TEEN FIT Program

Program Overview:
Our Teen Fit program is designed to promote healthy habits and a lifelong love of physical activity in a safe, supportive, and enjoyable environment. With guidance from our qualified Gym Instructors, participants will develop confidence in both the gym and group fitness studio, learn safe and effective exercise techniques, build new friendships, and gain an understanding of the importance of regular movement for overall health and wellbeing.

Who Can Join?
Teens aged 12-16 years

Class Times:
3:45pm - 4:30pm

Cost and Class Dates:
Please refer to our website or contact Reception for the most current information including Girl/Guy/Mixed specific class groups.

AUSactive

LesMILLS

YOUTH FITNESS



Contact Us:

9754 3600
glc@busselton.wa.gov.au
busseltonleisurecentre.com.au
1 Recreation Lane, Busselton WA, 6280

City of Busselton
Geographe Leisure Centre

GYM ENTRY GUIDELINES

Gym access for Teens is permitted through membership only, casual entry is not permitted.

Essential Requirements Prior To Exercise:

- Completion of Pre-Exercise Screening form with Parent/Guardian signature
- Completion of Fitness Appraisal by GLC Gym Instructor

Age restrictions:

14 - 15 Years

- Supervision by a Parent/Guardian (also with an active membership) required
- Use of cardio equipment approved by a GLC Gym Instructor
- No use of weights or resistance machines

16 - 17 Years

- No parent/guardian supervision required
- Use of any cardio, weights and resistance machines approved by a GLC Gym Instructor

GROUP FITNESS ENTRY

Please observe the below age restrictions as determined by LES MILLS AND AUSactive guidelines:

Approved Group Fitness Classes for Teens	Minimum Age Requirement
All Les Mills programs (with the exception of those listed below) Yoga, Pilates, Spin, Aqua Fit and Functional Training	14 years
Les Mills Bodypump, Bodypump Heavy, Strength Conditioning and Grit Series Swim Fit	16 years

Parent/Guardian supervision is not required in Group Fitness classes



Essential Requirements to Exercise:

- Advance completion of Pre-exercise Screening form with parent/guardian signature
- Group Fitness Instructor informed of age prior to commencing class