

# **AP CLUB HEALTH & FITNESS**

STATION RD, HOLMES CHAPEL CW4 8AA 01477 537274

## **RULES FOR OUR YOUNGER MEMBERS**

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### **Junior Members (8-15 years)**

- 1. Have access to Badminton and Squash.**
  - 2. May not use the sauna, steam room or Jacuzzi.**
  - 3. Boys over the age of 8 are not permitted to change in the ladies changing facilities. Girls over the age of 8 are not permitted to change in the gents changing facilities.**
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### **Young Adult Members (15-18 years)**

- 1. Have access to all club facilities.**
  - 2. Have access to Badminton and Squash.**
  - 3. Have access to all exercise classes, including MMA & karate.**
  - 4. May use the sauna, steam room and Jacuzzi.**
  - 5. May only use designated equipment in the gym.\***
  - 6. All young adult members must bring a form of ID to prove their age, 15 year olds must also bring parents when joining**
  - 7. On a young adult member turning 18 years old, their membership will be upgraded and changed to a full single member at the prevailing membership rates.  
You will receive notification by telephone.**
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**\*where applicable.**

**Please note that the above rules will be reviewed on an ongoing Basis by the Club Manager.**

**Thank you for your Co-operation.**