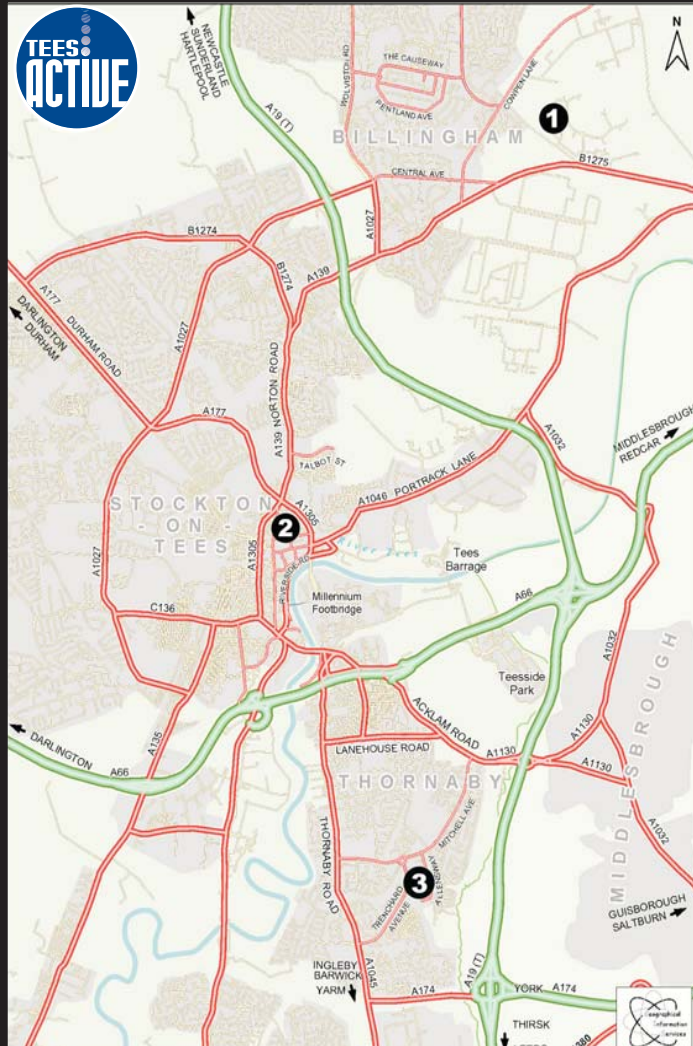


How to find us:



1 Billingham Belasis 01642 560389 **3 Thornaby Pavilion** 01642 76 09 71
Health and Fitness Advisor 01642 528581

2 Splash 01642 52 72 72
Health and Fitness Advisor 01642 526251

If we are unavailable to take your call, please leave a message and an Activ8 Health and Fitness Advisor will contact you.

These facilities are supported by Stockton - on - Tees Borough Council and are managed by Tees Active Ltd.

Restrictions apply during public holidays. Please check centre timetable



www.teesactive.co.uk



HEALTH & FITNESS



FOR YOUNG PEOPLE
12 - 15 YEARS

Valid from 1st April 2010 until 31st March 2011.

T8 Health & Fitness for Young People

Who is it for?

Our T8 programme is for young people aged 12-15yrs, our flexible approach to accessing our Activ8 Health & Fitness gyms and activities allows young people the opportunity to exercise with friends or family members.

T8 Gym Sessions (12-15 years)

Our T8 sessions offer young people aged 12-15 years the opportunity to work out with friends in our Activ8 gyms. Sessions are fully supervised by our qualified staff who will guide them through a specific exercise programme.

Available.....

@ Splash

Wednesday 4.00-5.00pm
 Sunday 10.00-11.00am
 Sunday 11.00-12.00noon

School Holiday Sessions -

Wednesday & Friday 2.00-4.00pm

@ Billingham Belasis

Tuesday 4.00-5.00pm
 Saturday 2.00-3.00pm
 Saturday 3.00-4.00pm

School Holiday Sessions -

Monday & Friday 2.00-4.00pm

@ Thornaby Pavilion

Thursday 4.00-5.00pm
 Saturday 11.00-12.00pm

School Holiday Sessions -

Tuesday & Thursday 2.00-4.00pm

Please Note:

All our T8 sessions begin on the hour and are 55 minutes in duration. Access will not be allowed once the session registers have been taken.

Family Friendly Health & Fitness Classes

We also have a range of fitness classes available for adults and young people aged 14 & 15 years of age. Please see our Activ8 Health & Fitness Programme for further details.

Family Gym

These specialist sessions cater for families wanting to work out together in our Activ8 gyms (Accompanying adults must be 16 years or over and must supervise young people at all times).



@ Splash

Monday 3.30-5.00pm
 Tuesday 3.30-5.00pm
 Thursday 3.30-5.00pm
 Friday 3.30-9.00pm
 Saturday 11.00-4.00pm
 Sunday 1.00-4.00pm

@ Billingham Belasis

Monday 3.30-5.30pm
 Wednesday 3.30-5.30pm
 Thursday 3.30-5.30pm
 Friday 3.30-9.00pm
 Saturday 10.00-1.00pm
 Sunday 11.00-8.00pm

@ Thornaby Pavilion

Monday 3.30-5.30pm
 Tuesday 3.30-5.30pm
 Wednesday 3.30-5.30pm
 Thursday 3.30-5.30pm
 Friday 3.30-9.00pm
 Saturday 11.00-4.00pm
 Sunday 11.00-8.00pm



Payment Choices

T8 Gym Membership (Duration 3 months) £40.00
 Includes access to our Activ8 gyms during T8 and Family Gym.

Pay Per Visit

	Non Member	Option 1	Option 3
Induction	£5.50	£5.50	£5.50
T8 GYM & FAMILY GYM	£2.20	£1.95	£1.65

Family Friendly Health & Fitness Classes

Price band*	A	B	C	£3.55	£4.25	£4.05	£3.00	£3.65	£3.30	£2.05	£2.55	£2.05

Please refer to our Leisure Card Leaflet for membership option details or visit www.teesactive.co.uk for further details.

Courses - Our courses vary in duration depending on the activity, all courses must be booked and paid for in advance.

Please note: Normal Activ8 payment options apply for adults wishing to attend family gym & family classes. Accompanying adults are also required to carry out an induction, at a cost of £10.50.

*Prices apply to both adults and young people (aged 14+15years) attending fitness classes.

Health & Safety

For health and safety reasons we ask parents/guardians to complete a pre-exercise questionnaire prior to an induction.

If you have any special needs or requirements, please ensure you speak to a Health & Fitness Advisor prior to booking your induction.

Correct footwear i.e. trainers, plimsolls and suitable loose clothing must be worn. It is advisable to bring along a drink (preferably water in a non breakable container).

We also use a traffic light system (Red, Amber, and Green) which will give our T8 members guidance on which equipment is the most effective for them to use.

Behaviour

Any misbehaviour will be dealt with using a red and yellow card system. Access to the gym may be withdrawn using this system. A zero tolerance attitude will be taken towards bullying, or anyone found causing physical, mental or verbal abuse.

Frequently asked Questions...

How long would you advise young people to exercise for in a gym?

We would advise young people to exercise for a maximum of one hour.

What is involved in an induction?

Inductions last for one hour and are taken in a maximum group of four.

An induction is carried out to ensure you get the best out of the equipment; it includes a demonstration on how to use the equipment safely and effectively.

Our Health & Fitness Advisors will also design a suitable fitness programme for you to follow.

What should I bring with me?

A water bottle, a towel to wipe down equipment and you may want to bring along a set of headphones to use with our integrated entertainment equipment.