

Healthy habits
learned early on
serve young people
for the rest of
their lives.



Sign up for Active Youth at Kilgariff Recreation Centre

Opening Hours

Monday to Thursday : 5.30am - 9.00pm
Friday : 5.30am - 8.00pm
Saturday : 7.30am - 5.00pm
Sunday : 10.00am - 6.00pm
Public holidays : 9.00am - 5.00pm

Closed Good Friday, ANZAC Day, Christmas Day

Rockwall Hours

Tuesday : 6.00pm - 8.45pm (open age)
Wednesday : 3.30pm - 6.30pm (junior session 5Y-13Y)
Thursday : 6.00pm - 8.45pm (open age)
Sunday : 1.00pm - 4.00pm (open age)

Access and Inclusion

- Disability car parking bays close to main entry
- Accessible and family change rooms
- Accessible health club and group fitness studios

71 Sadadeen Road,
Alice Springs, NT 0870
P: 08 8952 5666
E: reception.krc@ymca.org.au
www.krc.ymca.org.au



Encouraging
active lifestyles
for those
13Y – 15Y

Active Youth

Inspiring and enabling youth to live healthy and active lifestyles

MEMBERSHIP BENEFITS:

Gym

Unlimited access (youth orientation required)

Group Fitness

Access to all age appropriate classes (see timetable)

No Cost Consultation & Orientation

Initial gym induction, health assessment and personalised program development, along with ongoing support like motivational trainer "check-ins" and technique cues

\$12.00
per week

\$49.00
joining fee

The YMCA wants to make a difference to the lives of young Australians. Understanding the powerful links between physical activity, health and happiness, we created the Active Youth membership.

Active Youth membership enables young people full access to recreation and wellness facilities in a safe and supportive environment. We've designed the membership to be affordable, flexible and with minimal restrictions.

Youth Orientation

The Youth Orientation is required for Active Youth members aged 13Y - 15Y who wish to access the gym (health club) facilities and group fitness. The orientation is designed to ensure a safe and supportive training environment, including:

- ▶ Establishing rules and behaviour expectation within the Centre, specifically pertaining to the gym and adherence to an approved exercise program
- ▶ Outlining expectations of a parent/guardian
- ▶ Permissions and acceptance of risks of both the parent/guardian and youth
- ▶ A basic health assessment to identify potential risk factors and the development of a tailored prescribed program

A Youth Orientation can be arranged at no charge upon the purchase of an Active Youth Membership, simply drop-in or call the centre to arrange. The orientation takes 30 minutes, and parent/guardian attendance is mandatory.

Active Youth Group Fitness



Boxfit

A combination of boxing for fitness and bodyweight exercises to challenge you



Yoga

A series of non-impact exercises for balance, movement and posture

LES MILLS RPM

Cycling cardio, high intensity interval training – increase your pulse and results!

LES MILLS BODYBALANCE

Inspired by yoga, tai chi and pilates; leaving you strong, calm and centered

LES MILLS BODYSTEP

An invigorating combo of uplifting highs; steps, lunges and squats to really work your legs

metafit

Full body weight HIIT training – combination of strength, plyometrics and core

LES MILLS CXWORX

Core strength training scientifically based express workout



Spin

Cycling interval-based cadence training takes your classes through sprints, hills and mountains