

# Teen-Fitness Information



## Teen-Fit Sessions

These sessions are specifically designed for 12 – 15-year-olds and are fully supervised by our gym team ensuring they are training safely throughout. Spaces are limited so pre-booking is advised.

A Full Teen Fit Induction is required before using the facilities, where we will show users how to use each piece of equipment.

**Timetable available on following page.**

## Train Together

Now 12 – 15-year old's are also able to train in the gyms at Corby Pool and Lodge Park Sports Centre with their parents or guardians at any time of day.

As these sessions are not supervised by our gym team, the responsibility lies with the adult member to ensure the child they are responsible for is acting appropriately.

**Ratio of 1 adult to 2 children max. Supervising adults must be aged 18+. All adults/guardians are required to take part in activity to always ensure full supervision.**

## Group Exercise Classes

Children aged 14+ can attend a wide range of our group exercise classes with a parent / guardian. The only exceptions are the classes that involve weightlifting. These are listed below:

**Body Pump, Grit Strength, Circuits, Studio Barbell and Kettlebells.**

All classes can be booked online or by phone. To book by phone please call 01536 400033.

## Terms and Conditions

- **A Full Teen Fit Induction is required before using the gym facilities at Corby Pool or Lodge Park Sports Centre, including those that wish to attend the 'Train Together' sessions.**
- **Parental signed consent required prior to starting.**
- **'Teen-Fit' includes use of all cardio, resistance and cable machines (free weights not included).**
- **'Train Together' allows use of free weights, but must be under adult supervision (aged 18+)**
- **Sessions are FREE to those on the Junior Leisure Club.**
- **Booking in advance is recommended for Teen-Fit Sessions.**
- **Members bringing children to the 'Train Together' sessions must be at least 18 years of age to supervise them and are responsible for them at all times.**
- **Group Exercise classes listed to the left, are not available due to health and safety reasons.**

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## Teen-Fit Timetable

Day	Corby East Midlands International Pool	Lodge Park Sports Centre
Monday	4:15pm – 5:15pm 7:00pm – 8:00pm <i>11:00am – 12:00pm (School Holiday Time Only)</i>	5:00pm – 6:00pm 7:30pm – 8:30pm <i>1:00pm – 2:00pm (School Holiday Time Only)</i>
Tuesday	4:15pm – 5:15pm 7:00pm – 8:00pm <i>11:00am – 12:00pm (School Holiday Time Only)</i>	7:30pm – 8:30pm <i>1:00pm – 2:00pm (School Holiday Time Only)</i>
Wednesday	4:15pm – 5:15pm 7:30pm – 8:30pm <i>11:00am – 12:00pm (School Holiday Time Only)</i>	5:00pm – 6:00pm <i>1:00pm – 2:00pm (School Holiday Time Only)</i>
Thursday	4:15pm – 5:15pm 7:00pm – 8:00pm <i>11:00am – 12:00pm (School Holiday Time Only)</i>	5:00pm – 6:00pm 7:30pm – 8:30pm <i>1:00pm – 2:00pm (School Holiday Time Only)</i>
Friday	4:15pm – 5:15pm 7:00pm – 8:00pm <i>11:00am – 12:00pm (School Holiday Time Only)</i>	5:00pm – 6:00pm 6:00pm – 7:00pm <i>1:00pm – 2:00pm (School Holiday Time Only)</i>
Saturday	10:30am – 11:30am 3:00pm – 4:00pm	1:00pm – 2:00pm
Sunday	10:30am – 11:30am 3:00pm – 4:00pm	1:00pm – 2:00pm

## What happens when you turn 16?

At 16 you are no longer able to attend the Teen Fit Sessions, but you can join on our Student Membership or become a pay as you go member. Our Student Membership is a no contract Direct Debit.