



Youth Membership

Youth membership are available for youth aged 12 – 17 years and get access to use a wide range of services and programs within the centres.

Youth members will receive an initial assessment with a trainer, along with their guardian, and then be able to access the facilities with their new program.

Youth Membership Includes

- Youth Members also benefit with a \$0 joining fee and access to the centres health club group fitness and pools anytime during opening hours!
- Access to our fully qualified fitness professionals for personal success plans, check in and assessments.
- Access to Personal Training and Group Personal Training is available by appointment (additional cost).
- Youth Members under the age of 16 are able to participate in all group fitness classes excluding the following - Boxing, Adrenaline, Body Pump & Circuit classes such as Smash.

Benefits of joining as a Youth Member

Our Youth membership program helps develop positive exercise and lifestyle habits.

Besides improving physical attributes, regular exercise can increase confidence, self-esteem and social skills.



Joining Information

To make our membership as affordable as possible, we direct debit memberships on a fortnightly basis.

We have either a 6 month or open ended membership options to choose from.

Please speak to our customer service staff for current pricing.



Online Fitdesk system is available

This system improves member engagement by providing Member smart phone application, Online member workout tracking, Member to trainer connection tools. Elimination of paper from health club processes by online booking system, electronic health evaluations, Electronic Workout creator with pictures of exercises that are prescribed by your trainer in your program to help achieve your goals.



Staffed Centre Hours:

| | |
|---------------------|---|
| Monday – Thursday | 6.00am – 8.00pm |
| Friday | 6.00am – 6.00pm |
| Saturday and Sunday | 8.00am – 4.00pm (6.00pm close in Summer) |

- Staffed hours vary on Public Holidays
see **www.horsham.ymca.org.au** for more information



Horsham Aquatic Centre
53 Hamilton Street, Horsham 3400
Ph: 5382 2576 **Fax:** 5382 7709
Email: horsham@ymca.org.au
www.horsham.ymca.org.au

YOUTH MEMBERSHIP

RESTRICTED MEMBERSHIP

