

Teen Fitness Opening Hours

All Participants must have a Fitness Induction Prior to using the facility. A Parent or Legal Guardian must attend the induction with under 16's (Please book an induction at reception or via the call centre). Please bring proof of age.

- 16+ can attend anytime
- 14 – 15 may be unaccompanied at Teen Gym times
- 12 – 13 must be accompanied by an Adult during Teen Gym times

Last admin is ½ hour before closing time.

Europa:

Accompanied juniors aged 12 – 13 years:

Monday – Friday: 4:00pm – 5:30pm

Saturday – Sunday: 9:00am – 12:00pm

Unaccompanied juniors aged 14 – 15+ years:

Monday – Friday: 5.00pm – 6:30pm

Saturday – Sunday: 9:00am – 12:00pm

During school holidays Teen Fitness opening hours change to allow access:**

Monday – Friday: 9:00pm – 12:30pm

Saturday – Sunday:

Guinea Gap:

Accompanied juniors aged 12 – 13 years:

Monday – Friday: 3.30pm – 7:00pm

Saturday – Sunday: 9:00pm – 3:00pm

Unaccompanied juniors aged 14 – 15+ years:

Monday – Friday: 3.30pm – 5:30pm

Saturday – Sunday: 9:00pm – 3:00pm

During school holidays Teen Fitness opening hours change to allow access:**

Monday – Friday: 9:00am – 3:30pm

Saturday – Sunday:

Leasowe:

Accompanied juniors 12 – 13 years:

Monday – Friday: 3.30pm – 5:30pm

Saturday – Sunday: 9:00am – 7:00pm

Unaccompanied juniors 14 – 15 + years:

Monday – Friday: 3.30pm – 5:30pm

Saturday – Sunday: 9:00am – 7:00pm

During school holidays Teen Fitness opening hours change to allow access:**

Monday – Friday: 12:00pm – 6:00pm

Saturday – Sunday:

Oval:

12+ years unaccompanied:

Monday – Friday: 3.30pm – 5:30pm

Any other time 12 - 13 year olds need to be accompanied by an adult.

Unaccompanied juniors 14 – 15 + years:

Normal opening hours apply.

During school holidays Teen Fitness opening hours change to allow access:**

Monday – Friday: 9:00am – 5:00pm

Saturday – Sunday:

West Kirby Concourse:

Accompanied juniors aged 12 – 13 years:

Monday – Friday: 3.30pm – 5:30pm

Saturday – Sunday: 1:30pm – 4:00pm

Unaccompanied juniors 14 – 15 + years:

Monday – Friday: 3.30pm – 6:00pm

Saturday – Sunday: 1:30pm – 4:00pm

Teen Only Session (12+ can be unaccompanied)

Friday: 7:30pm – 9:00pm

During school holidays Teen Fitness opening hours change to allow access:**

Monday – Friday: 12:00pm – 6:00pm

Saturday – Sunday:

Wirral Tennis Centre:

12+ years unaccompanied:

Monday – Friday: 4.30pm – 6:30pm

Saturday – Sunday: 10:00pm – 12:00pm

Teens aged 12 – 15 years accompanied by an adult using the gym can attend during normal opening hours.

During school holidays Teen Fitness opening hours change to allow access:**

Monday – Friday: 9:30am – 3:30

Saturday – Sunday:

Accompanied juniors (12-13 years old) – A parent, guardian or responsible adult* (No older siblings, friends parents, uncles, aunts, etc.) must be a member using the facilities alongside the child. It is their responsibility to supervise behaviour.

Unaccompanied juniors (14-15 years old) – A parent, guardian or responsible adult* (No older siblings, friends parents, uncles, aunts, etc.) does not have to be present for their teen to use the facilities.

*Responsible adult **MUST** be 18+

All teen inductions (under 16's) **MUST** be accompanied by a Parent or Legal Guardian only. Please bring proof of age.

**Teen Fitness opening hours during school holidays may vary.