

10 WEEK **TEENFIT** PROGRAM



FIT FOR
ALL

Use your **Active Kids** voucher!



wollongong.nsw.gov.au/leisurecentres



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Our ten week TeenFit program is designed for students aged 14-17 years and is delivered by qualified Fitness Australia instructors.

It's targeted to individual fitness levels where teens will exercise to increase fitness and build strength in a safe environment.

Begin Your Fitness Journey!

Our workshops and activities provide opportunities for you to develop skills and practice safe training techniques in a supported environment while gaining exposure to all areas of the leisure centre.

- functional training
- gym induction
- circuit training
- group exercise - pump class
(includes a complimentary pump class voucher)
- weight lifting (the do's and don'ts)

Benefits of the Program

- Gain fitness knowledge and skills
- Meet other young people
- Feel more energised
- Improve concentration and memory
- Lift your mood and reduce anxiety
- Sleep better

Week 1

Provide program overview and establish base line fitness through non competitive testing.

Week 2

Participants will cover key body weight gym type exercises, e.g. variations of push ups.

Week 3 and 4

Functional training with movements performed in daily life as well as main sporting activities.

Week 5 and 6

Introduction to gym environment with pin loaded and cable machines with a safety focus.

Week 7 and 8

Introduction to free weights and basic lifting techniques with a safety focus.

Week 9

Introduction to exercise with explosive and change of direction activities.

Week 10

Stretching, rolling, strong focus on recovery techniques.



We accept the Active Kids Voucher?

All NSW school enrolled children are eligible for two \$100 Active Kids Vouchers. The voucher can be used with any approved active kids provider, to help cover costs towards registration fees for sport and active recreation.

Voucher one is valid January to December and Voucher two is valid July to December. After 1 July, the second voucher can be claimed immediately after the first voucher.

How to Claim the Voucher

1. Visit service.nsw.gov.au and login to your MyServiceNSW Account.
2. Click on the Active Kids icon in your Services tab.
3. Fill out the requested information (you will need your current Medicare card).
4. Print a copy of each voucher or email it to yourself.
5. Present this voucher at Beaton Park or Lakeside Leisure Centres.




Beaton Park Phone 4227 7755

Lakeside Phone 4227 7600

Email leisurecentres@wollongong.nsw.gov.au

Website wollongong.nsw.gov.au/leisurecentres

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Beaton Park and Lakeside Leisure Centres are a service of Wollongong City Council

We are a child-safe organisation, visit wollongong.nsw.gov.au/child-safe

