

FITNESS CENTER FOR AGES 12-14

The Fitness Center is open to youth ages 12-14 years with a **Yellow** Wrist Band

The Swank Weight Room is open to youth ages 12-14 with a **Red** Wrist Band

- **To Obtain Yellow Wrist Band**

- Successful Completion of a “Fitness 1 on 1”
- To Sign Up for a “Fitness 1 on 1” speak to a Fitness Center Staff Member who will get you scheduled. Please note that we cannot accept walk-in appointments.
- This class will teach the basics of selectorized weight machines, cardio equipment and gym etiquette.

- **To Obtain Red Wrist Band**

- Successfully Obtained Yellow Wristband
- Successful Completion of the “Introduction to Free-weights” Program
- Introduction To Free Weights Program
 - **** Limited to 4 Students Per Group ** \$45/student**
 - This classes teaches fundamentals of weight room use and techniques.
 - 3 weeks, 3 Classes.
 - First 3 Mondays in August, November, February, May from 3pm – ~4:00pm
 - Class 1: Introduction to Free Weights A
 - Bench Press and Overhead Press techniques, spotting, progression
 - Class 2: Introduction to Free Weights B
 - Squat techniques, spotting, progression
 - Class 3: Introduction to Free Weights C
 - Deadlift Techniques, spotting, progression

FIRST COME FIRST SERVE SIGN UPS AT THE FRONT DESK

ALL YOUTH AGES 12-14

-Must sign in to the separate log book at the Fitness Center Desk desk

-Must be wearing a wristband signifying that they have completed the Fitness 1 on 1 program to gain access to the Fitness Center.

- No access will be granted without a wristband.

- Access to fitness center may be revoked at any time for failure to adhere to the YMCA Fitness Centers Standards.

**Youth without a wristband may still use the fitness center under the DIRECT supervision of a legal parent/guardian.