



THE LENSBRURY

# Junior Gym Rules

## **13 – 15 YEARS**

Juniors aged 13 - 15 years can use the gym floor unsupervised providing they have completed their junior induction. This can be booked in at reception. During their induction, they will be shown which pieces of equipment they can and cannot use, how to use the equipment in a safe way and provided with guidance on exercises and the recommended weight for that particular machine.

Unsupervised Junior Gym times run from 3.30pm – 7.00pm during Term time & 11.00am – 7.00pm during the holiday periods.

Supervised Junior Gym times run from Monday – Sunday all day, however parents or guardians need to be training on the gym floor with the junior member.