

YOUTH FACILITY PASSES

YOUTH FACILITY PASSES (13-18Y) Cost: Level 1 Pass: FREE | Level 2 Pass: \$7/year

Youth Facility Passes are valid from Sept to June.

SUN	TUE	WED	THU	FRI	SAT
Fitness Centre* 10:00-11:30AM	Fitness Centre* 3:00-4:30PM	Fitness Centre* 3:00-4:30PM	Fitness Centre* 3:00-4:30PM	Fitness Centre* 3:00-4:30PM	Fitness Centre* 12:00-1:30PM
	Youth Hangout 3:30-5:15PM	Youth Hangout 3:30-6:30PM	Youth Hangout 3:30-6:30PM		Youth Hangout 2:00-6:30PM

*Level 2 Pass required to attend. Must adhere to the fitness times. No Programs on Mondays. Schedule, programs and schedule is subject to change and cancellations.

Youth Hangout

Join us in the social room to relax, study, enjoy snacks, or play foosball, board games, or Nintendo Switch! Quiet study spaces are also available.

Youth in the Fitness Centre

Youth (13-18) must complete the Informed Consent, PAR-Q+ form, and, if applicable, a Fitness Centre Orientation. Both the youth and their parent/guardian need to review and sign the forms. Forms and an orientation only need to be completed once for eligibility to exercise at all community centres.

Fitness Centre Orientations are mandatory for youth 13 to 15 years regardless of previous weight training experience. An Orientation is not required for youth 16 to 18 years with previous weight training experience, if noted by the parent/guardian on the Informed Consent Form.

