

Important information for our teenage gym users

Ballarat Aquatic and Lifestyle Centre welcomes people of all ages. The Health Club is an exercise environment that teenagers aged 13-17 are able to use, with programs designed for individual needs.

Teens aged 13-16 need to have a Health Assessment before starting in the Health Club. Teenagers aged 13-15 must take out a Health Club or Gold Membership; teens aged 16 and over can access the Health Club on a casual basis or with a membership. Teenagers aged 13-17 will need to have a parent or guardian present during their health assessment. To book your assessment please contact the centre on 5334 2499.

If you are 16 years and under and are signing up to your membership online, please book in for your Health Assessment before you come in for your first session and remember to bring a parent or guardian with you.

Duty of Care

All Registered Exercise Professionals have a duty of care to prevent harm in the course of providing advice or instruction to our clients. Professional standards and guidelines developed by Fitness Australia assist Registered Exercise Professionals in reducing risk while you are exercising.

This means that Pre-Exercise Screening, the development of a program and a demonstration of how to use the equipment is recommended before children between the ages of 13 and 16 start in our Health Club. This will identify any health risks associated with exercise and help optimise exercise programming.

The screening and assessment process will also help identify the expectations of children and parents, motivational factors and exercise goals. Information about the child's medical history and general health should be collected as a part of the pre-exercise screening process.

Use of equipment

It is important to note that equipment in the Health Club has been designed for use by adults and may not be suitable for younger children. It is essential that the equipment being used matches the child's ability, developmental stage, size and allows for safe progression. Instruction for the use of specific equipment should include a thorough demonstration of correct use by the Registered Exercise Professional with supervision to ensure the child can perform the exercise and maintain correct technique.