

**Payment information**

I would like to pay by

Cash  Debit/Credit card

Cheque - I enclose a cheque or postal order made payable to Wandsworth Council for £

• If you wish to pay by cash, please visit Leisure and Sport Services, Town Hall Prefab No.2, Wandsworth High Street, SW18 2PU.

• If you wish to pay by debit/credit card please contact us on (020) 8871 6373 to pay over the phone.

**Medical information**

Please indicate below if you have an illness or injury that might affect your sporting activity which you think should be brought to our attention:

Asthma  Diabetes  
 Epilepsy  Heart Conditions

If so, please give details:

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Allergies please give details:

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Other medical conditions:

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Are you on any medication/s:  Y  N

If so, please give details:

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Name of Doctor:

Tel:

Name and details of the person to contact in case of an emergency:

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Do you have a recognised disability:

Yes  No

If yes please provide details:

Visual  Learning

Hearing  Physical

Details:

\_\_\_\_\_

**Participatory consent:**

I, the undersigned, have understood the purpose of the above information, and give my consent for myself to take part in sporting activities organised by Wandsworth Council's Leisure and Sport Services. I have completed the necessary medical details and consent that in the event of any illness or accident, any necessary treatment can be administered.

I understand that while the sports coaches and personnel will take every reasonable precaution to ensure that accidents do not happen, they cannot be held responsible for any loss, damage or injury involving, or suffered by myself. I agree to abide by the policies and directives of the Wandsworth Council Leisure and Sports Services team, its staff and agents throughout the entire programme, and understand that if I do not, I may be required to leave the session. I will not be allowed to return unless agreed to by all relevant parties.

Please note that to promote activities official photographs may be taken.

The photographs may be used for official publications promoting activities.

If you do not wish to have your photograph published, please tick this box

Name

Signature

Date

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# Fit 4 Life Active Lifestyles

## Are you looking to try something NEW?

Wandsworth Council's Leisure and Sport Services is providing Fit 4 Life introductory courses. Courses available are dependent on term times and are available to all those over 45 years of age.

**SUMMER TERM TIMETABLE 2009**

Sport	Dates	Days & times	Course length	Cost	Venues*
Swimming lessons	24 June-26 August 2009	Wednesday 5.45-6.30pm (beginners)	10 weeks	£60 (FREE for over 60s)	Ernest Bevin College
	24 June-26 August 2009	Wednesday 6.30-7.15pm (beginners)	10 weeks	£60 (FREE for over 60s)	Ernest Bevin College
	24 June-26 August 2009	Wednesday 7.15-8pm (intermediates)	10 weeks	£60	Ernest Bevin College
Lane swimming *	28 June-30 August 2009	Sunday 10am-12pm	10 weeks	£45 (18-44 yrs) £35 (45-59 yrs) FREE (over 60s)	Ernest Bevin College
Ballroom dance	24 June-29 July 2009	Wednesday 7-8pm	6 weeks	£30	Open Door Community Centre
	5 August-9 September 2009	Wednesday 7-8pm	6 weeks	£30	Open Door Community Centre
Latin American dance	22 June-27 July 2009	Monday 6.15-7.15pm	6 weeks	£30	Open Door Community Centre
	3 August-14 September 2009	Monday 6.15-7.15pm (not including bank holidays)	6 weeks	£30	Open Door Community Centre
Tennis	26 June-28 August 2009	Friday 6-7pm	10 weeks	£50	Battersea Park Millennium Arena
Athletics	29 June-3 August 2009	Monday 7-8pm	6 weeks	£15	Battersea Park Millennium Arena
	10 August-14 September 2009	Monday 7-8pm	6 weeks	£15	Battersea Park Millennium Arena
Bowls	6 July-10 August 2009	Monday 6-7pm	6 weeks	£12	Streatham Park Bowling Club
Rowing	17 June-19 August 2009	Wednesday 7-8pm	10 weeks	£90	Barn Elms Boat House

\*Lane swimming is open to all those over the age of 18

\*Please find full addresses and public transport links for all venues over the page.

