

# TEEN GYM

SUITABLE FOR  
**12-15**  
YEAR OLDS

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.

## JULY/AUGUST TEEN GYM TIMES

**MONDAY | WEDNESDAY | FRIDAY**

**10.00am - 11.30am**

**TUESDAY | THURSDAY**

**10.00am - 11.30am**

**3.00pm - 4.30pm**

Gym sessions run for 1 hour and start on the hour.

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.



**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

**MON - WED**

**4.00PM - 5.00PM**

For further details, visit

**getactive**abc.com/teengymtimes    



**Armagh City  
Banbridge  
& Craigavon**  
Borough Council