

Brussels Weightlifting School ASBL –2022 Price List

MEMBERSHIP FEES

Membership gives you access to the gym and training equipment. The fee can be paid in 3 different ways, which are explained below. In order to be affiliated to the club and to the Federation, you have to complete and sign the document “DEMANDE AFFILIATION LFPH” (which you can find found on our Website <http://brusselsws.e-monsite.com/>) and to give it back to the secretary or treasurer of the club. This enables you to benefit from the federation insurance in case of physical injury.

On top, the athletes under a status provided by the ADEPS or who want to take part in international competitions have to hand in the appropriate medical certificate (the standard form can be delivered by the persons in charge upon request or can also be found on our Website <http://brusselsws.e-monsite.com/>).

The fee must be paid as soon as possible by bank transfer, with your first name and family name, on the Brussels Weightlifting School ASBL bank account BE35 3630 1972 9537 (BIC code BBRUBEBB)

Three payment options :

- **One payment** for the whole year:
 - ✓ 210 EUR for students
 - ✓ 310 EUR in all other cases.This option gives the member the status of “full member”; this allows you to vote at the General Assembly of the ASBL.
- **Four quarterly payments** (accepted only after agreement by the treasurer):
 - ✓ 65 EUR per quarter for students
 - ✓ 95 EUR per quarter for others.This option gives the member the status of “adherent member”.
- **Partial subscription** : in case the membership is acquired later in the calendar year, the membership fee will be proportional to the number of months left until the end of the year, month of affiliation included. This partial membership is to be paid in full at the beginning of the affiliation, according to the following rate:
 - ✓ Students: 22.50 EUR x the number of months left in the calendar year
 - ✓ Others: 32.50 EUR x the number of months left in the calendar yearThis option gives the member the status of “adherent member”.

Monthly subscription payments are not allowed, except in the case of a stay in Belgium limited in time (e.g. student internships).

Most health insurance companies contribute to sport clubs membership fees by refunding them partially (in general from 80 to 100€). If you are able to benefit from this advantage, simply ask your insurance for the appropriate form and send it to our treasurer Isabelle Genot (genot_isabelle@hotmail.com). She will send it back to you after having signed it and specified the amount you paid.

B.W.S .– Brussels Weightlifting School ASBL - avenue Brillat-Savarin 95 – 1050 Ixelles
Bank account: BE35 3630 1972 9537 – BCE : 0678.819.064
e-mail : Secretary : addubus@gmail.com / Treasurer : genot_isabelle@hotmail.com
Training hall : Parc Sportif des 3 Tilleuls, Av. Léopold Wiener, 60 - 1170 - Watermael-Boitsfort

DISCOVERY PACKAGE

For those who are eager to discover weightlifting and/or powerlifting, it is possible to attend 5 training sessions for 50 EUR. This fee is to be paid on the Brussels Weightlifting School ASBL bank account BE35 3630 1972 9537, with your first name and family name, as well as the notice "Discovery package". This package gives you access to the equipment during the usual training schedules but not to private lessons, nor to an insurance in case of a physical injury, which can be obtained only through paying the membership fee above.

TRAINING PROGRAMS

Do you want to benefit from a personalized training program, developed by the club's coach and which corresponds to your needs and your level as an athlete? Talk to Anna Vanbellinghen: she will prepare it every day and make it available to you via a file shared in OneDrive. This service is available via a monthly payment of 15 EUR on the BE35 3630 1972 9537 account of the Brussels Weightlifting School ASBL, by indicating your first name and family name, the text "Program" and the month your payment relates to. You can also pay the training programs fees for the entire year in one go if you prefer.

PRIVATE AND GROUP LESSONS

Whether you paid the full annual fee or not, our team can also give private and collective lessons, according to the following rates (*):

| Fee per person | 1 person | 2 persons | 3 persons | 3+ |
|-----------------------|-----------------|------------------|------------------|--|
| 1 one-hour class | 50 € | 30 € | 25 € | Contact us by mail (brusselsws@gmail.com) |
| 5 one-hour classes | 200 € | 125 € | 100 € | |
| 10 one-hour classes | 350 € | 200 € | 150 € | |

(*). These prices do neither include the federation membership nor the insurance fees, which are covered only by the payment of the membership fee and the provision of the affiliation document.

In this case, please contact Anna Vanbellinghen at 0479 31 43 48 or via the e-mail of the club brusselsws@gmail.com.

| In summary | Non-student | Student |
|---|------------------------------------|------------------------------------|
| Full year membership through one payment | 310 € | 210 € |
| Quarterly payment (if agreed with treasurer) | 95 € per quarter | 65 € per quarter |
| Affiliation during the year via single payment (**) | 32.50 € x nb months until year-end | 22.50 € x nb months until year-end |
| Discovery package | 50€ | 50€ |
| Training programs | 15€ per month | 15€ per month |

(**) Exceptions: limited stay in Belgium.