

AQUA CYCLING CLASS INFORMATION

Classes are held at: River Bourne Club
Heriot Road
Chertsey
KT16 9DR

There is no charge for accessing the club, when you arrive at reception, just let them know you are coming to Aqua Cycling, sign yourself in and they will let you through. **Please bring your own pad lock for the lockers.**

You will need to wear your swimming costume, aqua shoes (we sell them in all sizes, but they're widely available to purchase in most sports shops or online) and bring your own towel.

You MUST wear foot covering for the class. You need to bring your own aqua shoes. If needed you can hire a pair of sanitised shoes from us for £2 on the day.

Parking:

Library Carpark – next to club - Monday to Saturday from 8am to 6pm:

up to 1 hour £1.30, 1-2 hours £2.50, 2-3 hours £3.50

Sainsbury's car park: Currently 30 minutes free, then £1 per hour. The first hour is refunded when you spend

NEW COVID-19 SAFETY MEASURES: you will need to wear **face covering** to access the club and the café area (not in the changing room or pool side).

It is now a legal requirement for us to display the NHS Test and Trace QR code at River Bourne Club as part of Test and Trace. **Please download the NHS COVID-19 app on your smart phone.**

On arrival, please scan the QR code with the NHS COVID-19 app to help us in our efforts to comply with government regulations. You will need to scan the QR code on every visit, you will also need to sign the guest book as usual.

If you don't have a smartphone or don't want to use the app, at every visit you will need to bring with you a photo ID and fill in a guest card providing a minimum of 2 contact methods for you. This process can be quite time consuming and there could be a queue at reception, so please arrive earlier.

We will not be using any equipment in the classes (dumbbells, elastics or floaters). Aqua gloves could be a great way to enhance your upper body workout, but they are not at all necessary.

Arrive ready to work out and on time. Changing facilities are open including showers, but we encourage you to minimise the time you spend there, so whenever possible come ready for the pool and quickly proceed to poolside waiting for class and maintaining social distancing. ----

Booking is essential to avoid disappointment. Booking are done online through our website; www.wetbikes.co.uk
Alternatively, please email: info@wetbikes.co.uk or ring: 07340 562398

A 12 HOUR CANCELLATION POLICY APPLIES. NO SHOW OR LATE CANCELLATION WILL BE CHARGED.

When booking online please take the time to read our **term and conditions** which include a disclaimer for access to the club and a health questionnaire. Any health issues which could compromise your safety while exercising **MUST** be disclosed to us prior to the class. You can buy wet-shoes, webbed gloves or one of the original Wet Bikes wet-bags directly from our website



Aqua shoes £10 a pair (available in all sizes)



Wet-bag £6.

If you are buying shoes & bag or gloves & bag £15



Webbed gloves £10 (S,M,L)