

# Family Membership

## Adult Family Members - Inclusive use of

- Gym
- Swimming
- Group X
- Racket Sports
- Health Suite
- Badminton Coaching Sessions
- 10% off in Cascades Coffee Shop

## Family Junior membership age 3-11 Years

- Swimming (under 8's must be accompanied)
- Racket Sports (1/2 court payable if playing with non-inclusive member)
- Bouncing Tots (3 - 4yrs)
- Football Coaching drop-in session - Fridays
- Dry Badminton Coaching - Saturday drop-in session (8+ years)
- 20% off Swimming lessons
- 20% off Smarty Parties
- 10% Discount in Cascades Coffee Shop

## Family Fit Kid Membership age 12-15

- Activities relevant to age as listed above plus the use of the gym facilities
- Cardio equipment (12+ years)
- Plate loaded weight machines and some functional equipment (14 - 15 years)
- A parent consent form and medical questionnaire will be emailed after joining along with a link to the online induction
- Gym entry is from 3pm until 6pm during term time and from when we open during the holidays until 6pm and anytime weekends. If accompanied by an adult in the gym entry will be permitted after 6pm

