



BRAMPTON RECREATION
FITNESS & HEALTH
MEMBERSHIP HANDBOOK



POWER

STRENGTH

CHALLENGE

Century Gardens Recreation Centre





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WELCOME

CONGRATULATIONS ON TAKING THE FIRST STEP TO ACHIEVING A HEALTHIER AND MORE ACTIVE LIFESTYLE!

The City of Brampton is committed to enhancing quality of life for individuals in our community. We offer a variety of healthy activities for all fitness levels and abilities. We are pleased to welcome you to our facilities.

Your membership is your passport to health and wellness. We encourage you to try all of our services, ranging from a workout in our fully equipped weight rooms, a group fitness class in the studio or in the pool, a game of squash or racquetball, a skating excursion, or a shinny game with your friends. Our knowledgeable team is happy to help you develop and enrich your physically active lifestyle.





GETTING STARTED

-  **1** Consult a physician
-  **2** Book a fitness consultation
-  **3** Join a fitness class
-  **4** Hire a personal trainer

FITNESS CONSULTATION

Members are encouraged to participate in a complimentary fitness consultation upon the purchase of their membership. Consultations can be booked at the Customer Service Desk or with Fitness staff at time of purchase.

What to expect during your fitness consultation:



Review your health and fitness goals



Learn how to safely use equipment in the weight room



Learn valuable information about how to start a workout plan



Be prepared to exercise with appropriate attire and a water bottle

*It is recommended that all members consult a physician prior to the start of any physical activity



MEMBER ETIQUETTE

You are required to present your membership card or key tag upon entry to a facility for validation and admittance to the fitness centre and programs.

Your membership may not be shared with anyone. It is for the sole use of the recipient.

Your photo will be taken during the purchase or renewal of your membership.

Please note:

Soliciting products or services at or on City of Brampton property is strictly prohibited, including personal training that is not provided by the City of Brampton.

The use of any image capturing device is prohibited to protect member privacy.

Coarse language and physical, aggressive, disrespectful, or uncooperative behaviour is not acceptable. If inappropriate behaviour occurs, it will be recorded, reported and may result in removal from the program and/or facility.

Please speak with staff if you need clarification.



While enjoying the fitness facility, please be courteous to fellow members and observe the following standards:

- ✓ Clean fitness equipment with sanitizing wipes after each use.
- ✓ Do not drop weights (use a spotter if required) and use collars on weight bars.
- ✓ Put away all equipment after use.
- ✓ Fitness equipment must be used for intended purpose. Please ask staff for assistance if you are unsure of how to use equipment.
- ✓ Keep noise to a minimum level. Be respectful of other users.
- ✓ Please be mindful of others who are waiting for equipment, especially during peak times.
- ✓ For consideration of members and staff who have chemical sensitivities, please be mindful when wearing scented products such as perfumes and colognes.
- ✓ Personal belongings (gym bags, coats), food and/or glass containers, and personal equipment/accessories (chalk, chains, weight pins, audio speaker device, etc.) are not permitted in the fitness area.



DRESS CODE

Proper athletic clothing (including a top and bottom) and indoor athletic shoes that are dry and clean must be worn in all fitness areas.

PLEASE DO NOT WEAR:

