



Questions and Answers – PARiS scheme/ Stay Steady.

I've been referred to the PARiS/ Stay Steady scheme but don't want to start yet. Can I defer my referral?

Yes. Please let us know and we can defer the referral for 3 months after which, we may ask for another referral for you. Please contact your PARiS Coach or email gpreferral@lifeleisure.net.

What if I need a reprogram or a reminder on how to use equipment?

The first step we are asking from our PARiS participant is complete the following simple, online form.

[PARiS pre return form](#)

Many of you have completed the short form already and this helps your PARiS Coach understand the level of support needed for you to return to activity. From your response to the form, our team will be in touch over the next few weeks to arrange the relevant guidance.

Will my PARiS scheme/ Stay Steady scheme be extended?

If you have been on the PARiS Scheme before we closed for this last lockdown and your 6 months was due to end within the time our facilities were closed, then you will be required to complete the following form to reactivate your membership.

[Membership reactivation form](#)

For example, if you joined on 1st September 2020 and your membership was due to expire on 14th March 2021 then your membership will have been considered “lapsed” and the membership reactivation form needs to be completed to reactivate your membership.

We will also give you the option of another 6 months of the same membership package that you had before lockdown.

If you joined on 1st December 2020 and your membership is due to expire 14th June 2021, then your time on the PARiS scheme will be automatically extended by the amount of time you had left on the scheme.

I still have an active PARiS direct debit membership, will I get the time back that I missed?

Yes. As given in the example above, the memberships team will extend your initial expiry date by the number of weeks/ months that you had left before our facilities closed. For example; If you had 2 months left on step 1, this will be extended by 2 months. Please email memberships@lifeleisure.net.



Has my direct debit membership been automatically reactivated? What if I want to continue to keep it on freeze?

If you wish to freeze your membership, please complete the freeze form below.

[Freeze form](#)

When are supervised PARiS gym sessions starting?

Supervised PARiS gym sessions will re-start week commencing Monday 12th April 2021. We will be delivering a slightly reduced schedule of sessions and hope to increase as restrictions ease.

Please note that all gym sessions at Life Leisure must be booked at www.lifeleisure.net

Day	Time	Location
Monday	10.30 – 11.15 & 11.15 – 12.00	Brinnington Park
Monday	13.30 – 14.15 & 14.15- 15.00	GCP
Tuesday	10.00 – 11.00 & 11.00 – 12.00	Cheadle
Tuesday	11.45 – 12.30 & 12.30 – 13.15	SSV
Wednesday	10.00 – 10.45 & 10.45 – 11.30	Houldsworth Village
Wednesday	11.45 – 12.30 & 12.30 – 13.15	Romiley
Thursday	10.30 – 11.15 & 11.15 – 12.00	Avondale
Thursday	11.15 – 12.00 & 12.00 – 12.45	Hazel Grove

I attended a class in the community delivered by the PARiS/ Stay Steady Team. When will these be restarting?

We are currently working with all our community venue providers and government guidance as to how and when we can offer our exercise classes. We envisage the earliest these will restart is May although some facilities may not be large enough to offer enough social distancing for them to commence within current guidelines. Each class will be assessed on an individual basis as to whether it would be suitable to reopen.

How will I access the Gym & Pool?

You will be required to make a booking to access the gym & pool. This can be done at www.lifeleisure.net . Bookings are open 7 days in advanced.

Why do I have to book my gym/ pool session and how do I do it?

All Life Leisure centres will have maximum capacity for customers based on industry guidance for health and safety for the reopening of leisure facilities. The booking system is in place to manage this and to ensure a safe and comfortable environment for our members.



If you have limited access to the internet, you can book via your PARiS instructor when you are in the facility but only for any sessions within the next 7 days. You can also book sessions at reception whilst at the facility BUT we would prefer that this be a last resort.

Must face coverings be worn in the leisure facilities?

Face coverings must be worn whilst in our facilities (unless medically exempt) but do NOT have to be worn when exercising.

If you have any further specific questions relating to Life Leisure facilities, please go to <https://www.lifeleisure.net/covid19-latest-updates/>

We would strongly recommend you read all the information on the website so you can fully familiarise yourself with the new safety procedures.