

Kids in Gym Guidelines

All children under the age of 14 years must be supervised at all times while on NUsport managed facilities, or be placed in the Childminding facility available at The Forum Sports & Aquatic Centre, University or The Forum Health & Wellness Centre, Harbourside.

0 – 5 years

- Casual visit to the pool 3+ years under direct supervision of parent/guardian
- Can participate in Childminding activities
- Can participate in The Forum Swim Academy from 6 months of age

5 – 7 years

- As above
- Can participate in Splash Zone, Birthday Parties and Holiday Camps

8 – 10 years

- As above
- Can participate in Personal Training
- Can participate in Climbing Wall excluding belaying

10 – 13 years

- As above
- Casual member to the centre or as part of a Family membership and a parent/guardian must sign enrolment form on behalf of child
- May participate in structured exercise class and cardio equipment while under direct supervision of parents/guardian
- Ineligible for any resistance training

14 – 15 years

- As above
- Can participate in Climbing Wall including belaying
- Eligible for centre membership and a parent/guardian must sign membership enrolment form / direct debit contract on behalf of child
- Can participate in lap swimming unsupervised
- May use cardio equipment unsupervised
- May participate in resistance training under the supervision of a parent/guardian, after a personal program has been devised by a gym instructor

16 – 17 years

- As above
- Eligible to use the gym and participate in structured exercise classes unsupervised
- Can participate in Social Sport Competitions

Guidelines for running physical activity programs for young people in fitness and leisure centres in NSW prescribed by NSW Department of Tourism, Sport and Recreation and adopted by NUsport. Medical clearance and personalised programs are advised for participants under 18 years of age.