

15 December 2025

Dear Parents/Carers

GYM MEMBERSHIP SPRING/SUMMER 2026

If you have not already purchased a gym membership, membership for the remaining two terms is available for **£60** from 1 January 2026 (£40 for boarders).

For those involved in competitive sports at RGS, the Athletic Development programme is designed to introduce pupils to the fundamental movement patterns, so that they are better able to then cope with the ever changing technical and tactical situations that they face within the various dynamics of their sport. Our philosophy is based around movement – being able to control your body and adjust and adapt movement to the different constraints of the environment and opposition. This is what enables performers to prevail in the dynamic context of their sport.

For leisure Gym users, it is a fantastic space to enhance general health & fitness levels, as well as all round well-being. All Gym members receive technical support from the Athletic Development Team, who are on hand to develop a tailored programme to help deliver individual long-term goals.

The membership is further enhanced by the TeamBuildr App, which allows all members to remotely access their goals, track progress, know their strength thresholds and interact with teammates, videos and leader boards, as well as allowing better coach-athlete feedback.

To purchase a membership for Spring/Summer 2026, please log into ParentPay from 1 January 2026. All monies are reinvested for future development of the Gym.

The gym timetable is displayed outside the gym. If a pupil has been invited to a scheduled Gym session for their Core Sport (cricket, hockey or rugby) they are not required to purchase a Gym membership for those particular sessions. If they wish to use the Gym anytime outside those scheduled sessions, they will require a Gym membership.

We would not like any student to be prevented from joining the Gym for purely financial reasons. If your child qualifies for Pupil Premium (Year 9 - 11) or Bursary (Sixth Form) and you would like to request support, please contact Mr Sheehan, Assistant Head (gds@rgshw.com). If you otherwise feel that the cost involved is prohibitive, please be assured that the school operates a Financial Assistance Programme and dedicated funding may be available to assist you. Please contact Mr Sheehan in strictest confidence to discuss this support.

Yours sincerely

James Honeyben
Director of Sport and Head of Rugby