

**Stocksbridge Community
Leisure Centre**

TEEN GYM

Starter Pack



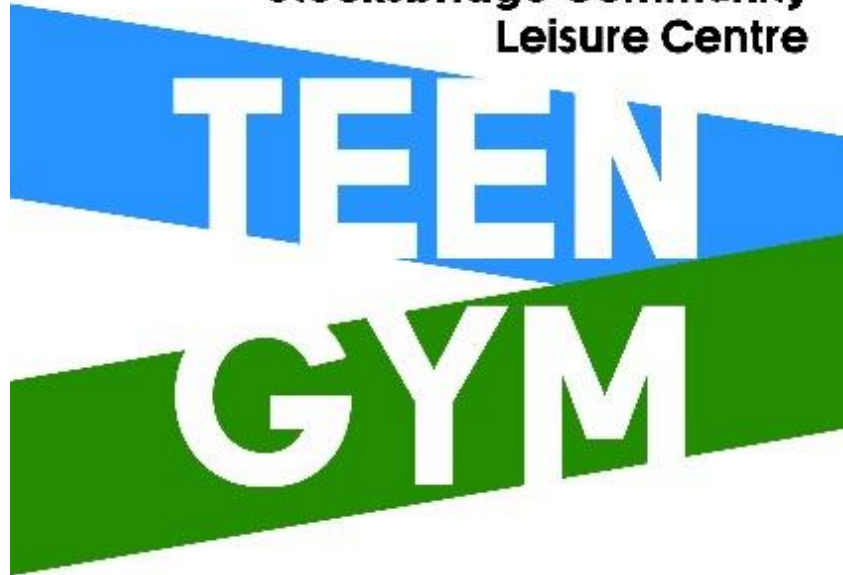
**Stocksbridge
Community
Leisure Centre**

Moorland Drive
Stocksbridge
Sheffield, S36 1EG

www.stocksbridgeclc.co.uk
0114 288 3792

 @stocksbridgeclc

Stocksbridge Community
Leisure Centre



Welcome to Stocksbridge Community Leisure Centre's Teen Gym Programme.
In order to get you using the gym; please read through all the information
provided in this pack.

Before your first session, you must provide the following items to reception.

A completed physical activity readiness questionnaire

A completed parent or guardian consent form

Proof of age and identity (passport, birth certificate)

**Please note if forms and ID are not completed and returned in advance of
your first session, you will not be allowed access to the gym.**

Session Timetable

Tuesdays - 3:30pm - 4:30pm - Teen Gym

Thursdays 3:30pm - 4:30pm - Girls Teen Gym

Friday 3:30pm - 4:30pm - Teen Gym with optional multisport session

Session Costs

1 Session - £3.00

1 week of sessions - £5.00

Gym Rules & Code of Conduct

To ensure the enjoyment of all customers; the code of conduct below must be followed:

- All customers must have an induction.
- No spectators are allowed in the gym environment.
- All bags and valuables must be left in a locker.
- Safe and appropriate sportswear must be worn at all times, including footwear.
- Strictly no glass bottles or cans allowed. Plastic bottles are allowed.
- No food is to be consumed in the gym.
- The use of alcohol or illegal drugs is strictly forbidden.
- Stocksbridge Community Leisure Centre operates a zero tolerance policy for foul or abusive language towards staff or customers.
- Please respect the equipment and wipe off any perspiration after use.
- At busy times, we may restrict your time on the C.V. equipment to 30 minutes per machine.
- Please report any equipment faults to the Leisure Centre Staff on Duty.
- Please deposit litter in the bins provided.
- Equipment must not be moved, altered, modified or used in a manner other than that for which it was intended.
- Do not leave equipment on the gym floor. Use the storage racks provided.
- Equipment must not be placed on the upholstery and must be replaced after use.
- Users must inform the gym staff of any changes to their health which would result in a change to their agreed fitness plans or normal fitness regime, or affect their ability to use the equipment safely and healthily.
- Sessions will promptly end at 4:30, at this time, you will be asked to vacate the gym.

User who violate this code of conduct will not be allowed future use of the facilities.