

BARADENE FITNESS CENTRE MEMBERSHIP

Baradene offer a Fitness Centre Membership, with which your daughter can make use of the Baradene Fitness Centre during our Student Members Hours.

The Baradene Fitness Centre holds a variety of exercise machines and equipment, including treadmills, stationary bikes, skier, rowing machines, changeable weighted bars, variety of free weights, kettlebells, exercise bands, swiss balls, yoga mats and rollers.

Details of Membership:

VENUE: Baradene Gym, Ground Level, E207

ELIGIBILITY: Year 10-13 Students only (*Y10 students may not make use of the weights for health and safety reasons*)

STUDENT HOURS:

Day	Before School	Lunchtime	After School
Monday	7.15am – 8.00am	1.25pm – 2.00pm	Cardio class
Tuesday	7.15am – 8.00am	<i>Closed</i>	<i>Closed</i>
Wednesday	7.15am – 8.00am	1.25pm – 2.00pm	Strength class
Thursday	7.15am – 8.00am	1.25pm – 2.00pm	<i>Closed</i>
Friday	<i>Closed</i>	<i>Closed</i>	<i>Closed</i>

FREE CLASSES: Additionally, we offer free fitness classes that your daughter can make use of. These are conducted every Monday and Wednesday afterschool in the Fitness Centre; if students wish to attend, they must sign up to these classes via the booking form sent weekly to the Y9/10 and Y11-13 Sports Teams page. *These classes can be attended without a Fitness Centre membership. Y10 students may not attend the strength class due to health and safety reasons.*

GEAR: Appropriate activewear
Sports shoes
Drink bottle
Sweat towel

COST: **\$30.00 per term** – This will be loaded onto the Parent Portal.

REGISTRATION: Please follow this link to complete a registration for your daughter:
[Baradene Fitness Centre Membership – Fill out form](#)

ORIENTATION: Once a registration form has been completed by a parent/caregiver, all students must complete an in-person orientation with an instructor to determine their membership level (confirming their free/bar weight allowances – H&S). Orientations are conducted every Monday Lunchtime in the Fitness Centre; students must sign up to the orientation via the booking form sent weekly to the Y9/10 and Y11-13 Sports Teams page.

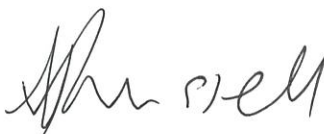
SESSION BOOKINGS: All members are added to the Baradene Fitness Centre Members Teams page. Here, weekly booking sheets are posted for members to book into the student hours.
Bookings must be made to ensure a supervisor is staffed.

If you have any queries, please do not hesitate to contact Dani Reynolds dreynolds@baradene.school.nz

Yours sincerely,



Danielle Reynolds
Sports Manager



Alexandra Russell
Principal