

Pre-Teen Application Information

PLEASE TEAR THIS SHEET OFF AND KEEP FOR YOUR RECORDS.

The Pre-Teen Application is for parents of 10, 11 and 12 year olds who are interested in having their child or children participate in the Pre-Teen Class.

Pre-Teen Fitness Class Overview:

Purpose: The primary purpose of this program is to introduce proper techniques and etiquette in the Wellness Center for 10, 11, and 12 year olds, so they can workout with parent or guardian supervision until they turn 13 years of age and are able to utilize the wellness center on their own.

The Pre-Teen class is taught in the wellness center. This class presents the fundamentals of exercise with an emphasis on weight training. Each class has educational components and "hands-on" experience with selectorized weight equipment. The classes will cover basic instruction in the concepts of cardiovascular exercise, resistance training, flexibility, basic principles of nutrition (USDA MyPlate), safety and proper gym etiquette and gym rules. Participants will receive a class handout that outlines topics of discussion.

Upon meeting class requirements, participants receive a certificate of completion and are listed as a membership alert in DAXKO, the Y's front desk software. When the child and the parent scan in at the front desk, the parent can ask for a Pre-teen ID Card at the front desk. The pre-teen badge will allow the youth access to the Wellness Center while accompanied by a parent or guardian. The pre-teen must wear the badge while in the Wellness Center. Parents are required to monitor their pre-teen while in the Wellness Center.

Weekly topics: Each week we will cover a different topic.

Week 1: The first week of the class parents are required to participate in the class so they can understand what to do to promote physical fitness in their pre-teen, learn basic safety precautions and pre-teen policy and procedures.

Week 2: Cardio Equipment and Running Track/ Cardio Principles.

Week 3: Resistance Equipment/ Strength Principles

Week 4: Flexibility Principles

Week 5: Basic Nutrition and the USDA My Plate

Week 6: Extra session that will be used if students need more experience in weight room (this is left to the discretion of the instructor), or if a students need to make up a missed session.

REGISTER YOUR SON OR DAUGHTER FOR THE PRE-TEEN CLASS AT THE FRONT DESK AND COMPLETE THE ATTACHED PRE-TEEN APPLICATION. GIVE THE COMPLETED APPLICATION TO THE FRONT DESK SERVICE PROVIDER TO BE PUT IN THE INSTRUCTORS MAILBOX

PLEASE TEAR THIS SHEET OFF AND KEEP FOR YOUR RECORDS.

Continued on the other side of the page

Continued from front page

Class size is limited: Minimum class size is 4 and maximum class size: 12. Regularly scheduled classes are offered every two months. Classes are first come; first served.

Participation: Participation is required without exception. Proper fitness wear is required. The pre-teen class is a progressive class. If the pre-teen misses a class session, the materials missed are required to be made up by the end of the pre-teen class. If class materials have not been made up by the end of the class sessions, then a certificate of completion will not be issued and the youth will not be allowed in the Wellness Center until they the complete required materials or reach the age of 13 years of age.

Class Schedule: The class schedule will be announced each session. There will be two classes offered each week, one evening during the week and the other during the weekend (typically Saturday mornings)(individuals can attend the other class that week to make up missed materials if they choose; so additional time will not be necessary to complete the class). Typically classes will start the first week during 6 week sessions and the second week during 7 week sessions. **Special Pre-Teen Classes:** Special Pre-Teen classes are offered at the discretion of the Executive Director, Fitness Director and if an instructor is available. If the class is held under special circumstances the 6 sessions could be condensed in to fewer, but longer sessions. These modifications are at the discretion of the Fitness Director and the Class Instructor. Special classes are limited to a maximum size of 4 participants and a minimum of 2 participants.

Submitting this application does not guarantee a place in the class; nor does it guarantee that a "Special Pre-Teen Class" will be offered.

This application is to be filled-out and turned in during the registration for this class. Please fill out this application completely; it will be used for tracking purposes. The application deadline is the day prior to the start of the class.

