



Ardmore Family YMCA Youth Fitness

We build strong kids, strong families, strong communities

FREE PROGRAM for youth 10-14 (Y members only)

Ages: 10-14 (Y members only)

In order to workout in weight & cardio room a youth must attend a mandatory training with a Y fitness coach with a parent present. Trainings are scheduled with the weight room staff. In order to participate, a parent must read and sign the waiver below.

The YMCA coaching staff will teach healthy lifestyle principles, fitness center etiquette, the importance of cardiovascular training and proper equipment use, flexibility exercises, and safe lifting techniques.

Once the course is completed and the test is passed, the students will have Adult Fitness center privileges using the badge/sticker system. Students are expected to follow all the fitness center policies. Students 10 - 13 years old must be accompanied by an adult to use the facility. Students 14 years may use facility on their own.

Child's
Name _____ Age _____

Address _____

Parent's Name _____

Phone Number _____ Member Number _____

Parent Signature _____

Child Signature _____

Ardmore Family YMCA

Waiver for Youth Strength Training

For ages 10 – 14 years old

To be signed by parent of the youth

The Ardmore YMCA & USA Medical Advisory Committee believes that YMCA's should encourage youth to embrace physical activity & participate in physical fitness programs, which include a strength training component.

Additionally, pre-adolescents and adolescents should avoid competitive weight lifting and power lifting, body building, and maximal lifts until they reach physical and skeletal maturity. The strength training component of youth physical fitness program should concentrate on the development of muscular endurance using low resistance and high repetition exercises.

The youth strength training will include proper education on anatomy and nutrition, training regarding use of strength training and cardio equipment, along with facility etiquette in the fitness center.

The YMCA staff holds the right to enforce the rules and regulations that are posted in the Adult Fitness Center. My child will be issued a pass/name badge to be worn while on the adult fitness center floor. I am aware that my child's adult fitness pass must be visible always during adult center use. Any associate representing the YMCA may revoke the fitness center pass at any time. Reasons for revocation may include, but not limited to the following: 1. Conduct not appropriate for fitness center 2. Failure to adhere to fitness center rules and regulations. Every effort will be made to give 2 warnings before such action.

Hold Harmless Agreement

By signing this release, I agree to hold harmless the Ardmore Family YMCA, its officers, directors, employees, agents and representatives from and all claims, demand, injuries, damages and/or losses, whether personal property, sustained by my child or any members of my family while on any YMCA premises or while participating or involved in the Youth Strength Training Program. I give my child permission to participate in the program.

Signature of youth _____ Date _____

Signature of parent _____ Date _____

TRAINING SESSION

We are so excited you have decided to participate in this program. It is important that you and your child know and understand the importance of exercise – both cardio and strength exercises. It is our desire to help educate all individuals on the benefits of exercise to promote to better quality to life.

During the session with a fitness coach they will be taught how to use several pieces of cardio equipment and 8 to 10 pieces of weight equipment.

At the end of the session there will be a written test. It is not a difficult test, but it will show us if your child understands the proper way to use the equipment, the muscles they are using while on the equipment and the policies of the fitness center.

A badge/sticker will be provided at the completion of the program. Your child MUST show their badge/sticker upon entering the adult fitness room.

FITNESS CENTER

1. To ensure a comfortable atmosphere for everyone please be courteous and respectful.
2. 10-13 year-old participants may be in the fitness center WITH a parent as long as they have participated and passed the Youth Strength training course. 14 year-old participants, once passing the Youth Strength training course, may be in the adult fitness center on their own.
3. Food and drink are not allowed in the fitness center with exception of water.
4. Complete attire is to be worn i.e. appropriate athletic shoes, short/pants and shirts. Bare feet and jeans are not permitted.
5. Treat equipment with respect. Please do not drop or bang weights.
6. Please wipe down equipment after use. Towels and solution are provided.
7. Please do not rest on the equipment.
8. YMCA is not responsible for lost or stolen items.
9. Please limit the use of cardio equipment to 30 minutes when others are waiting.
10. Profanity is prohibited.