



Chinthurst School  
Tadworth Street  
Tadworth  
Surrey  
KT20 5QZ

December 2009

Dear Parents/Guardians and Friends,

Following on from all of you very kindly filling in the questionnaire KV Active is pleased to announce fitness camps for parents, guardians and friends of Chinthurst School on site. These will take place on the new astro turf tennis court or in the sports hall depending on weather conditions.

Under the guidance of Kieron Vorster and his team (who has over 18 years experience in the fitness industry), they will put you through your paces. Our mission statement is 'Your fitness is our commitment' and we will make a change to your shape and enhance your lifestyle. With a starting price of £12 per session (reduced to £10 per session if you come twice a week) we can make this happen.

The sessions will take place starting on Thursday the 7<sup>th</sup> January and will run every subsequent Tuesday and Thursday of the school term. Prices and times are set out below. Simply turn up with a workout mat or towel and the rest will be taken care of.

As you are all first timers with us you will need to fill out the medical disclaimer which is also attached to this letter.

On behalf of KV Active we look forward to seeing you in the very near future.

Best Regards,

A handwritten signature in black ink, appearing to read 'Kieron Vorster', written in a cursive style.

Kieron Vorster

Please see times and prices below



**Session Times and Days**

Day	Tuesday
Fitness Times	8.45 to 9.45am
Venue	Chinthurst School
Dates (10 Weeks)	12 <sup>th</sup> January to 23 <sup>rd</sup> March
Coach	KV Active Team

Day	Thursday
Fitness Times	2.50 to 3.50pm
Venue	Chinthurst School
Dates (11 Weeks)	7 <sup>th</sup> January to 25 <sup>th</sup> March
Coach	KV Active Team

Please note the Week of the 15<sup>th</sup> February there will be no sessions as it is half term.

**Price Plan**

Sessions	Price	Tick
1 Session per Week-Tuesday	£120	
1 Session per Week-Thursday	£132	
2 Sessions per Week- Tuesday and Thursday	£210	

Please Make all Cheques Payable to 'David Lloyd Sports Management Limited'



Health Status Declaration

Name: \_\_\_\_\_
Date of Birth: \_\_\_\_\_
Email: \_\_\_\_\_
Contact No: \_\_\_\_\_ Emergency Contact: \_\_\_\_\_

Current level of activity (\*Tick as appropriate)

Frequency: No activity [ ] Once a week [ ] 2-3 times a week [ ] + 3 times a week [ ]
Intensity: Low [ ] Moderate [ ] High [ ] Extreme [ ]
List Activities:

- Has your Doctor/Specialist ever suggested that you should not participate in an exercise programme?
Has your Doctor ever said that you have a heart condition?
Have you ever felt pain in your chest when not engaged in activity?
Have you ever felt pain in your chest whilst exercising?
Have you ever lost consciousness or lost balance due to dizziness?
Do you have a bone or joint problem that could be made worse by altering your physical activity?
Are you currently taking any form of drug or supplement?
Do you know of any other reason why you should not do physical activity?
Is there any family history of major diseases e.g.: heart problems, Osteoporosis, Diabetes, and Cancer?

If you answered yes to any of the questions, consult your GP and seek advice prior to engaging in physical activity. KV Active reserves the right to request a doctor's certificate prior to accepting members onto the programme to ensure their wellbeing.

I have read, understood and completed the questionnaire. I have answered all questions accurately and truthfully. Any queries I had were answered fully and to my satisfaction. I understand that if my health status should change in any way I will inform a member of the KV Active Team.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_