

HOLIDAY/HOLD REQUEST FORM

Resistance Sports Science
280 Stafford Rd, Stafford QLD 4053

Please Enter Details Below

Name: _____

DOB: _____ Contact _____

Email address: _____

REASON FOR REQUESTED HOLD:

Vacation

Personal

Family/Medical

Financial

Other

Hold Period Dates: _____

For Athlete Hub and Junior Athlete Hub Members, a weekly \$10 Hold Fee is applied to the account to keep your place in the program and ensure your program is updated upon requested date of return.

Comments: _____

OFFICE USE ONLY

Holiday/Hold Approved: () YES () NO

Use of Facility Expires On: _____

This form grants Resistance Sports Science permission to place your gym membership for the facility on hold. You agree that there is a **mandatory 2-week notice period** for all hold requests and this form must be signed and emailed to info@resistances.com 2 weeks (14 days) before your hold dates are accepted. Hold periods do not work in a back-date fashion. Your hold period will be applied 2 weeks (14 days) after this form has been signed and delivered to Resistance Sports Science. For all WG membership holds this will need to be completed at reception with WG staff.

**Signature of
RSS Member**
printed name and date:

**Signature of Resistance Sports
Science**
printed name and date: