

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 WEDNESDAY

5.30PM TO 6.30PM

EVERY THURSDAY

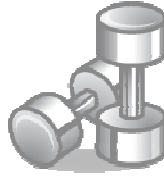
4.30PM TO 5.30PM

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:

WEDNESDAYS from 5.30pm – 6.30pm

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 at 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 are 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+).