

# Launceston Leisure & Aquatic Centre

## Personal Training Form

### PERSONAL DETAILS

Surname	First name	Title
Date of Birth / /		M / F / Other
Mobile	Phone (h)	
Email		
Postal Address		
State	Post Code	

### EMERGENCY CONTACT INFORMATION

Name	Relationship
Phone	Mobile

### SESSION DETAILS

Session Type	Duration	Price
Member Single Session	45 Minutes	\$62.00 <input type="checkbox"/>
Member 10 Sessions	45 Minutes	\$558.00 <input type="checkbox"/>
Member Group Session (Two or more participants)	45 Minutes	\$46.00pp <input type="checkbox"/>
Non-Member Single Session	45 Minutes	\$80.00 <input type="checkbox"/>
Non-Member 10 Sessions	45 Minutes	\$720.00 <input type="checkbox"/>
Non-Member Group Session (Two or more participants)	45 Minutes	\$62.00pp <input type="checkbox"/>

### DECLARATION OF UNDERSTANDING

Where applicable, I have answered the Health Screen honestly and to the best of my knowledge. I understand that when exercising, I do so at my own risk. I know that if at any time I feel unsafe or unsure of safe gym or aquatic practices, I should seek a Launceston Leisure & Aquatic staff member for help. I also acknowledge that have been provided with a copy of the Launceston Leisure & Aquatic Personal Training Terms and Conditions and understand that I will receive regular correspondence from the Launceston Leisure & Aquatic informing me of upcoming events and changes that may affect my sessions. I have been informed, and understand, that I should make myself aware of all applicable Terms and Conditions before signing for membership, as I will be bound by them when I become a client. I specifically acknowledge that my attention has been drawn to the Terms and Conditions relating to responsibility for personal injury that I might suffer when participating in activities at the Launceston Leisure & Aquatic Centre.

SIGNATURE	DATE / /
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## 1. General Terms

1.1 Terms and Conditions: The terms and conditions stated herein will automatically be carried over to the Client's new sessions upon expiry of the current package without the need for a new agreement to be signed and dated. Additionally, the client accepts the general Terms and Conditions for LAfit and the Launceston Leisure & Aquatic Centre.

1.2 Session length: Sessions are scheduled for 45 minutes only.

1.3 Liability: Clients undertaking Personal Training do so at their own risk. No responsibility or liability whatsoever can be accepted by Launceston Leisure & Aquatic Centre, or its staff for personal injury clients might suffer when participating in activities at the Launceston Leisure & Aquatic Centre.

1.4 You agree that the Launceston Leisure & Aquatic Centre will not be liable for your death or personal injury caused by non-Launceston Leisure & Aquatic Centre employees, including Independent Providers, except to the extent that it was contributed to by Launceston Leisure & Aquatic Centre's reckless disregard for your safety.

1.5 In addition to the Personal Training Terms and Conditions, you are bound by the LAfit Membership Terms and Conditions, and Launceston Leisure & Aquatic Centre General Entry Terms and Conditions while participating in Personal Training sessions at the Centre.

## 2. Booking, Payments and Refunds

2.1 All bookings for Personal Training sessions are to be made at least 24 hours in advance (prior to the client session) at Launceston Leisure & Aquatic Centre reception, or over the phone on 6323 3636.

2.2 Bookings cannot be made with Personal Trainers in person.

2.3 Payments for Personal Training sessions are to be made at the time of booking, either in person at Launceston Leisure & Aquatic Centre reception, or over the phone.

2.4 Personal Training payment methods and pricing can be found on the Visit Pass form available at reception.

2.5 Refunds: Refunds are only provided in accordance with terms 3.2, 3.3, 3.8 and 3.9.

## 3. Cancelling or rescheduling sessions

3.1 Rescheduling Personal Training Sessions: Requests to reschedule a Personal Training Session should be made to Launceston Leisure & Aquatic Centre reception, either in person or over the phone, at least 48 hours prior to the original session time.

3.2 Rescheduling Personal Training Sessions: If an alternative time is not available, or the reschedule request is placed less than 24 hours prior to the Personal Training Session, the Client will be charged for the Personal Training Sessions (unless the Client's circumstances are determined by the trainer to be exceptional). Clients may reschedule a Personal Training Session up to four weeks in advance of the originally scheduled Personal Training Session.

3.3 Rescheduled Personal Training Sessions cannot be rescheduled again (unless the Client's circumstances are determined by the trainer to be exceptional).

3.4 Cancelling or missing a Personal Training Session: If the Client misses a scheduled Personal Training Session or cancels with less than 24 hours' notice, they will be charged for the scheduled Personal Training Session (unless the Client's circumstances are determined by the trainer to be exceptional).

3.5 Group Training: If a Client of a group cancels or misses a Personal Training Session that group member will forfeit that Personal Training Session regardless of any prior notice given.

3.6 Trainer cancellation or missing a Personal Training Session: In the event of unexpected absence, Launceston Leisure and Aquatic staff will contact the Client as soon as possible. If the trainer is absent due to exceptional circumstance, Launceston Leisure & Aquatic Centre Staff will contact the Client to explain the situation and reschedule the Personal Training Session with no penalty or claim to the Centre. Clients may opt to reschedule, or request a refund if the arranged trainer is not available to them at the scheduled Personal Training Session time due to any other circumstance.

3.7 Client holidays and absences: We request 7 days advance notice be given of any prolonged training absences concerns.

3.8 Trainer absences: Trainers will provide alternative Personal Training Session arrangements with the Client which may include changing trainers, and/or session times. If these alternatives are not suitable to the Client, the Client may opt to reschedule, or request a refund.

3.9 If the Client is late for a Personal Training Session, the session cannot be extended and will end at the appointed time. If the trainer is late, additional time will be added to the session or to subsequent sessions. If the Client arrives more than 20 minutes late for a scheduled Personal Training Session, the trainer may leave the premises and the Personal Training Session may be forfeited. Refunds will be provided to Clients where the trainer is more than 20 minutes late for the scheduled Personal Training Session.

## 4. Medical

4.1 Health concerns: Clients must inform the trainer of any relevant injury or illness and will be required to obtain a medical clearance from their medical specialist prior to beginning (or restarting) training if there are any medical concerns.

4.2 Medical freeze option: If the Client becomes ill or injured and have been advised by a doctor to temporarily discontinue training, the Client may freeze any remaining sessions for a period up to 3 months, or upon the written recommendations of their doctor.

## 5. Definitions:

**Client** the person signed up for Personal Training sessions

**Trainer** the Launceston Leisure & Aquatic appointed Personal Trainer for the Client session.