



Longtown Memorial Hall Community Centre/Club Ltd

Owned by Carlisle City Council and Managed in Partnership with the Local Community
Reg Charity No. 242423

Athuret Road, Longtown, Carlisle CA6 5SJ
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email nigelw@carlisle-city.gov.uk www.longtowncommunitycentre.org.uk
Business Registration Number: 5527011 Registered Office as above

Membership Application Form 2010/11 Sept 1st - Aug 31st

Adult £11.00 **Youth** (11-16yrs) £1.50 **Senior Citizen** (60+) £2.00

Membership Number

Name 1 Date of birthFee per person

Name 2 Date of birthFee per person

Child 1 Date of birthFee per person

Child 2 Date of birthFee per person

Child 3 Date of birthFee per person

Address

..... Postcode

Telephone/text no. Email

GP Name/s GP Surgery

You should seek medical advice before participating in any exercise programme

- a. if you have any medical complaint which may be adversely affected by exercise
- b. or if you have any reason to believe that you may suffer from a health defect or weakness,
- c. or if you have taken little or no exercise before

and provide written confirmation from your GP that there is no reason why you should not undertake an exercise programme.

Once you are taking part in exercise programme here, if you notice any changes to your medical or physical condition, or start taking, or change your medication, at any time, you must seek medical advice! You are recommended that you build up your fitness and stamina level gradually. There is always a risk with any form of exercise that it may reveal a previously unknown health defect or weakness which leads to injury, illness or even death.

I have read and understood this authorisation form. I declare that I know no reason why I should not undertake the physical activities on offer at Longtown Memorial Hall Community Centre.

Signed Date

Data protection Act 1998

Longtown Memorial Hall Community Centre Club Ltd may use information we hold about you to keep you informed by post, phone, email or other means, of products and services that may be of interest to you. If you do not wish your information to be used for this purpose, please tick this box