

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

TUESDAY & THURSDAY
10.00am - 11.00am
3.00pm - 4.30pm

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

TUES & THURS
3.00PM - 3.30PM

For further details, visit

getactiveabc.com/teengym



**Armagh City
Banbridge
& Craigavon**
Borough Council