

Hazel Court Gym

Membership of the gym is available to Hazel Court tenants and to people aged 40 and over living in the local community.



Assessment and induction sessions are held every **Wednesday**
12.00pm – 4.00pm

The fitness instructor will talk to you about your health and physical condition and show you how to use the equipment.

The following pages contain information about joining the gym. Or for more detail please contact Hazel Court on **01792 285900** or complete the online enquiry form at www.hazelcourt.org.uk



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Who can become a member:

- Tenants at Hazel Court
- Family Housing Association Staff and their close family (over 18 years of age)
- People aged 40 and over living in the local community.

How to become a member:

- Contact our Admin Team at Reception
- The team will make an appointment for you to meet a fitness instructor
- The instructor will provide you with an induction session, where you will be shown how to use the equipment
- The induction will take account of any health or physical conditions that could affect your use of the equipment.

Membership Fees:

- The cost of joining is £62.64, this covers:
 - Gym induction - £17.62
 - Personal Equipment Key - £14.68, refundable when your gym membership ends. (The fitness instructor will determine whether this is required.)
 - 3 Months membership fee - £30.34
- Membership fees must be paid in advance for the 3 months

Renewing your membership:

- Membership to the Gym must be renewed at 3-monthly intervals
- To renew your membership please contact our Admin Team at Reception.

Changes in Health:

- Should any significant changes occur in your health and/or physical condition, you may have to undertake a further Induction assessment
- The charge for this will be £17.62

For further information and details of other services:

Visit our Website: www.hazelcourt.org.uk

Telephone: 01792 285900

In Person: Call into Reception
Monday – Friday
9am – 4.30pm

Our Address: Hazel Court
Sketty Park
Swansea
SA2 8BP



Llywodraeth Cynulliad Cymru
Welsh Assembly Government



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