

Lords Recreation Centre

Teen Fitness Program Terms and Conditions

Aged 12–16 Years

1. Program Overview

- The Teen Fitness Program is an 8-week structured gym program designed for youth aged 12–16 years.
- Sessions are delivered by a qualified fitness instructor in a supervised gym environment.
- Participants enrol for an 8-week term, selecting either one session per week or two sessions per week.
- Participants can opt to attend once per week (\$115 per term) or twice per week (\$200 per term), with full payment required upfront at the time of enrolment.
- Session days may vary each week depending on availability, and bookings are managed per class rather than fixed weekly days.
- The program aims to build confidence, strength, coordination, and overall fitness in a safe and supportive gym environment.

2. Eligibility

- Participants must be aged 12–16 years at the time of enrolment.
- Completion of the following is mandatory prior to participation:
 - Enrolment form
 - Physical Activity Readiness Questionnaire (PAR-Q)
 - Parent/guardian consent

3. Supervision & Access

- All Teen Fitness sessions are fully supervised by qualified fitness staff.
- Parent or guardian supervision is not required during the program session.

- Participants aged under 14 years cannot access the gym outside Teen Fitness sessions unless accompanied by a guardian.
- Entry outside scheduled program sessions is not included unless a separate teen membership is purchased.

4. Health & Safety

- Any medical conditions, injuries, allergies, or medications must be declared during enrolment.
- Participants must follow all trainer instructions and safety guidelines while in the gym.
- Staff reserve the right to remove a participant from a session if safety rules are not followed or behaviour is deemed inappropriate.

5. Fees & Payment

- Program fees are payable upfront for the full 8-week term at the time of enrolment.

Fee options:

- \$200 – Two sessions per week
- \$115 – One session per week

Additional conditions:

- No pro-rata fees apply for late enrolments.
- Missed sessions are non-refundable and non-transferable.
- Public holidays are not eligible for catch-up sessions, credits, or refunds.

6. Conduct & Participation

Participants are expected to:

- Show respect to trainers, other participants, and equipment.
- Follow gym rules and instructions from staff.
- Refrain from mobile phone use during sessions unless instructed by the trainer.

Failure to comply with behavioural expectations may result in suspension or cancellation of enrolment without refund.

7. Parent/Guardian Responsibility

- Any changes to contact information, medical details, or enrolment must be made by a parent or guardian.
- Parents or guardians must remain contactable during program hours in case of emergency.
- Participants who are unwell should not attend the session.

8. Media Consent

- Photos or videos may be taken during sessions for marketing or promotional purposes.
- Parents or guardians may opt out by notifying staff in writing prior to the program commencing.

9. Liability & Insurance

- Participation in the program is undertaken at the participant's own risk.
- Lords Recreation Centre will take all reasonable steps to provide a safe environment and appropriate supervision.
- The City of Subiaco's insurer (LGIS) does not impose a specific age restriction; participation eligibility is determined by the City of Subiaco.

10. Cancellations & Amendments

- Lords Recreation Centre reserves the right to cancel or modify the program due to insufficient numbers, staffing requirements, or operational needs.
- If a program is cancelled by Lords Recreation Centre, a full refund will be provided.
- Lords reserves the right to change session formats, times, or structure with reasonable notice.