

KIDS IN NUSPORT FACILITIES



NUSPORT

	<5	5 to 6	7 to 9	10 to 13	14 to 15	>16
Cardio						
Gym Floor						
Group Fitness Classes using Resistance Equipment (eg. Body Pump, NU Train, GRIT, RPM)						
Group Fitness Classes using NO resistance equipment (eg. Body Balance, Body Combat)						
Court Bookings						
Court Use - No Booking						
Social Sport Programs						
Casual swimming / Lap swimming						
School age children can participate in the Sports Holiday program						
Membership purchase with parent / guardian approval						
Splash Zone/Birthday Parties						

KEY

- Unsupervised Access
- Access Under Supervision of Parent or Guardian
- No Access
- Access Under Supervision of Parent or Guardian (arms reach) Wrist band must be placed on children for Lifeguard identification