

Everybody Active

FAQ

1. What does Everybody active offer?

We offer each annual paying member a timetable of activities which they attend all year. Our activities include badminton, StadFit, Legs, Bums and Tums, Football and many more. Please see www.derbycountycommunitytrust.com to see our latest timetable.

2. Who can join Everybody Active?

Anyone over the age of 16 can join our membership – please click here to complete our application form or come to one of our Sign up sessions listed on the timetable -

<http://www.derbycountycommunitytrust.com/programmes/health/everybody-active/>

3. How much is the membership?

Everybody Active is £50 per year or £3 per session (£2 for Stadfit), if you are currently claiming DLA, JSA, ESA or a pension your yearly membership is reduced to £25

4. Does Everybody Active effect my Active Ewe/ Active Supporters membership?

No. Your current Active Ewe/ Active Supporters membership will continue for the remaining 12months then you will be offered the Everybody Active membership afterwards if you wish to continue exercising.

5. How do I join Everybody Active?

You can join by visiting our website www.derbycountycommunitytrust.com OR you can come along to the below classes where you can sign up before it starts:

Monday 7am Early Bird at Springwood

Monday 10am Walking Football (60+) at Powerleague

Monday 6pm StadFit at Pride Park Stadium (South Stand)

Monday 7pm Football at Springwood Leisure Centre

Tuesday 9:30am Legs, Bums and Tums at St Phillips Church Hall Chaddesden

Tuesday 11am Over 60-s Fitness at Derby Arena

Tuesday 12:15pm Circuits at Pride Park Stadium (South Stand)

Tuesday 6pm StadFit at Pride Park Stadium (South Stand)

Tuesday 6pm Badminton at Derby Arena

Wednesday 9:30am Waistline Circuits at St Philips Church Hall Chaddesden

Wednesday 12:30pm Over 60's Fitness at Pride Park Stadium (Press Lounge)

Wednesday 6pm StadFit at Pride Park Stadium (South Stand)

Thursday 10am Football at Willows

Thursday 12:15pm Peddle and Pump at Queens Leisure Centre

Thursday 6pm StadFit at Pride Park Stadium (South Stand)

Friday 10am Walking Football at Powerleague

Friday 4pm Badminton at Springwood

6. Can I cancel or freeze my membership?

Yes you can, memberships can be cancelled at any point, however, we will not be able to issue a refund. If you wish to freeze your membership please see our terms and conditions at XXXX.

If you wish to freeze your membership, members cannot be granted an extension without being notified.

List of agreed circumstances that may be put on hold:

- Non-emergency surgery which will prevent a client from attending any activity for a minimum of 1 month and max of 3 months (notice will need to be given)
- Immediate family bereavement

- *Condition diagnosis that will lead to a prolonged course of treatment for example cancer, heart attack.*
- *An unplanned medical incident that will prevent a client from attending any activity or session.*
- *Pregnancy, if a client becomes pregnant whilst on the membership.*
- *A diagnosed mental health condition that prevents a client from attending any activity or session.*

*List of possible circumstances that **will not be** given an extension:*

- *Low severity muscular skeletal injury for example; twisted/sprained/strained joint.*
- *Non immediate family bereavement.*
- *General illness (e.g. flu, colds, chest infections)*

7. Can I join if I have been on Active Ewe/ Active Supporters/ Livewell?

Yes you can, Everybody Active is available for you to join as many times as you wish

8. What happens after my year is up?

When your year is up, you will be invited to re-join the membership to continue accessing your activities

9. How do I book a class?

Some of our classes require booking, these are stated on the timetable. If you wish to book, this can be done by calling us on 01332416140 one week before the class runs

10. What is the age bracket?

You can join Everybody Active from 16years of age

11. If I have a query, who do I contact?

You can contact your helpful team at Derby County Community Trust by calling 01332416140 or email community@dcct.co.uk with the subject "Everybody Active" so we can ensure it goes to the correct department

12. If I have a health concern, is there anyone I could speak to about it before I start?

Yes, we have some suitably trained staff that can offer you further support and guidance on which class would be most suitable for any health concerns that you have, please contact us on 01332416140 or email community@dcct.co.uk with the subject "Everybody Active GP" if you require this.

13. Is there parking available at the sessions?

Parking is available at all our sessions apart from Queens Leisure Centre. Please adhere to all parking regulations at the venues you attend.

For StadFit, please park in the main stadium entrance near The Yard restaurant then walk towards the back where you will see an a-board signalling the class entrance.