

FRIARS ROAD MV YMCA

TEEN/TWEEN FITNESS

Children ages 9 to 17



PARENT HANDBOOK

&

Information Requirements

(May 2008)



Dear Parent & Y-TEEN/TWEEN,

The Mission Valley YMCA goal is to introduce activity habits earlier in life that will help support healthy habits later in life.

TEEN & TWEEN fitness is only offered at the Friars Road & Toby Wells locations.

Each branch operates policies based on the location of equipment.

We hope you and your children enjoy a fun & safe activity!

***Keep Moving,
YMCA Staff***

TEEN INFORMATION

For ages 13 to 17 years

All teens interested in working out in the fitness centers must complete a teen orientation prior to receiving their membership badge. Teens must be 13 years old to use the Exercise Support Center (ESC) and 15 years or older to use the Cross Training Center (CTC). Teen membership badge's must worn and visible at all times while visiting the branches. Parent Consent & health history needed prior to participation.

The following programs are available for Mission Valley YMCA Teens:

Levels	Ages	Program	Exercise Center
Level 1	13 – 17 yrs	Y Express Circuit	ESC
Level 2	13 – 17 yrs	Fitlinxx Orientation	ESC
Level 3	15 – 17 yrs	Strive Circuit	CTC
Level 4	15 – 17 yrs	*Free Weight Program	CTC

* Must have at least three months experience using machine strength equipment (verified by FitLinxx, written workout card, or letter by sport coach indicating prior experience in free weight environment).

TWEEN INFORMATION

For ages 9 to 12 years

FRIARS LOCATION:

<u>Days</u>	<u>Times</u>
Mon. thru Fri.	11:00 am to 5:30 pm
Sat. & Sun.	12:00 pm to 8:00 pm

** see brochure for info at Toby Wells*

POLICIES & PROCEDURES:

- Parents must be on premises while Tween is in fitness center
- Tweens are ONLY PERMITTED on YEXPRESS Circuit Equipment and Recumbant Bikes
- To get started, Parents & Tweens must sign-up for an orientation appointment at Member Service Desk
- Health History & Tween Consent must be completed and brought to orientation appointment (forms attached at end of packet)
- Tweens will take a written test at the end of the appointment
- Tweens will receive a YEXPRESS BADGE which must be worn and visible at ALL TIMES when working out

PARENT'S NAME: _____

Y-TWEEN'S NAMES: _____

Parents & Tweens Agreement

Please read & initial next to each statement indicating you understand & agree to respect the policies of our TWEEN program.

_____ I understand that my tween is **ONLY** permitted to workout on the YEXPRESS circuit line of equipment and recumbant bikes. All other cardio and strength equipment is off-limits. (_____ Tween Initials)

_____ I understand that my tween is allowed to workout during the designated times **ONLY**, (_____ Tween Initials)

_____ I understand that while my tween is working out on the YEXPRESS circuit or recumbant bike, I must be on premises. (_____ Tween Initials)

_____ I understand my tween and I must complete a TWEEN orientation prior to using the YEXPRESS circuit, (_____ Tween Initials)

_____ I understand my tween's YEXPRESS badge must be worn and visible at all times while working out, (_____ Tween Initials)

We agree to the above stated policies:

_____ **Date** _____
(Parent's Signature)

_____ **Date** _____
(Tween's Signature)