

Lords Recreation Centre – Teen Fitness Program Terms and Conditions



Aged 12–16 Years

1. Program Overview

- The Teen Program is an 8-week term-based group fitness offering designed for youth aged 12–16.
- Sessions run twice weekly (Monday and Wednesday at 3:45–4:30 p.m) with a qualified fitness instructor.
- Participants can opt to attend once per week (\$115/term) or twice per week (\$200/term) with payment upfront.
- The program aims to develop confidence, strength, coordination, and fitness in a safe gym environment.

2. Eligibility

- Participants must be aged 12 to 16 years at the time of enrolment.
- Completion of an enrolment form, Physical Activity Readiness Questionnaire (PARQ), and parent/guardian consent is mandatory.

3. Supervision & Access

- The program is fully supervised by qualified staff; no parent/guardian supervision is required during sessions.
- Outside of the Teen Program hours, participants aged under 14 may not access the gym unless accompanied by a guardian.
- Entry outside scheduled sessions is not included unless a separate teen membership is purchased.

4. Health & Safety

- Medical conditions, allergies, or medications must be declared on enrolment.
- Participants must follow all safety instructions and exercise within their abilities.
- Lords staff reserve the right to remove any participant who fails to comply with safety protocols or exhibits inappropriate behaviour.

5. Fees & Payment

- Program fees are payable upfront for the full 8-week term.
 - \$200 for two sessions/week
 - \$115 for one session/week
- No pro-rata fees for late enrolment.
- Missed sessions are non-refundable and non-transferable.

6. Conduct & Participation

- Participants are expected to show respect to trainers, peers, and equipment.
- Mobile phone use during sessions is not permitted.
- Inappropriate behaviour may result in suspension or cancellation of enrolment without refund.

7. Parent/Guardian Responsibility

- All changes to enrolment, contact details, or medical conditions must be made by a parent or guardian.
- Parents must be available for emergency contact during program hours.
- If your child is unwell, they should not attend the session.

8. Media Consent

- Photos or videos may be taken for promotional purposes.
- Parents may opt out by notifying staff in writing prior to the start of the term.

9. Liability & Insurance

- Participation is at the individual's own risk. Lords will take reasonable steps to provide a safe environment.
- The City of Subiaco's insurer (LGIS) imposes no age restriction; participation eligibility is set by the City.

10. Cancellations & Amendments

- Lords reserves the right to cancel or modify the program due to insufficient numbers or staffing.
- In the case of cancellation by Lords, a full refund will be offered.
- Lords reserves the right to alter session times or format with reasonable notice.