OFFICE USE ONLY:

REGISTER IN THE PRE-TEEN IN DAXKO AND PLACE COMPLETED PRE-TEEN APPLICATION IN THE INSTRUCTORS MAILBOX AFTER YOU COMPLETE THE ON-LINE REGISTRATION IN DAXKO

PLEASE TEAR THIS SHEET OFF AND KEEP FOR YOUR RECORDS.

Pre-Teen Class Application

Youth's Name: _____

Date: ____/____/____

Class Preference: Circle one:

Weekday Evening or **Weekend Morning.**

Class size is limited: Minimum class size is 4 and maximum class size: 12. Regularly scheduled classes are offered each session. Classes are first come; first served.

Participation: Participation is required without exception. Proper fitness wear is required. The pre-teen class is a progressive class. If the pre-teen misses a class session, the materials missed are required to be made up by the end of the pre-teen class. If class materials have not been made up by the end of the class sessions, then a certificate of completion will not be issued and the youth will not be allowed in the Wellness Center until they the complete required materials or reach the age of 13 years of age.

Class Schedule: The class schedule will be announced each session. There will be two classes offered each week, one evening during the week and the other during the weekend (typically Saturday mornings)(individuals can attend the other class that week to make up missed materials if they choose; so additional time will not be necessary to complete the class). Typically classes will start the first week during 6 week sessions and the second week during 7 week sessions. **Special Pre-Teen Classes:** Special Pre-Teen classes are offered at the discretion of the Executive Director, Fitness Director and if an instructor is available. If the class is held under special circumstances the 6 sessions could be condensed in to fewer, but longer sessions. These modifications are at the discretion of the Fitness Director and the Class Instructor. Special classes are limited to a maximum size of 4 participants and a minimum of 2 participants.

Submitting this application does not guarantee a place in the class; nor does it guarantee that a "Special Pre-Teen Class" will be offered.

This application is to be filled-out and turned in during the registration for this class.

Please fill out this application completely; it will be used for tracking purposes.

The application deadline is the day prior to the start of the class.

Information: One Youth per Application

Parent or Legal Guardian Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Home Phone : () ____ - ____ Cell Phone: () ____ - ____ Work Phone: () ____ - ____

Email Address: _____ Best way to contact (circle one): H C W Email

Youths Name: _____ Age: _____ Gender (circle one): Male or Female

Are there any special Circumstances that pertain to your child (physical disabilities, leaning difficulties etc.?) _____

I have read the above and understand the above policies and procedures and how it pertains to my child and me:

