

as advice is also relevant to the offering of "Kids Programs" structured as Group or Circuit classes, and requests from primary and secondary schools to undertake activities in the clubs.

refer to "Kids in Gym" document:
resources > Compliance > Supplementary Compliance Resources

AGE	ELIGIBILITY REQUIREMENTS
16 – 17 Years	<ul style="list-style-type: none"> • Parent or Guardian must sign Membership Agreement (Terms & Conditions) and Direct Debit Request. • Able to participate in both weights and non-weights based group fitness classes. • Able to participate in unsupervised strength/resistance training • Able to use cardiovascular equipment unsupervised
14 – 15 Years	<ul style="list-style-type: none"> • Parent or guardian MUST join so as to supervise the minor • Parent or guardian must sign Membership Agreement (terms & conditions and Direct Debit request) • Age, Weight, Height, BMI, medical conditions and medical clearance must be forwarded to the Compliance Manager at Support Office prior to member being signed up. • Able to participate in non-weights based group fitness classes ONLY • Able to use the cardiovascular equipment supervised • NOT able to participate in resistance training or weights based group fitness classes (including circuits and boxing type exercises) unless with Personal Trainer (with qualifications to train children and adolescents)
13 years and under	<ul style="list-style-type: none"> • Parent or guardian MUST join so as to supervise the minor • Age, Weight, Height, BMI, medical conditions and medical clearance must be forwarded to the Compliance Manager at Support Office prior to member being signed up. • May participate in structured or supervised activities