Excessively loose and long flowing clothes



Chains, belts, buckles, studded clothing, and metal fasteners



Sandals, flip flops, boots, outdoor footwear, and open-toed shoes

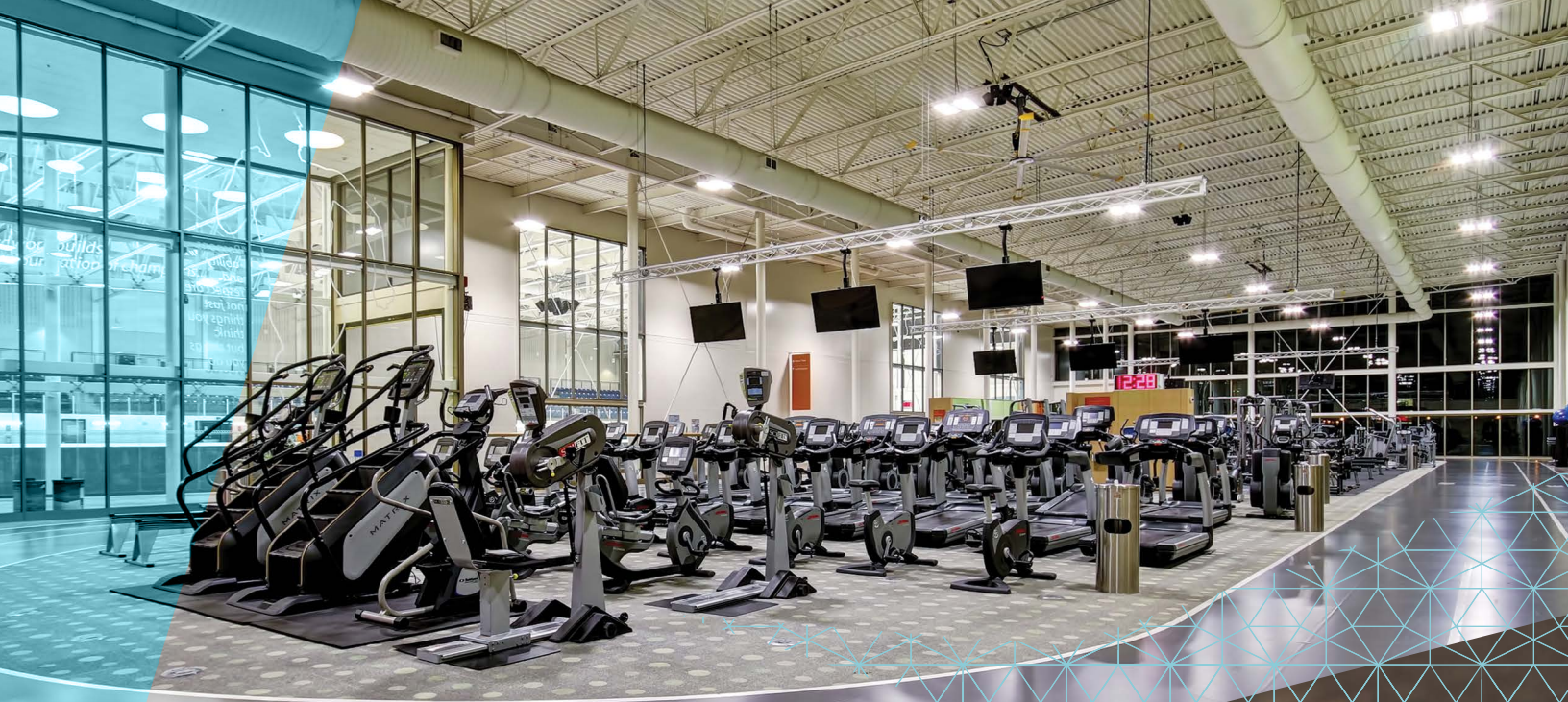


Please speak with staff if you need clarification.

