

TRAINING BEFORE 5.30? GOOD FOR YOU... PLEASE FOLLOW THESE SIMPLE RULES:



- 1) Pay John Charles Centre reception- It's not LCAC 'till 5.30 . Don't sneak in with out paying, You're better than that!
- 2) Only enter the hall if your coach is here (the desk will know 'cos Coach has to sign in too.
- 3) If you're still training after 5.30 You MUST sign in at the lCAC front desk.
- 4) John Charles Centre have the right to ask to see your valid receipt, if you can't produce it, you will have to leave the hall 'till 5.30.

IT'S REALLY SIMPLE.

LCAC hire the centre from 5.30pm to 8.30pm.

Your LCAC membership and subs are only valid between these times on a **TUESDAY** and a **THURSDAY EVENING** known as Club Nights.

On any other times or day payment must be made to John Charles centre. Please respect this and pay your dues to the right folk.

**'INTEGRITY
IS DOING THE RIGHT
THING, EVEN WHEN
NO ONE IS
WATCHING'
(C.S.LEWIS)**