

# Pre-Teen Fitness Orientation



Parents, this is a 3-hour class is for those kids ages 10 and up that want to learn more about the Fitness and Cardio Room at the YMCA.

## What this class will cover

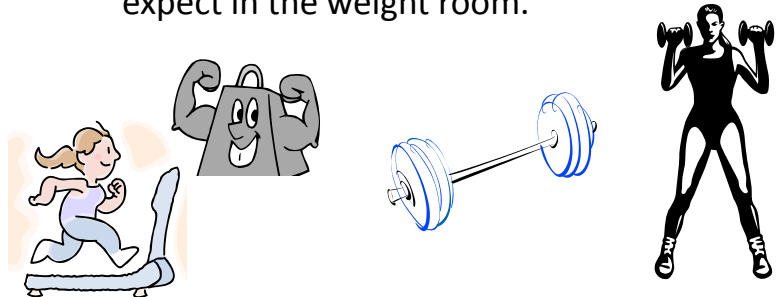
- ⇒ proper use of the equipment
- ⇒ safety concerns when lifting and while in the weight room
- ⇒ common courtesies that we enforce at the YMCA
- ⇒ Proper technique in some of the more common lifts
- ⇒ General techniques and guidelines to follow when lifting

**Cost:**  
**\$25**

**Date:**  
**June 7, 2015 3:00-5:00p**

If you have a child that has not reached 13 or have a teenager that is looking for a little more guidance on proper technique in the workout areas of the YMCA, this is the class for them. We will have one of our Fitness Coaches instructing the class and providing guidance to what we expect in the weight room.

Kids under the age of 13 will be required to be accompanied by an adult to the orientation and in the workout areas upon completion. At the completion of the class, you will receive a card allowing you to enter the Fitness and Cardio area at the YMCA.



Child's Name \_\_\_\_\_

Parent's Name \_\_\_\_\_

Child's Age \_\_\_\_\_ Date of Birth \_\_\_\_\_ Grade \_\_\_\_\_

E-mail \_\_\_\_\_ Phone \_\_\_\_\_

Date: \_\_\_\_\_