

## TEEN RULES



**WE WANT TO ACTIVELY ENCOURAGE 13, 14 & 15 YEAR OLDS TO EXERCISE SAFE AND EFFECTIVELY WHILE ALSO RECOGNISING THE NEEDS AND EXPECTATIONS OF OTHER ADULT MEMBERS. WE HAVE 4 AREAS TEEN MEMBERS (13-15 YEARS) CAN USE.**

### **Club-V**

The great facility including the outdoor areas (where available) is where the Club-V team will be putting them through their paces. Here they can be left and the parent can do their own workout/use a different part of the club provided they are on Virgin Active premises at all times.

### **Active Crew classes in the main club**

On our main timetable we have classes that happen after school times that Teen members can attend. Teen members are not required to be accompanied by their parent/guardian in these classes. Parents and guardians will however need to remain on Virgin Active premises. Club-V members aged between 8 and 12 may also access these classes.

### **Teen Friendly classes in the main club**

On our main timetable, we will have classes that happen after or before school times that Teen members can attend with their parent/guardian. Teen friendly classes are indicated on the timetable with a set of headphones next to class title.

### **Progression Zone**

ALL Teens must have had an assessment and planning session with a Fitness Professional before they can use the weights/cardio pieces in the Progression Zone. Ask your smiley receptionist where the Progression Zone is in your club. There is no exception. For health and safety reasons, it is very important that a Fitness Professional has spent time educating and assessing a Teen's ability to use the equipment. The Fitness Professional will give them a program to follow and then the Teen can train in this area provided their parent or guardian is training in this area with them also.

### **Main pool**

The main pool can be used by Teens provided they are accompanied by their parent/guardian, both during Family Splash and outside of Family Splash. Where a Teen has yet to pass the Sharks Test administered by Virgin Active, we require parents be in the pool with the Teen. Where the Teen has passed the Sharks Test, parents may supervise from poolside. Teens cannot however access the Spa or Sauna facilities.

**Access to the main club is during Club-V hours on weekdays.**

**Teens can access anytime on the weekend during club open hours.**

**Effective 1 October 2016.**