

# 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/AUG TEEN GYM TIMES

### MONDAY - FRIDAY

7.00am - 8.00am  
8.00am - 9.00am  
12.00pm - 1.00pm  
2.00pm - 3.00pm  
3.00pm - 4.00pm  
4.00pm - 5.00pm  
5.00pm - 6.00pm

### SATURDAY

8.30am - 9.30am  
10.00am - 11.00am  
11.00am - 12.00pm  
2.00pm - 3.00pm

### SUNDAY

10.30am - 11.30am  
12.00pm - 1.00pm  
2.00pm - 3.00pm



## 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.

## INDUCTIONS

**MON - WED**  
**4.00PM - 5.00PM**

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

**getactive**abc.com/teengym



**Armagh City  
Banbridge  
& Craigavon**  
Borough Council