

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 | WEDNESDAY

11.00am - 12.30pm
3.30pm - 4.30pm
7.20pm - 8.20pm

SATURDAY

2.40pm - 3.40pm

TUESDAY | THURSDAY

11.00am - 12.30pm
3.30pm - 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

getactiveabc.com/teengymtimes    



**Armagh City
Banbridge
& Craigavon**
Borough Council