

Youth Health and Fitness Membership

Casual Visits

- Members aged 13 to 15 years may access the gym only when accompanied and directly supervised by a parent or legal guardian aged 18 years or over.
- A casual entry waiver/disclaimer must be completed prior to entry.
- Persons aged 16 years and over may access the gym independently and must complete the applicable waiver/disclaimer.

Memberships (13 to 15 Year)

Members aged 13 to 15 years may hold a Health and Fitness membership subject to the following conditions:

- A parent or legal guardian must sign all membership documentation.
- The member must complete a compulsory Health and Fitness appraisal before membership activation.
- The member must be directly always supervised by a parent or legal guardian while using the gym.
- Participation in the Teen Fit program is strongly recommended as the preferred introduction to the gym environment, safe exercise technique and fitness training practices.
- Members aged 13 to 15 years will not be issued with an access card and must present to Reception upon each visit.

Memberships (16 Years and Over)

- Members aged 16 years and over may hold a Health and Fitness membership.
- A parent or guardian must co-sign membership and direct debit documentation until the member reaches 18 years of age.

Group Fitness Access

Casual Visits and Memberships (13 to 15 Years)

Members aged 13 to 15 years may participate in approved Group Fitness classes when accompanied and directly supervised by a parent or legal guardian.

The following conditions apply:

- Participation in Teen Fit is strongly encouraged as the preferred pathway into Health and Fitness programs.
- Attendance is subject to instructor discretion where class content may not be suitable for younger participants.
- Members must comply with all instructor directions and safety requirements.

Restricted Classes

Members aged 13 to 15 years must not participate in restricted high-intensity, heavy resistance or advanced conditioning classes. This includes, but is not limited to, HIIT, Body Pump Heavy and any class with similar intensity, load, impact or technical demands.

- Restricted classes include high-intensity, heavy resistance or advanced conditioning formats.
- Examples include HIIT, Body Pump Heavy and comparable classes as determined by the Health and Fitness team or instructor.
- These class formats are restricted due to their higher intensity, weighted resistance components, rapid exercise transitions and limited opportunity for individual exercise progression and technique correction within a group environment.

Spa and Sauna Access

Members and patrons under 16 years of age are not permitted to access or use the spa or sauna areas at any time.

Permitted and Not Permitted Activities: Programs Available for Young Members

Teen Fit Program

Teen Fit is a structured program designed for young people aged 11 to 17 years and provides education and practical experience in:

- Safe exercise techniques.
- Gym etiquette and expectations.
- Basic strength and conditioning principles.
- Healthy lifestyle habits.
- Confidence in using gym equipment correctly.

Teen Fit is the preferred pathway for young people entering the Health and Fitness environment.

Junior Sporting Membership

Junior Sporting Membership provides eligible members with access to:

- Swimming pools.
- Approved Group Fitness classes.

Access conditions and age restrictions apply, including restricted class access and no access to spa or sauna areas for patrons under 16 years of age.

Supervision Requirements

Direct supervision means the parent or legal guardian remains within the Health and Fitness area and is actively supervising the minor while participating in gym or Group Fitness activities. Minors aged 13 to 15 years must not be left unattended within the Health and Fitness facility. If a supervising parent or guardian is not present, access will be refused and membership privileges may be suspended until compliance with supervision requirements is achieved.

Membership Sign-Up Procedure (13 to 15 Years)

1. Parent or guardian completes and signs all membership documentation.
2. Staff create the member profile in Envibe.
3. Staff book the member into the compulsory Health and Fitness appraisal.
4. Membership activation will not occur until the appraisal has been completed.
5. Payment is processed in accordance with standard membership procedures.
6. The Youth member will not be issued a membership access card.
7. The Youth member and parent/guardian will be required to check-in at gym reception upon every visit.
8. Upon turning 16 years of age, the member may be issued with an access card and access the facility in accordance with standard membership conditions.