






# What Can I Do?

	 <b>Under 4</b>	 <b>4-7</b>	 <b>8-10</b>	 <b>11-14</b>	 <b>15+</b>
Go into ANY changing room	YES with my parent/ guardian	YES with my parent/ guardian	No only change in the changing room of my own sex	No only change in the changing room of my own sex	No only change in the changing room of my own sex
Go on the main gym floor <small>*11 to 14 year olds are allowed on the main gym floor with a parent/guardian on Monday – Friday 4-6pm Saturday - Sunday 9am-12pm (height restrictions apply, can't use treadmills, Stairmasters &amp; free weights)</small>	No I am too young	No I am too young	No I am too young	YES* with my parent/ guardian & when I complete my JNR GO session	YES except the free weights area is for over 18s only
Go into the Family Gym <small>*height restrictions apply</small>	No I am too young	YES* with my parent/ guardian	YES* with my parent/ guardian	YES* with my parent/ guardian	YES
Join JNR Fit	No I am too young	No I am too young	No I am too young	YES when I complete my JNR GO session	No I am too old
Go into a class <small>*See the timetable for appropriate aged classes</small>	YES*	YES*	YES*	YES*	YES
Go swimming in the family pool <small>*Under 15s allowed on poolside Monday – Friday 8am to 12:30pm &amp; 1:30pm to 8pm, Saturday &amp; Sunday 8am – 6:45pm Bank Holidays are as weekend times  Under 15 years: 1 adult to 2 children</small>	YES* with my parent/ guardian and wearing a swim nappy if applicable.  An adult must be in the water with me. I must wear approved BS buoyancy aids if I can't swim 25m	YES* with my parent/ guardian  An adult must be in the water with me. I must wear approved BS buoyancy aids if I can't swim 25m	YES*  I am allowed in the pool alone, if supervised on poolside by an adult & can confidently swim 25m.	YES*  I am allowed in the pool alone, if supervised on poolside by an adult & can confidently swim 25m.	YES
Go swimming in the main pool <small>*Under 15s allowed on poolside Monday – Friday 8am to 12:30pm &amp; 1:30pm to 8pm, Saturday &amp; Sunday 8am – 6:45pm Bank Holidays are as weekend times</small>	No I am too young	No I am too young	YES*  I am allowed in the pool alone, if supervised on poolside by an adult & can confidently swim 25m.	YES*  I am allowed in the pool alone, if supervised on poolside by an adult & can confidently swim 25m.	YES
Use the hydro pool and heat treatment rooms	No I am too young	No I am too young	No I am too young	No I am too young	YES
Join Becky Adlingtons SwimStars <small>Extra costs apply</small>	YES when I turn 3 years old	YES	YES	YES until I turn 12 years old	No I am too old
Join Becky Adlingtons BabyStars <small>Extra costs apply</small>	YES with my parent/ guardian & wearing a swim nappy	No I am too old	No I am too old	No I am too old	No I am too old
Join Beth Tweddle's Gym Stars <small>Extra costs apply. Subject to availability</small>	YES when I turn 2 years old	YES	No I am too old	No I am too old	No I am too old

# What Can I Do?

## Under 4s



- I can go into any changing room with my parent/ guardian.
- I can go to a Becky Adlington BabyStars\* swimming lesson with my parent/ guardian.
- I can go swimming in the family pool with my parent/guardian Monday to Friday 8am to 12:30pm & 1:30pm to 8pm, Saturdays, Sundays and Bank Holidays 8am to 6:45pm.
- I must wear my swim nappy whilst in the pool, if applicable.
- I can join Becky Adlington's SwimStars\* when I turn 3 years old.
- I can go to Beth Tweddle Gym Stars\* gymnastics course when I turn 2 years old.
- My parent/guardian is responsible for me and will need to fill in a pre-activity questionnaire where necessary.

## 4 - 7 year olds



- I can go to Beth Tweddle Gym Stars\* gymnastics course.
- I can join Becky Adlington's SwimStars\*
- I can go into the changing room with my parent/ guardian

I can go in the family pool with my parent/ guardian Monday to Friday 8am to 12:30pm & 1:30pm to 8pm, Saturdays, Sundays and Bank Holidays 8am to 6:45pm.

- I can go in the family gym whilst supervised by my parent/guardian (height restrictions apply).

## 8 - 10 year olds

- I can join Becky Adlington's SwimStars\*
- I can go in the family and main pool with my parent/ guardian Monday to Friday 8am to 12:30pm & 1:30pm to 8pm, Saturdays, Sundays and Bank Holidays 8am to 6:45pm.
- I can go in the family gym whilst supervised by my parent/ guardian (height restrictions apply).



## 11 - 14 year olds



- I can join Becky Adlington Swimstars\* until I turn 12.
- I can join JNR FIT.
- When I complete my JNR GO session, I can go on the main gym floor with my parent/guardian and use the whole facilities Monday to Friday 4pm to 6pm and Saturday & Sunday 9am to 12pm (height restrictions apply, can't use treadmills, Stairmasters & free weights).
- I can go in the family and main pool with my parent/guardian Monday to Friday 8am to 12:30pm & 1:30pm to 8pm, Saturdays, Sundays and Bank Holidays 8am to 6:45pm.
- I can go in the family gym whilst supervised by my parent/guardian (height restrictions apply).

## 15+

- I can relax in the hydro pool.
- I can use the sauna and steam room.
- I can use the upper floor/main gym areas except the free weights area.
- I can use treadmills and running track.\*\*
- I can use the gym and pool with no time restrictions.



\* Additional costs apply. Subject to availability.

\*\*Running track available in Bolton, Hull, Prenton, Preston, Teesside & Wilmslow

Club rules are subject to change. If you are unsure, please check your members area or ask in club for the latest rules.