



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## **Fitness Age Policy**

The Y believes that the path of health and wellness starts at a young age. Youth should have access to programs that stress the importance of healthy living and equipment to incorporate exercise into their daily lives. Learning healthy habits at a young age can help prevent childhood obesity, heart disease, diabetes and other illnesses.

We want families to be able to have more options to be together, have fun together and stay healthy together at the Y.

However, it is important that youth have access to these programs and equipment in a controlled, supervised environment that is fair to both youth and adult members.

### **Fitness Center:**

- Minimum age to access fitness centers will be 10 years.
- All youth ages 10-15 will be required to attend and pass a youth fitness orientation class
- Youth under 16 years who are already using the fitness centers will be required to attend and pass the class to continue using the fitness center after March 30, 2011.
- Ages 10 and 11 may use cardio and resistance machine areas as long as a parent is working out with them at all times and they have passed the certification course.
- Ages 12-15 may workout in the cardio and resistance machine areas without a parent once they pass the youth fitness orientation class.
- Youth will be given color bands noting their level of access at orientation. These bands must be worn by youth while using the fitness center.

### **Free Weight Area:**

- Minimum age to access free weight area is 14.
- A free weight area orientation is required for all youth under 16, including current users.
- Youth will be given color bands noting their level of access at orientation. Bands must be worn by youth while using the fitness center.

### **How do youth schedule a youth fitness orientation?**

Parents may register their children at Member Services.

### **Who should attend the youth fitness orientation?**

All youth members who wish to access the fitness center or free weight center.