

Swinburne University Sport & Recreation

Application for Personal Training



SECTION A PERSONAL DETAILS

PLEASE COMPLETE AND RETURN THIS FORM TO
bslatter@groupwise.swin.edu.au OR via internal mail (B Slatter H52)

Title (Mr, Mrs, Miss, Ms)		Student/Staff ID No. (if appropriate)							
Given Name									
Surname or Family Name									
Postal Address (optional)									
Telephone (Work)		Telephone (Home)							
Mobile		Facsimile							
Email									
Gender (F or M)	<input type="checkbox"/>	Date of Birth (in figures)	<table border="1" style="display: inline-table; border-collapse: collapse;"> <tr> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> </tr> <tr> <td style="font-size: 8px;">day</td> <td style="font-size: 8px;">month</td> <td style="font-size: 8px;">year</td> </tr> </table>				day	month	year
day	month	year							

SECTION B ENROLEMENT – Please check the boxes by double clicking the grey box, select checked and then ok.

Current Student <input type="checkbox"/> Current Staff <input type="checkbox"/> Non Swinburne <input type="checkbox"/>	Have you ever been to a personal trainer before? Yes <input type="checkbox"/> No <input type="checkbox"/>
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I am happy with a student training me. (\$35 for 60 minuets)	Yes <input type="checkbox"/> No <input type="checkbox"/>
I would like a more experienced trainer training me. (\$50 for 60 minuets)	Yes <input type="checkbox"/> No <input type="checkbox"/>

What day/s would suit you best?	Monday <input type="checkbox"/>	Tuesday <input type="checkbox"/>	Wednesday <input type="checkbox"/>	Thursday <input type="checkbox"/>	Friday <input type="checkbox"/>	Saturday <input type="checkbox"/>
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What times would suit you best?	Morning <input type="checkbox"/>
	Lunch Time <input type="checkbox"/>
	Afternoon <input type="checkbox"/>
	Evening <input type="checkbox"/>

Would you like to work in pairs with a friend? If so please list their name:

Please note: Dependent on trainer availability. One client per trainer.

What is the best way for our fitness instructor to contact you?	Tel Work <input type="checkbox"/>
	Tel Home <input type="checkbox"/>
	Mobile <input type="checkbox"/>
	Email <input type="checkbox"/>

- **Once this form has been completed and returned one of our instructors will contact you to arrange your first session. Payment can be made upon completion of each session.**
- **If at anytime you have a problem or concern with this program, please email bslatter@groupwise.swin.edu.au**
- **Please note:** The details you provide will only be available to the personal trainer training you and the centre operations coordinator. All information we received is securely stored at Swinergy. Should you wish for your information to be destroyed once your training is completed please let us know.



Swinburne University Sports Centre (Swinergy)

Crn Wakefield & John Street
 Hawthorn 3122
 (03) 9214 8018
www.swinburnsport.com.au
swinergy@swin.edu.au



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SECTION C TERMS & CONDITIONS

Gym Rules

- Patrons must use a towel during each session.
- Appropriate gym clothing must be worn:
- Runners and shirt must be worn at all times
- No jeans, boots or thongs. Towels must be carried.
- No bags are allowed in the gym.
- A minimum 24 hours notice is required to cancel an appointment
- Collars must be worn on barbells.
- All weights must be replaced after use
- All patrons must undergo a medical screening and fitness assessment before commencing a program.
- All patrons are advised to receive qualified instruction on use of gym equipment before use

Personal Training

I hereby apply for personal training at Swinburne University Sport and Recreation (SUSR). I have read and understand the following conditions:

- Sessions are conducted by second year students undertaking vocational training in Sport, Recreation and Fitness
- Second year students are qualified personal trainers
- All training is undertaken on the Hawthorn Campus at the Swinburne University Sports Centre.
- I understand Swinergy is a vocational training centre for students undertaking accredited training in Sport, Recreation and Fitness and I openly acknowledge that in some cases instructors maybe working towards full qualification.
- Refunds are not available on fees.
- I accept that when participating in any SUSR activity I do so on the voluntary assumption of risk on my own behalf.
- I agree not to hold Swinburne University Sport and Recreation, its management or employees liable for any personal accident arising from participating in any SUSR activity.
- Personal equipment taken on any SUSR activities in not covered under Swinburne's insurance policy.
- Personal accident insurance is taken out by the Department of Health, Recreation & Human Services on behalf of members whilst on approved University/SUSR activities. Conditions and exclusions apply. Details of cover are available on request.

Please check the boxes if submitting this form via email.

- Please check if you do not wish to have any photos or videos taken and used for SUSR promotional purposes
- I have read and fully understand the above terms and conditions and agree to abide by the rules and regulations of the Swinburne University Sport and Recreation Centre.
- I declare that to the best of my knowledge the information provided is correct and complete.

SIGNATURE OF APPLICANT: _____ DATE: _____

OFFICE USE ONLY	
Amount Paid	\$
Receipt No.	
Date Paid	/ /
Staff Member	
Cash Chq EFT Credit DD SP	

