



kids in gyms guidelines

All children under the age of 14 years must be supervised at all times while on NU Sport Managed Facilities.

0 – 5 years

- Casual visit to the pool under direct supervision of parent / guardian.
- 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 Sports Holiday program (from 6 years of age).

8 – 10 years

- As above.
- Can participate in Personal Training (one on one).
- Can participate in BODYBALANCE™ classes while under direct supervision of a parent / guardian.

10 – 13 years

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

14 – 15 years

- As above.
- Eligible for centre membership and a parent / guardian must sign membership enrolment form / direct debit agreement 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.
- May participate in a structured cardio or weights based group fitness class while under direct supervision of a parent / guardian.
- May participate in NU TRAIN HIIT (**not** eligible for NU LIFT or NU CROSS) while under direct supervision of a parent / guardian.

16 – 17 years

- As above.
- Eligible to use the gym and participate in structured cardio or weights based group fitness classes unsupervised.
- Can participate in Social Sport Competitions.
- May participate in any NU TRAIN class unsupervised.

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 NU Sport. Medical clearance and personalised programs are advised for participants under 18 years of age.

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