

# ACTIVE TEEN MEMBERSHIP

## Membership Details

- Age Range: 12–15 years
- Weekly Fee: \$20.25
- Joining Fee: \$57

## Supervised Access Hours

- Monday to Saturday: 6:00 am – 7:00 pm
- Sunday: 8:00 am – 8:00 pm
- Public Holidays: Hours may vary; notifications will be provided by Clublinks.

## Important Notes:

- Active Teen members must exit the gym and aquatic areas at the conclusion of the supervision period.
- Entry is not permitted if arriving within 15 minutes or less of the supervision period ending.

## Access Outside Supervised Hours

Active Teen members may access the health club outside supervised hours (after 7:00 pm or before 6:00 am) only when accompanied by a nominated guardian. The nominated guardian must:

1. Be registered on the member's profile.
2. Remain present for the entire duration of the workout.
3. Be an active member with gym access.

## Sign-Up Requirements

- Membership sign-up must be completed in-centre.
- A parent or guardian is required to be present during the sign-up process.
- Memberships for Active Teens will be administered under the name of the nominated parent/guardian until the member turns 18.



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## Induction Requirements

All Active Teen members must attend a gym safety induction session (“Active Teen Induction”) before their first workout. For members aged 12-15, a parent or guardian must attend this session as well.

## Membership Benefits

### Health and Wellness Areas:

- Gym access to an 800m<sup>2</sup> state-of-the-art Technogym weights and cardio area during supervised access hours.
- (4) health consults: One initial Health assessment and three revision consultation/assessments
- Discounted personal training options.

### Aquatic Areas:

- Outdoor Facilities:
  - 50-metre, 10-lane pool
  - Splash pad play area
- Indoor Facilities:
  - 25-metre, 8-lane pool
  - Aqua play space

### Group Fitness Areas:

- **Fitness studio-based group classes aimed at teens with varying fitness levels (labelled “Active Teen” on the class timetable).**

## Exclusions

The following areas are not included in the Active Teen membership:

- Warm water therapy pool
- Spa
- Sauna
- Steam room
- Recovery Zone & Massage Chairs



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