YHEALTH & FITNESS™

We build strong kids, strong families, strong communities.

Junior Exercise Program
11-14 year olds

Purpose: The Junior Exercise program has been designed to give youth an opportunity to take responsibility for their own physical well-being and develop an early beginning to a healthy lifestyle. The program will run under direct supervision of both the youth's parent(s) and the Health and Wellness staff.

Orientation: Youth who are currently ages 11-14 and their parent(s) who wish to participate in the program are required to go through an orientation with a Health and Wellness staff person prior to becoming a YMCA Junior Exercise participant. Orientations to the Keiser machines are to be made on the 2nd floor (Health & Wellness Department). Due to specifications and hazards of some of the machines, the participating youth will be required to meet a minimum height and size requirement. The Health and Wellness staff will determine if the individual properly fits the Keiser machines and can properly perform designated exercises in a safe and effective manner. The child will be issued a Junior Exercise wristband based on these stipulations at the end of the orientation. **JUNIOR EXERCISERS MUST WEAR THEIR WRISTBANDS AT ALL TIMES.**

Machine Options for Junior Exercisers: Junior exercisers may use *designated machines only*. For safety reasons, the equipment that is taught during the orientation is the ONLY equipment that the participants may use.

Junior Exercise Rules:

1. Participants will be required to go through an orientation prior to using any equipment. Orientations are scheduled with the Health and Wellness Staff.
2. Junior Exercise wristbands must be worn and clearly visible to members and staff at all times. **If lost, it will cost the participant $5.00 to replace it.**
3. Running, horseplay, or failure to comply with the facility guidelines will result in a loss of Junior Exercise privileges.
4. The Junior Exerciser must spray and wipe down the equipment after each use.
5. Proper gym attire is required, including non-marking athletic shoes, shorts or sweats, and a T-shirt. No jeans or open toed shoes are allowed.
6. Junior Exercisers are not allowed in the Free Weight Room at any time. Racquetball is available to Junior Exercisers. Eye guards must be worn at all times. Sign-ups for court times are taken at the Member Service Desk.
7. The track is available to Junior Exercisers. Run/walk clockwise on even numbered days and counter-clockwise on odd numbered days. Please jog single file on the inside and walk single file on the outside of the track.
8. Junior Exercisers may attend fitness classes under the direct supervision of their parent/guardian.
9. Some of the weight training machines may not fit a Junior Exerciser appropriately. For the safety of the Junior Exerciser, only equipment that has been designated for use during the equipment orientation can be used by the Junior Exercise participant.
10. Due to specifications and hazards of some of the equipment, the participating youth will be required to meet a minimum height and body frame requirement.
11. During the orientation, participants need to demonstrate proper form and technique plus perform the exercise in a safe manner before they are permitted to have the machine added to their workout.

If a Junior Exercise Participant fails to comply with the above rules, his/her privileges will be revoked immediately.

Parent & Junior Exercise Participant Copy

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Yakima Family YMCA Junior Exercise Contract

I have read the Yakima Family YMCA Junior Exercise policies and agree and understand the content of this program and will abide by the rules set forth. If I fail to comply with the rules, I will lose my Junior Exercise privileges.

Junior Exerciser Signature:_____Date:_____

I, as a parent, will encourage my child to participate and I understand if my child violates the rules set forth, he/she will be dropped from the Junior Exercise program.

Parent Signature:_____Date:_____

Health and Wellness Employee Initials:_____

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