

PT Central Ltd Policy

Children at the Gym

Children must not be left unattended in the gym, using gym equipment, be roaming on the gym floor or in the car park.

Kids Room:

This room is available for 2 sessions during the weekdays - Morning (Supervised) and Night (Unsupervised). And on a Saturday Morning (Unsupervised). Outside of these times there are to be no children at the gym.

Monday - Friday

9.15am - 10.15am

Numbers are limited

Kids room is **supervised** during this time and bookings are essential through our facebook page. An email option is available if facebook is not an option.

PT Central holds the right to cancel this room at anytime based on the availability of carers.

5.45pm - 7.15pm

During this time the room is **unsupervised**.

Saturday Morning

7.30am - 9.30am

During this time the room is **unsupervised**.

During unsupervised times children must be settled and it is the parents/legal guardians responsibility to monitor children and ensure they stay in space available to them. The room must be left in a tidy state and any damages that occur are the responsibility of the parents/legal guardian.

School Holidays

During the school Holidays children may be left in the Kids Room unsupervised during lunchtime classes (**12.30pm - 1pm**) when we are operating a normal timetable. This does not apply during our limited staffed hours around Christmas and New Year.

Mums and Babies:

Our far end studio (Les Mills Studio) is available for Mums who would like to come and work out with their babies three times a week - Monday, Wednesday & Friday

10.15am - 12noon

During this time any equipment needed can be taken into the studio and the door closed. This ensures a safe place for you and your baby to be together and allows other gym users freedom to perform workouts that could be a risk to you and/or your baby .

There are to be no babies in the main gym or in the middle studio - We cannot guarantee your safety with other clients in these spaces using cardio equipment and lifting/using heavy weights.

Under 18 Gym Users:

Any children under 18 must be signed in by their legal guardian including acknowledgement of our Terms and Conditions.

For a child to have a casual session at the gym a parent/legal guardian must be available to sign them in.

Kids Room Info

- Use the facebook page group for booking - PT Central Kids Room
- Clean up after your children
- Alert staff to any damage or large messes as soon as possible
- For supervised hours please be on time to pick up your child/children
- No food to be in the room unless there is supervision
- Please note: This space is also used for meetings, office work and study. Please ensure it is left in a tidy state

Mums and Bubs Info

- No bookings necessary at the moment
- By using the far studio during our Mums and Babies Time you agree to be responsible for your babies safety and wellbeing
- Clean up after your baby if needed (bring blankets etc to keep babies off the gym floor)
- Alert staff to any damage or large messes as soon as possible
- Please deposit nappies into the red bin in the car park
- Team up with some other Mums so you can take turns using the cardio equipment and other areas of the gym that are child free
- Our recommended provider for programmes, information pre, during and post pregnancy and advice is **Lorraine Scapens** at www.pregnancyexcercise.co.nz