



JUNIOR GYM SESSIONS

FOR JUNIOR CLUB MEMBERS

AGED 11-16 YEARS INCLUSIVE

THIS IS AN IDEAL OPPORTUNITY FOR OUR YOUNGER MEMBERS TO USE THE GYM IN A SUPERVISED ENVIRONMENT.

EVERY TUESDAY

4.30PM TO 5.30PM

EVERY THURSDAY

4.30PM TO 5.30PM

ALL JUNIOR MEMBERS MUST ATTEND AN INDUCTION WITH A GYM INSTRUCTOR IN ADVANCE WHERE THEY WILL BE GIVEN A PROGRAMME TO WORK TO, SUITABLE TO THEIR GOALS.

**FREE TO CLUB MEMBERS
SO WHY NOT TAKE ADVANTAGE OF THIS
EXTRA FACILITY NOW ACCESSIBLE TO YOU!**

CONTACT US TODAY

GYM-FITNESS@IPSWICHSPORTS.CO.UK

JUNIOR GYM SESSIONS

THE JUNIOR GYM SESSIONS TAKE PLACE AT THE FOLLOWING TIMES:

TUESDAYS FROM 4.30PM – 5.30PM
THURSDAYS FROM 4.30PM – 5.30PM

ALL JUNIOR GYM SESSIONS MUST BE BOOKED IN ADVANCE

Terms and Conditions:

Junior gym users are those aged between 11 and 16 years inclusively.

All Junior Training slots must be booked in advance by reception - there are 10 spaces available per timeslot.

All Juniors must have previously attended an Induction.

All Juniors attending an Induction must bring with them a completed Induction form which includes parental consent to use the facilities. Induction forms available from reception.

Juniors aged 11 - 13 years can **only** use the gym in the Junior Training gym session times.

Juniors aged 14 – 16 years can use the gym in the Junior Training gym session times and can continue to use it at other times under the supervision of an adult Club member (18yrs+)