Signature: _____ Date: ____/____/____

THIS PAGE INTENTIONALLY LEFT BLANK

**FAYETTE COUNTY YMCA WELLNESS CENTER
PARENT & YOUTH RULES AND REGULATIONS SIGN-OFF SHEET**

1. The minimum age for Wellness Center participation is **13 years**, with the exception of **10, 11 and 12 year olds who have completed the pre-teen fitness class and who are being supervised by a parent or legal guardian**. Pre-Teen ID cards are required and may be picked up at the front desk by the parent or legal guardian who will be supervising their pre-teen.
2. **Wellness Center use for those ages 10-17 is limited to YMCA members only.**
3. **Wellness Center use is a privilege. Those using equipment inappropriately (banging weights, racing on cardio equipment, or youth trying max lifts) will have this privilege revoked.**
4. **Please participate in an “Equipment Orientation” and an ActivTrax or Y-P.O.P. orientation before using equipment. We are not liable for accident or injury.**
5. Please obtain your physician’s approval before beginning any exercise program (you may be asked to obtain a physician’s or physical therapist’s release before beginning your program).
6. Please wear proper workout attire. Please wear shirt that covers your chest area and are not torn or altered. Please, no belts, buckles or snaps on workout clothing. Please remove all jewelry (e.g. watches, rings, chains). Closed toe rubber soled (no heel) shoes are required at all times in the Wellness Center.
7. Report any injury immediately to staff.
8. Report any equipment that is not properly working to staff.
9. Leave gym bags, jackets, and other personal belongings in your locker. The YMCA is not responsible for lost, stolen or damaged personal items.
10. Please bring lock and lock personal belongings in locker. Personal locks may **not** be left on lockers overnight and may be removed on a regular basis without notice.
11. Please follow appropriate safety, etiquette, and training practices at all times (use equipment only as instructed by YMCA staff). Misuse of equipment prohibited.
12. **If others are waiting to use the cardio equipment, please be honest and limit your use to 45 minutes on any particular machine.**
13. **When utilizing the free weights and other equipment please be respectful and re-rack all of your weights and return equipment to proper location.** When performing multiple sets on weight equipment, please be caring and let others “work through.”
14. Food and beverages are not permitted in Wellness Center. Beverages in bottles with lids may be brought into the wellness Center (no glass bottles). Chewing gum is prohibited.
15. Use of an external personal trainer is prohibited. Only YMCA staff may provide personal instruction (with exception to licensed physical therapist).
16. **Please be responsible and wipe down equipment after each use.**
17. Personal listening devices (i.e. MP3 players, cell phones etc.) with headsets are required. Digital tuning radios are recommended for the FM transmitters. Please, no radios/boom boxes cell phones, iPods without headphones.
18. Members may change TV stations. Please be courteous to those around the TV before changing station and pick appropriate content for a public/Christian facility. Do not attempt to adjust sound equipment.

Both I and my son/daughter have read and understand the above rules and regulations and how they pertain to me.

Youth Signature

_____/_____/_____
Date
_____/_____/_____

Parents Signature

Date

Fayette County YMCA Physical Activity Readiness Questionnaire (PAR-Q)

Participants Name: _____ Date: ____/____/____

The PAR-Q is designed to help yourself. Many health benefits are associated with regular exercise, and the completion of the PAR-Q is a sensible step to take if you are planning to increase the amount of physical activity in your life.

For most people, physical activity should not pose any problems or hazards. The PAR-Q has been designed to identify the smaller number of adults for whom physical activity might be inappropriate or those who should have medical advice concerning the type of activity most suitable to them.

Common sense is your best guide in answering the following questions. Please read them carefully and check the correct answer opposite the question if it applies to you.

Yes	No	#	Question
		1	Has your doctor ever said you had heart trouble?
		2	Do you frequently have pains in your heart and chest?
		3	Do you often feel faint or have spells of severe dizziness?
		4	Has a doctor ever said your blood pressure was too high?
		5	Has a doctor ever told you that you have a bone or joint problem, such as arthritis, that has been aggravated by exercise or might be made worse with exercise?
		6	Is there a good reason not mentioned here why you should not follow an activity program even if you wanted to?
		7	Are you over the age 65 and not accustomed to vigorous exercise?

If You Answered:

YES to one or more questions:

If you have not recently done so, consult with a physician by telephone or in person before increasing your physical activity and/or taking a fitness test. Tell your physician what questions you answered "YES" to on the PAR-Q or present a copy of the PAR-Q.

Then: Ask your physician for advice on any restrictions to your physical activity.

If you answered:

NO to all questions:

If you answered "NO" honestly to all PAR-Q questions, you can be reasonably sure that you can:

- Participate in a graduated exercise program - a gradual increase in proper exercise techniques
- Participate in fitness testing

Delay becoming much more active:

- If you are not feeling well because of a temporary illness such as a cold or fever - wait until you feel better; or
- If you are pregnant - talk to your doctor before you start becoming more active

If you answered **NO** to all of the preceding questions please sign below:

Participants Signature

Parent or Legal Guardian Signature

____/____/____
Date

Staff Signature

If you have answered **YES** to any of the preceding questions please read and sign below:

Although I have answered yes to one or more questions on this PAR-Q, and have identified a potential risk, and have been advised by the staff members to consult a physician before beginning my physical activity, I wish to begin participation immediately and understand that all physical activity and use of the facilities shall be under taken by me at my sole risk.

Participants Signature

Parent or legal Guardian Signature

____/____/____
Date

Staff Signature