

Fit Kid Membership

Available to young people age 12-15years – proof of age will be requested after joining

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

Activities included in the membership:-

- Gym - Cardio equipment (12+ years). Plate loaded weight machines and some functional equipment (14+ years)
- Swimming
- Racket Sports (1/2 court payable if playing with non-inclusive member)
- Dry coaching – drop-in sessions such as Badminton
- 20% off Swimming lessons