appropriate action to obtain necessary medical help, including sending me to hospital and administering first aid. I fully understand the above.

Signature -

2. Occasionally photographs and videos may be taken by Freedom Leisure Centre staff which may be used in future publications for Freedom Leisure. By signing below, you give permission to be included in photos and videos during the sessions. We will not use names alongside pictures in line with our safeguard and confidentiality policy.

Signature -

GDPR - The information you have provided about yourself or your child will be used to monitor the success of the programme and help us plan for the future activities. At Freedom Leisure we have exciting offers and news about the products and services on offer at your local Freedom centre that we are sure you would like to hear about. We would like your permission to keep you up to date. You can change your preferences on how and what we send you by emailing us at **data.protection@freedom-leisure.co.uk**. You can view our Privacy Policy by visiting the website at **www.freedom-leisure.co.uk/privacy**.

Please tick this box and sign below to provide your consent for us to collect and process your details: ☐

Signature: _____

Thank you for taking the time to complete the form. We hope that you enjoy the session.

Freedom Leisure, Woking, GU22 9BA
hcwoking@freedom-leisure.co.uk

Woking Leisure Centre and Pool in the Park/Eastwood Leisure Centre and Woking Sportsbox are operated by freedomleisure in partnership with Woking Borough Council.