



TEEN GYM

SUITABLE FOR
12-15
YEAR OLDS
BOOK ONLINE

12-15 year olds can attend the below Teen Gym times unaccompanied as they're supervised by a member of staff, outside of these times 12-15 year olds must be accompanied by a parent/guardian.

TEEN GYM TIMES

MON & WED & FRI

3.45PM - 4.45PM | 7.20PM - 8.20PM

TUES & THURS

3.45PM - 4.45PM

SAT

2.40PM - 3.40PM



MAKE BOOKINGS SIMPLER
DOWNLOAD THE GETACTIVEABC APP
BOOK TEEN GYM & INDUCTION TIMES
BY SELECTING 'BOOK CLASSES'



You must have valid email address connected to your account, please update at reception.

INDUCTION TIMES
WED & FRI
5.00PM - 5.30PM
5.30PM - 6.00PM

You must complete an induction prior to using the gym, please see Teen Gym Induction times, these can be booked online or at reception. A parent/guardian must also attend and sign the parental consent form.

For further details visit

getactiveabc.com/teengym    



Armagh City
Banbridge
& Craigavon
Borough Council