



Belong,

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North Shields
Tyne & Wear
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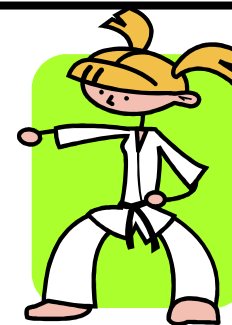
www.ymcanorthtyneside.co.uk
enquiries@ymcanorthtyneside.co.uk

YClub Fitness Centre Opening Times

Monday to Thursday: 7:00am - 9:00pm
Friday: 7:00am - 8:00pm
Saturday: 9:00am - 4:00pm
Sunday: 9:00am - 4:00pm

YOUTH ACCESS HOURS
(see inside)

YMCA North Tyneside is a Company Limited by Guarantee Registered in England No. 2703063 Registered Charity No. 1011495 VAT Registration No. 621 083869



Belong, Contribute and Thrive

Juniors & Youth Fitness and Membership

Updated February 15, 2010



 ymcanorthtyneside.org



JUNIOR YCLUB

Hours

The YClub Fitness Centre is a fully equipped, supervised facility open to juniors and youth age 12-17 years.

Ages 12-15 may use the facility on the following days and times

Monday-Friday: 3:15-5:15pm

Saturday & Sunday: 1:00-4:00pm

During the school holidays, the Youth Access hours are extended to:

Monday-Friday: 9:00am - 5:15pm

Saturday & Sunday: 9.00am - 4.00pm

All young people age 12-15 years may use the YClub outside the above hours providing they are accompanied by a parent or guardian.

Youth age 16+ may use the YClub Fitness Centre at any time during our hours of operation (see back page).

What's available?

Age 12-15 years: Cardiovascular equipment (treadmills, bikes, rowing machines, cross trainers), free weights in YClub, and functional training equipment (medicine balls, stability balls etc.). Participation in group exercise classes is permitted only if accompanied by a parent or guardian and at the discretion of the instructor.

Age 16+: Cardiovascular equipment (treadmills, bikes, rowing machines, cross trainers), resistance/strength training machines, free weights, and functional training equipment (medicine balls, stability balls etc.). Participation in a group exercise class is available at the discretion of the instructor.

Fitness Inductions

All young people age 12-17 **are required** to meet with a YMCA Fitness Instructor for a Fitness Induction prior to using the YClub Fitness Centre. Our fully qualified, knowledgeable fitness staff will ensure that all youth members and visitors to the YClub will be instructed on how to use the equipment safely and effectively.

Juniors and Youth Membership

We offer affordable membership packages to the YMCA for young people. A YMCA membership provides access to all of our programmes and services including Fitness, Sports, Youth Clubs, Art, Music projects, and so much more.

A YMCA Juniors & Youth Membership entitles young people age 8-17 use of the YClub and group exercise classes during the youth access hours (see previous page). A parent or legal guardian must sign all youth applications and direct debit instructions.

Annual Membership Fee	Payment Options			
	Monthly via direct debit	Annual (10% discount)	Pay as you Go Per month per visit	
£10	£15	£160	£18	£3

Affordable family memberships are also available. Please speak with a membership advisor or member of the reception team for more information.

Youth Circuit Training Class

Saturdays 2-3pm

Be prepared for A GREAT WORKOUT and to HAVE FUN!
No need to sign up, just show up!

HEALTH AND SAFETY

All YMCA staff have undertaken an Enhanced Criminal Records Bureau check when commencing employment at YMCA North Tyneside. All YMCA Fitness Instructors are fully qualified and hold current first aid certifications.