

YOUTH & TEEN WELLNESS PROGRAMS

We LOVE kids at the YMCA! We have many opportunities for kids & families to get moving.

We have group exercise classes just for kids and we have family Zumba to bring everyone together!

To use facility equipment or to participate in adult group x classes, kids must meet the age requirements and go through a FREE certification process.

These free wellness orientations are available to ensure kids have all the information they need to start off on the right foot.

KEY RULES FOR YOUTH & TEENS TO REMEMBER IN THE WELLNESS AREA

- ⇒ Wear wristband at all times in the facility
- ⇒ Wear athletic style clothing and athletic shoes
- ⇒ Locker rooms are to be used for showering and changing
- ⇒ Wipe down machines after each use
- ⇒ Be mindful of others who may be waiting to use equipment
- ⇒ Use equipment in the manner you are instructed to avoid injuring yourself
- ⇒ All drink containers must have a lid, be spill proof, and no glass containers allowed



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FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YOUTH & TEEN WELLNESS ORIENTATIONS

FOR USE OF CARDIO, SELECTORIZED &
FREE WEIGHT EQUIPMENT
AND PARTICIPATION IN GROUP
EXERCISE CLASSES



YOUTH & TEEN FITNESS ORIENTATION

Youth (10-12) and teens (13-15) may use certain areas of the facility after completing a free orientation with our wellness coaches.

Purpose of Orientation:

- ⇒ Learn fitness fundamentals
- ⇒ Learn proper dress code & etiquette/rules in wellness center
- ⇒ Learn safe/proper equipment use & techniques
- ⇒ Start training with a wellness coach with the goal of transitioning to independence
- ⇒ Receive a band to wear at all times on wellness floor

Appointment Preparation:

- ⇒ Arrive on time
- ⇒ Parents should spend first 5 minutes of the appointment with the wellness coach & child to go over expectations, medical history, and to sign a waiver.
- ⇒ Wear comfortable athletic clothes & closed toe shoes
- ⇒ Bring a water bottle
- ⇒ Come prepared to be active
- ⇒ Allow 45-60 minutes for each appointment

YOUTH ORIENTATION FOR GROUP EXERCISE CLASSES

Youth members (8-12) may participate in adult Group X classes upon completing an orientation by attending 2 Kid Group X classes. Parent participation is required.

Purpose of Orientation:

- ⇒ To assess child for adult Group X class readiness by instructor
- ⇒ To get an introduction to & experience a Group X class
- ⇒ To learn proper dress code, etiquette & rules in adult Group X classes
- ⇒ To learn safe/proper form
- ⇒ To collect the required signatures from group x instructors
- ⇒ To earn a blue wristband

Appointment Preparation:



























- ⇒ Arrive on time for kids classes
- ⇒ Wear comfortable athletic clothes & closed-toe shoes (sneakers)
- ⇒ Bring a water bottle
- ⇒ Bring the Group X certification agreement form with the required signatures. This form can be picked up at the membership desk.

WRISTBANDS

After completion of orientation, youth will receive a wristband. Please bring the wristband with you each time you use the facility.

COLOR BAND	CERTIFICATION	HOW MANY APPOINTMENTS or CLASSES?
PINK	Cardio Equipment Certified	Received after 1 appointment
BLUE	Adult Group X Certified	Received after attending 2 kids classes
GREEN	Selectorized Strength Machine Certified	Received after 4 appointments
ORANGE	Teen Free Weight Certified	Received after 4 appointments, possibly more if needed

WHAT CAN YOUR CHILD DO AT THE Y?

AGE	CHILD WATCH	KIDS GROUP X	ADULT GROUP X	BODY PUMP & KETTLEBELL	WATER AEROBICS	CARDIO MACHINES	SELECTORIZED STRENGTH MACHINES	FREE WEIGHTS	BE ON CAMPUS WITHOUT A PARENT PRESENT
4 & UNDER		 With Parent Present							
5 - 7									
8 - 9			 With Certification & Parent Present						
10-11			 With Certification & Parent Present			 With Certification	 With Certification		
12			 With Certification & Parent Present		 With Parent Present	 With Certification	 With Certification		 With Certification
13-15						 With Certification	 With Certification	 With Certification	 With Certification