

What can I do?

totalfitness

	 Under 4	 4-7	 8-10	 11-15
Gym floor				
Go on the gym floor Please refer to the in-club signage for more information regarding the areas and type of equipment permitted for use		 *	 *	 *
Go into an age appropriate class Please see class timetable for more information		 *	 *	 *
Poolside				
Go swimming in the family pool	 if I am wearing a swim nappy, an adult is in the water with me, and using an approved BS buoyancy aid if I can't swim 25m	 if an adult is in the water with me, and using an approved BS buoyancy aid if I can't swim 25m	 if supervised on poolside by an adult and can confidently swim 25m	
Join Swimming Lessons at Total Fitness Swim Academy Extra costs apply	 Baby Swim lessons available for kids aged 0-4 years	 Learn to Swim lessons available for kids aged 4+ years		
Go swimming in the main pool			 if supervised on poolside by an adult and can confidently swim 25m	
Use the hydro pool and heat treatment rooms				
Changing rooms				
Go into any changing room	 with my parent/guardian			