

THE FITNESS EDGE

your health, fitness & aquatic centre

JUNIOR MEMBERSHIP EFFECTIVE FROM MARCH 2026

**Junior members do not have access between
Mon – Fri 10pm – 5am, Saturday 10pm – 6am
and Sunday 10pm – 6am.**

ELIGIBILITY

The Fitness Edge Junior memberships are available to members between the ages of 14 -17 years. You must be a current junior member of Ryde-Eastwood Leagues Club for the duration of your gym membership (refer conditions overleaf).

FULL MEMBERSHIP

3 MONTHS \$210

6 MONTHS \$310

12 MONTHS \$510

* A Joining/administration fee of \$25 applies for all Junior Memberships of The Fitness Edge. This fee does not apply to renewing memberships, providing membership remains current.

FACILITIES/SERVICES

Junior memberships are entitled to utilise all centre facilities including classes, gymnasium and the swimming pool during the times listed above. Members only after hours access is via the main club entrance ramp and gym glass door swipe. All junior members are required to fill out a safety screen before using the facility and must register at reception upon arrival to display their current membership card. Please note that a personalised programme must also be designed by a qualified exercise specialist, as well as a fitness appraisal to assess current levels of fitness and any medical conditions that must be taken into consideration prior to commencement.

JUNIOR MEMBERSHIP ELIGIBILITY REQUIREMENTS

Eligibility requirements by age:

14 - 17 YEARS GYM/SWIM MEMBERSHIP

- Parent/guardian signature on membership contract required.
- Must complete pre-exercise screen questionnaire prior to commencement of any programme.
- Parent/guardian must sign questionnaire on behalf of young adolescent.
- Pool use: Swim test is required with qualified swim school instructor prior to use.

Eligible to participate in:

- Non-weights based group fitness classes (Aerobics).
- Water-based classes (Aquarobics).
- Weights-based group fitness classes (including boxing style classes and Bodypump).
- Pool

Eligible to participate in unsupervised resistance training on the proviso that:

- A pre-exercise screen has been assessed by a qualified staff member.
- An initial resistance training programme has been written and is to be supervised by a qualified member of staff.
- Eligible to use cardiovascular equipment unsupervised.
- Eligible for lap swimming.

The Fitness Edge has adopted the above guidelines as a result of the "Kids in Gyms" policy developed by the Children's Institute of Sports, Medicine & Fitness NSW.

TERMS AND CONDITIONS

MARCH 2026 CLUB REGULATIONS

- I agree to abide by the rules and regulations set by Ryde Eastwood Leagues Club in relation to the use of its facilities and to conduct myself appropriately and follow the reasonable directions of The Fitness Edge and its staff whilst I am on or about the premises. I acknowledge that if I fail to comply with any such rules or directions and otherwise engage in behaviour which is offensive or disruptive to The Fitness Edge or other members, that I may be asked to leave the premises, forcibly removed if necessary and/or be cited to appear before the clubs Board of Directors who have the power to reprimand, suspend or expel me from membership of the club.
- All Fitness Edge users must be current financial members of the Ryde Eastwood Leagues Club and produce a current membership card upon entry for the duration of their FitnessEdge membership.

RESPONSIBILITY:

- I am aware that my use of the premises and its facilities and my participation in the classes and programs conducted by The Fitness Edge may involve strenuous activity and special risk (special or otherwise) associated with such use and participation. I release The Fitness Edge and its directors, employers, contractors, and agents (the staff) from all liability and responsibility whatsoever, for personal injury, property damage or death howsoever caused including, but not limited to, the negligence (whether passive or active) of The Fitness Edge or its staff or any other person using the premises.
- Children under 18 years of age are not permitted at reception (unless supervised by an adult) or in the gymnasium area (unless in a supervised program) for safety reasons.

MEMBERSHIPS

- Junior memberships are open to junior members of the Club aged 14-17 only.
- Membership entitlements vary depending on the membership type. All 3,6 and 12 month memberships are entitled to a fitness assessment; personalised program, regular reviews and on-hold option (minimum 7 days, maximum 30 days) Direct Debit Memberships (Maximum 28 Days, Minimum 14 Days).
- Fitness Assessments and programs can also be obtained for an additional fee. Bookings are subject to appointment availability.
- Only memberships with suspension privileges may be placed on-hold. An on-hold form must be completed by the member prior to the period of absence, otherwise the suspension will not be valid. In the case of temporary physical incapacity* the same procedure must be followed, and validated by a medical certificate,
- *A temporary physical incapacity can be defined as: an injury or ailment which prohibits the individual from participating in any kind of physical activity offered by the centre, for a period of up to 12 months.
- All pre-paid memberships and activity passes are non-transferable.
- There is a seven (7) day cooling off period for new pre-paid memberships of three (3) months or longer. Any refund request must be made in writing to the Centre Manager during the cooling off period and will be subject to a deduction of an administration fee and fees for the services received on a pro-rata basis. Except for permanent physical incapacity, which must be validated by an official medical certificate, membership is not refundable for any other reason or circumstances, including non-use, move away, change of mind, or employment, too busy, health or personal problems etc.
- Where a refund is requested it will be at the discretion of The Fitness Edge Fitness Committee and tabled during its fortnightly meeting. We agree that it will be paid in full within seven(7)days of its application being accepted by the Fitness Committee and the Ryde Eastwood Leagues Club Board of Directors.
- All 20 visit activity passes are valid for 6 months from the date of purchase. Any extension must be validated by a medical certificate.
- Off-peak memberships are restricted to facility usage between 10.00 am and 4.00 pm only, outside these times a small fee will apply.
- Weekend memberships are restricted to weekends only. (Friday 7pm to 7pm Sunday only).

JOINING/ADMINISTRATION FEE

- These fees will apply to all new members plus renewing members whose membership has lapsed for a period of six (6) weeks or more.

FACILITY USE

ALL MEMBERS OF THE FITNESS EDGE MUST USE A TOWEL WHEN USING EQUIPMENT, NO EXCEPTIONS. NO TOWEL – NO WORKOUT.

- Junior members have access during staffing hours
- All users of The Fitness Edge must register at reception before entering the gymnasium or pool areas.
- An exercise safety screen must be completed before participation in any form of exercise at The Fitness Edge.
- When exercising please be considerate to other gym members and share use of machines while resting between sets. Please note there is a 20-minute time limit on all cardio machines during peak times.
- Management reserves the right to vary operating hours and timetables depending on demand, season and public holidays.
- For member's safety and quality of service, some Group Fitness programs may be restricted to a maximum of 40 participants (Boxing limited to 26). No entry to classes 10 minutes after class has commenced. Cycle classes are limited to 22 participants and no entry once class has commenced.
- If there are any changes to operating hours or timetables, management will, where possible, provide a minimum two (2) weeks notice.
- All members must have suitable footwear when exercising, i.e., no thongs or sandals, and must use a towel when using equipment for hygiene, safety and maintenance reasons.
- All pool users must abide by our 'pool rules', and must shower before entering the pool.
- All members using the crèche must abide by the guidelines and conditions of that service. Casual users are not entitled to crèche service.
- No responsibility will be taken for lost or stolen items from lockers, change rooms, pool and gymnasium areas.
- Junior members pool use: Swim test is required with qualified swim school instructor prior to use.

OFFICE USE ONLY

MEMBERSHIP TYPE _____ FEE \$ _____ FROM ___/___/___ TO EXPIRY DATE ___/___/___
STAFF _____ PAID BY: CASH CHEQUE EFTPOS MASTERCARD AMEX
VISA BANKCARD INVOICE VOUCHER TRANSFER UPGRADE