

KIDS IN NUSPORT FACILITIES



NUSPORT

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

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