

# 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 all of our group exercise classes with a parent / guardian with the exception of those that include weightlifting (Body Pump, Circuits and Kettlebells). These can be booked online.

## Teen Circuits Classes

Similar to our adult circuit classes but designed specifically for 12—15-year old's. Circuits is famous all around the world as a form of aerobic and resistance training using high-intensity exercises, in a circuit format. We think these are great for learning safe and effective lifting techniques which can be taken into the future. Max 20 in a class.

## 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.

# Teen-Fitness Information



## Teen-Fit Timetable

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