**If you want to take part in one or more of these sessions you MUST book in advance.**

Please fill in the booking form inside or alternatively call Leisure and Sport Services on (020) 8871 6373 to book. For more information regarding the activities listed above please visit [www.wandsworth.gov.uk/fit4life](http://www.wandsworth.gov.uk/fit4life)

**Coming soon:**  
Autumn Term (September-November)



## Venues

### Ernest Bevin College

**Address:** Beechcroft Rd, Tooting, SW17 7DF

**Public Transport Links**

**Bus:** 219, 319, 155, 355, 249,  
to Tooting Bec station

**Tube:** Tooting Bec

### Open Door Community Centre

**Address:** Beaumont Rd, Keevil Drive,  
Wimbledon, London, SW19 6TF

**Public Transport Links**

**Bus:** 39, 93, 170, 493

**Tube:** Southfields

### Barn Elms Boathouse

**Address:** Queen Elizabeth Walk,  
Barnes, SW13 0DG

**Public Transport Links:**

**Bus:** 33, 72, 283, 969

**Rail:** Barnes Station is 1.4km from  
the Boathouse

### Battersea Park Millennium Arena

**Address:** East Carriage, Battersea Park, Albert  
Bridge Road, SW11 4NJ  
Free Car park after 5pm

**Public Transport Links**

**Bus:** 19, 44, 49, 137, 239, 249, 319,  
344, 345

**Rail:** Battersea Park or Queenstown Road

**Tube:** Sloane Square

### Streatham Park Bowling Club

**Address:** The Green, Pringle Gardens  
(off Ullathorne Road)

**Public Transport Links**

**Bus:** G1

**Rail:** Streatham

**Tube:** Tooting Bec



## Important information

- Payment must be given at the time of registering. Payment will not be accepted on the day.
- All information regarding the Fit 4 Life courses is subject to change and all relevant parties will be notified where and when possible of any changes.
- All activities are subject to availability and we reserve the right to cancel any activity due to adverse weather conditions or lack of numbers.
- Cancellations and refunds are subject to Leisure and Sport Services cancellation policy. Details of which can be found on our website or contact us for further details.
- Please book as early as you can to avoid disappointment.
- All participants must have signed a consent form before taking part in any Leisure and Sport Services activity.
- Participants must be dressed appropriately for their activities.

## How to book

- Fill in the booking form below and overleaf, ensuring it is signed. Extra copies of this booking form are available from our website [www.wandsworth.gov.uk/fit4life](http://www.wandsworth.gov.uk/fit4life)
- We can accept all bookings for any sessions over the telephone by calling (020) 8871 6373, or send your completed booking form with a cheque for the correct amount to:  
**Fit 4 Life, Leisure and Sport Services,  
Town Hall Prefab No 2, Wandsworth High Street, SW18 2PU**
- All cheques should be payable to 'Wandsworth Council'.
- A consent form will still be required to confirm the participant's place on the course if booked by telephone.
- Alternatively all activities can be booked and paid for in person with cash, cheque or debit/credit card by visiting Leisure and Sport Services during office hours (9am–5pm, Monday – Friday).

**PLEASE NOTE: Separate booking forms are required for each individual.**

## Fit 4 Life booking form

First Name: \_\_\_\_\_

Surname: \_\_\_\_\_

Date of birth: \_\_\_\_\_

Age: \_\_\_\_\_

Male  Female

Address: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Postcode: \_\_\_\_\_

Daytime  
contact number: \_\_\_\_\_

Mobile/alternative  
contact number: \_\_\_\_\_

Email: \_\_\_\_\_

### Ethnic background

White  Black  Black British  
 Chinese  Asian  Asian British  
 Mixed  Other

If other please specify: \_\_\_\_\_

### Activity information

I want to book on the following courses:  
(Please tick boxes)

Tennis  Rowing  Bowls  
 Lane swimming  
 Swimming lessons (circle start time)  
5.45pm 6.30pm 7.15pm  
 Ballroom dance (circle start date)  
June August  
 Latin American dance (circle start date)  
June August  
 Athletics (circle start date)  
June August