



East Fremantle Yacht Club

Gymnasium & Sauna Information



We have a modern gymnasium and sauna located on the lower level of the building next to the junior clubhouse.

This facility is only available to members after completing a gym application form and a satisfactory fitness appraisal by our qualified instructor.

THE FACILITY MAY BE USED DURING THE FOLLOWING TIMES:-

5am - 10pm Monday to Sunday

*ACCESS OUTSIDE THESE TIMES IS **NOT** PERMITTED
WITHOUT PRIOR APPROVAL FROM THE CLUB MANAGER*

Males and females use the area at the same time and acceptable clothing is to be worn in the gym and sauna (eg. swimwear).

Members are required to sign in and out of the gym, which will enable us to maintain accurate records of attendance patterns.

The area is fitted with an access card system. Access into the gym is gained by using your membership card once you have completed a gym appraisal.

NO ALCOHOL IS TO BE BROUGHT INTO THE AREA.

A qualified instructor will be used only for appraisal purposes. Members using the gym are required to generally police the area and to advise the office staff of any maintenance requirements or of non-gym members using the facility.

JOINING PROCEDURE

1. Call at the office and complete a gym application form.
2. Book in for your appraisal by contacting our qualified gym instructor **Bob Pavone on 0407 084 875**, who will also prepare a work program and assist you with your first work out. You must also provide a doctors clearance if you are over 35 years of age.
3. After the appraisal you may use the area during the gazetted hours detailed above.

COSTS

- Usage fee of \$30.00* per month paid quarterly in advance
- \$25.00* appraisal fee

SENIOR MEMBERS HAVE FREE MONTHLY USAGE OF THE GYM

Please contact the administration office by calling 9339 8111 if you require further information.



East Fremantle Yacht Club
APPLICATION FOR GYM & SAUNA
Updated June 2010



Members Full Name: _____

Address: _____

Membership No: _____

I APPLY TO USE THE CLUB'S GYMNASIUM & SAUNA FACILITY & HAVE READ AND AGREE TO THE FOLLOWING CONDITIONS: -

1. Payment of the "gym" quarterly usage fee of \$90.00* in advance. This fee can vary at the discretion of the club.
2. Access to the gym/sauna is via your membership card.
3. Use of the facilities are restricted to gym members only. Any member allowing a non-gym member access to this facility will be suspended from the gym and fined \$50.00. Further disciplinary action may be considered by East Fremantle Yacht Club Executive Committee.
4. The gym facilities are to be used from 5am to 10pm Monday to Sunday. Access outside these times is not permitted without prior approval from the club manager.
5. I understand that I am permitted to use the gym & sauna on the condition that I will not hold the club or any of its representatives responsible in any way for injury or loss that I may suffer whilst using the facilities. I agree to abide by the rules of the gym as determined by EFYC.
6. I agree to undergo an appraisal at a cost of \$25.00*. If I am aged 35 years or over, I agree to provide a satisfactory doctors clearance prior to my appraisal.
7. Children under the age of 14 are not permitted to become gym members. Gym members aged between 14-16 are to be supervised by an adult gym member.

Members Signature: _____ **Date:** _____

*GST INCLUDED

PLEASE REPORT ANY FAULTY EQUIPMENT TO ADMINISTRATION

OFFICE USE

- a) APPLICATION RECEIVED ON ____/____/____
- b) ACTIVITY & ACCESS FIELD TO "Y" BY _____ on _____
- QUARTERLY FEE \$ _____ (proportioned)
- APPRAISAL FEE \$ _____
- TOTAL** \$ _____

<u>QUARTERLY GYM FEES</u>		
FEB	-	APRIL
MAY	-	JULY
AUG	-	OCT
NOV	-	JAN

c) **RECEIPT #** _____ **\$** _____ **DATE** _____ (Debit 14.130)