

SWIM AND FITNESS AT THE AIS



Effective Date: 1st July 2011

Personal Training at the AIS Participation Guidelines

Thank you for choosing to participate in our premium fitness program, Personal Training (PT). The following guidelines have been designed to maximise your fitness achievements by ensuring that you stay consistent with your training frequency. These guidelines will also ensure that trainers can obtain greater control over your training goals by increasing your consistency, determination and progression.

Punctuality

- To ensure that you get the quality and quantity out of each training session, it is important that you arrive five minutes before each training session.
- At the trainer's discretion, if you are 15-20 minutes late to a session without notice, this will be considered as a no show and you will be charged the full session amount.
- At least 6 hours notice is required to cancel or reschedule a session. You will be charged the full amount for each session that is missed without giving the trainer 6 hours notice.

Completion of sessions

- Purchased PT sessions are non-refundable, but may be transferred to another person.
- Completed sessions are non-refundable and non-transferrable.
- 10 pack PT session cards have a 12 week expiry date starting from the day that they are purchased. All sessions that are not completed before the expiry date will be lost.
- 5 pack PT session cards have a 7 week expiry date starting from the day that they are purchased. All sessions that are not completed before the expiry date will be lost.
- The expiry date for 5 & 10 session cards will be written in the top right hand corner of each card and it will be the trainer's responsibility to inform clients of their session expiry dates.

Conduct

- PT clients must wear light training attire and well maintained training footwear.
- PT clients must bring a towel and drink bottle to each session.
- Trainers strongly advise clients seek a physiotherapist, GP or allied health professional to help implement a suitable injury rehabilitation program.
- If referred to our PT program, the client must present the trainer with a copy of their medical clearance letter and/or a detailed referral note from their physiotherapist, GP or allied health professional.
- Prior to starting the first PT session, each PT client must complete an enrolment and medical screening form with the trainer.
- Clients must inform their trainer if they feel any discomfort during a training session.

Pricing (as of 1 July 2011)

1 hour	\$65	5 x 1 hour sessions	\$290
½ hour	\$40	5 x ½ hour sessions	\$180
10 x 1 hour sessions	\$585	1 hour session: Two clients / One trainer	\$100
10 x ½ hour session	\$360	10 x 1 hour sessions: Two clients / One trainer	\$900
		5 x 1 hour sessions: Two clients / One trainer	\$450