



SISKEY YMCA • YOUTH | FITNESS CENTER POLICY FOR YOUTH TEENS AND NEW MEMBERS

Group Ex Hotline: 704 716 4219

YOUTH/TEEN AGE POLICY: We want to encourage healthy living for our young members and create healthy habits now that will benefit them as they grow older.

- Kids ages 10-14 will have the opportunity to attend orientations that will allow them to use the Fitness Center (10 and Up) or attend Group Exercise Classes (12 and up).
- Upon completion of required orientations, each participant will receive a colored band to wear for identification in the Fitness Center or in Group Exercise classes.
- Please stop by the Fitness Center to schedule an orientation.

NEW MEMBERS: The Siskey YMCA strives to be a supportive and welcoming environment for all our members. To ensure the safety and enjoyment of everyone, participants in adult GE classes must be 12 (orientation required for ages 12-14) to attend.

- Bold boxes are recommended for those beginning or resuming an exercise program. Many of our classes such as Total Strength and Cycle are geared for all levels because you control the intensity of your workout by choosing your weights/ tension.
- Our step classes are 100% tapless – please try our beginner classes before trying Cardio or Intermediate/Advanced Classes.
- All classes are included in your membership fee.
- Please wear tennis shoes and bring a towel and water bottle.
- Cycle classes are first come first serve. Please plan on arriving early to secure your bike (especially on weekends)!