



Junior Gym

For males and females aged 12-16years – Don't forget your Movement membership card – you will need to bring this to every session

The Movement's junior gym sessions cost just £1.20 and are available at all Derby City Council gyms at the following times:

Movement Times in Term Time		
Monday - Friday	3:30pm – 5:30pm	Last admission – 5:00pm
Saturday	9am – 11.30am Queens 12.00 noon – 2:30pm	Last admission – 11.00am Last admission – 2:00am
Sunday	2.00pm – 5.00pm Queens 2:00pm – 6:00pm	Last admission – 4:30pm Last admission – 5:30pm
Movement Times in the School Holidays		
Monday - Wednesday - Friday	2:30pm – 5:30pm	Last admission – 5:00pm
Tuesday & Thursday	3:30pm – 5:30pm	Last Admission – 5:00pm
Saturday	9am – 11.30am Queens 2.00 noon – 2:30pm	Last admission – 11.00am Last admission – 2.00pm
Sunday	2.00pm – 5.00pm Queens 2:00pm – 6:00pm	Last admission – 4:30pm Last admission – 5:30pm

Trained fitness experts will supervise each session to ensure young people are suitably supported. Please note the following safety rules:

1. Young people aged 12 and 13 years can only use cardiovascular equipment, for example treadmills, rowing machines, cross trainers and bikes
2. Young people aged 14 and 15 years can use resistance weight machines in addition to the cardiovascular equipment BUT no free weights
3. Junior members may attend the gym outside Junior gym sessions when supervised by a responsible adult member aged 18+ on a ratio of one to two junior members at a cost of £3.40
4. Movement members aged 11-16years can also use their card for any public swim sessions for just £1.10 at Queens Leisure Centre

Exercise Classes

Exercise Classes at can be accessed by Movement members aged 14-16 years at the following prices:

1 hour class - £4.35

45 minute class - £3.45

If you would like any further information about Movement Memberships, you can contact us using the contact number and the email address below:

Derby Arena

01332 640011

derbyarena@derby.gov.uk

Springwood Leisure Centre

01332 664433

springwood.sports@derby.gov.uk

Queens Leisure Centre

01332 641444

queens.sports@derby.gov.uk

Conditions of use

- All young people must be 12 – 16 years old and must have an activation training session before using the gym
- All young people must have a programme which they are working too. This could be on a key supplied by the gym or a personal programme written by a member of Derby City County gym staff
- The registration form attached, must be completed by a parent/guardian prior to using the gym
- Young people can only use the gym during Movement times shown on the front of this sheet. Last admission times must be adhered too
- Young people should vacate the gym floor at the exact time and aim to leave the building once showered and changed and if required a parent/guardian has collected them
- Young people can access the gym during normal opening times, however, must be accompanied by a responsible adult aged 18+
- If accessing the gym outside of Movement times, prices will increase to the concessionary rate
- Please book in at the main reception on each visit, where you will need to show your membership card
- Please wear suitable clothing such as a tracksuit, t-shirt, shorts and training shoes. You cannot exercise barefoot
- Please bring a small towel to wipe down machines after use
- It is the responsibility of all users to exercise safely and correctly to prevent injury to themselves and others
- Users are expected to refrain from any behaviour that may cause annoyance or danger to others using the gym
- Management reserves the right to refuse admission, ask members to leave, or suspend membership for unreasonable behaviour
- It is expected that young people will leave the gym floor at the end of each Movement session and leave the building once changed/collected by parents/guardians. It is the parents/guardian's responsibility to ensure their child/guard fully understands this process

TO BE COMPLETED BY PARENT/GUARDIAN

Full Name: _____

Address: _____

_____ POSTCODE _____

AGE: _____ Date of Birth: _____

EMERGENCY CONTACT NAME: _____

EMERGENCY CONTACT NUMBER: _____

1. Does your child have a diagnosed orthopedic condition, severe back or joint pain?

YES NO

2. Is your child recovering from illness or injury?

YES NO

3. Does your child suffer from headaches, dizziness or feeling faint?

YES NO

4. Has your child had any injuries in past few months? If yes please state.

YES NO

5. Does your child suffer from epilepsy or diabetes?

YES NO

6. Are there any other conditions we should be aware of?

Comments

I consent to my child taking part in the Movement gym sessions

Parent / Guardian Signature _____

Parent / Guardian Name _____

Junior Signature _____

DERBY ACTIVE PRIVACY NOTICE

We collect your personal data when you make a booking, take out a membership or request information from us. This is in order to fulfil your booking/membership; to contact you about any important changes to your booking/membership; and to inform you about our services and activities, by email, post and phone. Your personal data is also processed by our booking system suppliers and email & mail distribution services. Data may be shared with other selected organisations that use this to analyse patterns of attendance for national and regional research or monitoring purposes - a full list of these can be found in our privacy notice at inderby.org.uk/privacy, along with further information about how your personal information will be used. You can request a hard copy from inderby@derby.gov.uk