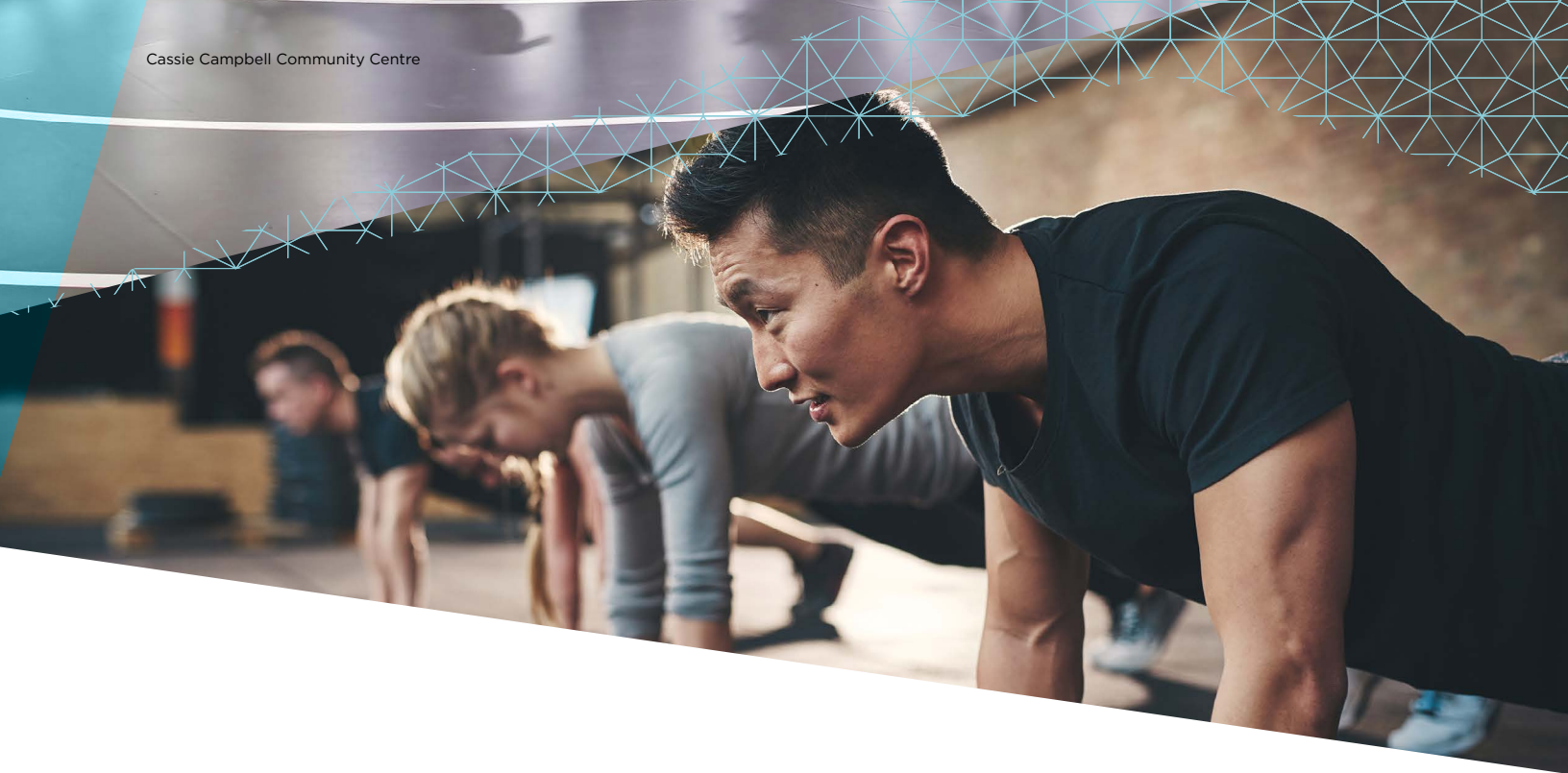


LOCKERS

- Locks are not provided by the facility. Patrons must bring a personal lock.
- Lockers are available for day use only and must be removed at the end of the visit.
- All locks will be removed from lockers by staff at the end of each day.
- Valuable items are to be left at home.
- The City of Brampton is not responsible for lost or stolen articles.



Cassie Campbell Community Centre



DROP-IN FITNESS CLASS ADMISSIONS

To ensure the safety of all participants, all fitness classes have a maximum capacity. To gain admission to a drop-in class you will be required to obtain a ticket or wristband at the Customer Service Desk. Tickets and wristbands are given out on a first-come, first-serve basis. Please speak with a Customer Service Representative at the facility about when/if tickets or wristbands are made available before a class begins.

Search drop-in programs online at brampton.ca/recreation



REGISTERED PROGRAMS

Members with an annual fitness or annual neighbourhood membership may receive free access or discounted rates for select registered fitness programs at their designated locations. Please check with your designated recreation facilities for registration details.

All registered programs are listed in the Recreation Guide and online at brampton.ca/recreation



MEMBERSHIPS

Renewals: Memberships are not automatically renewed. You are responsible for renewing your membership prior to expiry. This can be done in-person and at any one of our facilities. Only customers with a valid membership will be given access to recreation facilities.

Suspensions: Annual memberships may be suspended for a maximum of forty-two days (six weeks) per membership term, effective as of the requested date. Only customers with an annual membership are eligible to request a suspension and consideration will only be given for those requests prior to your absence.

A Membership Suspension Form must be completed upon notification and is subject to an administration fee. This needs to be completed prior to absence and is not available for monthly memberships.

Withdrawals*: Members with an annual membership may request a withdrawal if they are unable to continue using their membership, effective as of the requested date. Membership withdrawals are pro-rated and subject to an administration fee.

*This does not apply to monthly or short-term memberships.

Please note: all suspension and withdrawal requests related to a medical issue must be accompanied by appropriate medical documentation and will be completed from the date of the request.



MEMBERSHIP BENEFITS

FITNESS CENTRE AMENITIES		Aquafit	Hot Tub	Sauna/Steam	Shinny	Skating	Swimming	Fitness Classes	Weight Room	Indoor Track	Babysitting	Squash
Facility Name	Phone											
Cassie Campbell Community Centre	905.840.4041	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
Chinguacousy Wellness Centre	905.789.6111	✓	✓	✓			✓	✓	✓	✓		
Gore Meadows Community Centre*	905.874.3477	✓		✓	✓	✓	✓	✓	✓	✓		
South Fletcher's Sportsplex	905.874.2856	✓	✓	✓	✓	✓	✓	✓	✓			

NEIGHBOURHOOD CENTRE AMENITIES		Aquafit	Hot Tub	Sauna/Steam	Shinny	Skating	Swimming	Fitness Classes	Weight Room	Indoor Track	Babysitting	Squash
Facility Name	Phone											
Century Gardens Recreation Centre	905.874.2814	✓		✓	✓	✓	✓	✓	✓			
Earnscliffe Recreation Centre	905.792.2224	✓		✓	✓	✓	✓	✓	✓			
Loafer's Lake Recreation Centre**	905.846.2370	✓	✓				✓	✓	✓		✓	✓

*Shinny and skating is available at Gore Meadows Outdoor Rink during the winter months only.
 **Please be advised the Loafer's Lake Recreation Centre is closed for construction and will reopen in fall 2020.
 Visit brampton.ca/recreation for up-to-date information.



**CONGRATULATIONS,
YOU'RE MOVING IN THE
RIGHT DIRECTION!**

www.brampton.ca/recreation





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