

YMCA YOUTH FITNESS TRAINING

Phase 1 Registration

This is a free fitness program designed for youth ages 11 - 14 that are serious about the health benefits of working out. Each phase will educate them on how to exercise independently and safely on designated machines and the track. This is a 3 phase program, upon completion of each phase of training; youth will be required to pass a written or verbal exam and a practical test to demonstrate their understanding of proper use of fitness equipment. This will allow them access to the track and color coded designated equipment. Youth will receive a color coded wrist band (free of charge) that corresponds to designated equipment with each level of training. **Youth must wear their wrist bands at all times when using the second floor equipment/track or while they are in the weight room.**

Phase 1: Parents can register members ages 11-14 for this free training that teaches the key elements of fitness, and the importance of a balanced and well rounded work out. Upon completion they will be allowed access to the indoor track and color designated bikes, rowers, and stair climbers.

Each Phase 1 training session is limited to 15 youth. All registration paperwork must be completed 24 hours in advance. In consideration of all participants and instructor, please be sure to arrive by designated start time; late arrivals will not be permitted to attend.

Phase 2: Members ages 13 and 14, who have successfully completed phase 1, will schedule an individual appointment with Youth Fitness staff to receive further instruction. After successful completion, machines designated for phase 2 will be added to their workout.

Phase 3: Members ages 13 and 14, who have successfully completed phase 1 & 2 will be eligible to attend Teen Strength Training. These classes educate youth on the importance of resistance training in a safe and healthy way. After successful completion of this 10 session program youth will be certified to use the weight room independently. Class times are Tuesdays and Thursdays at 3:30pm to 4:45pm.

Youth will be required to sign an agreement to follow the rules and guidelines given in trainings by the YMCA Youth Fitness staff. If there are any infractions, parents will be contacted. Youth will be responsible for their bands; if lost replacement bands are available for \$3 at the Welcome Center.

Date of Phase 1 Training: _____

Youth Member Name: _____

Address: _____ **City:** _____ **Zip Code:** _____

Home Phone: _____ **Alternate Phone:** _____

Authorizations: I give permission for my child to participate in the Youth Fitness Training. I understand that photographs may be taken and used for future promotional purposes.

Parent/Guardian Signature: _____ **Date:** _____

Staff Use Only

Receipt # _____ Date: _____ Staff Initials: _____