

# 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.

## TEEN GYM TIMES

### MONDAY - FRIDAY

4.00pm - 5.00pm  
5.00pm - 6.00pm

### SATURDAY

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

### SUNDAY

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

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