

# JUNIOR FITNESS POLICIES

## OUR GOAL

Our goal for this program is not only to create a solid base of fitness and wellness for this county's youth but also to provide a safe and mature exercise environment for all of our members within the facility.

## COURSE DESCRIPTION

The program length of Junior Fitness is 6 sessions total, offered 3x/week for 2 weeks. The duration of the classes will be approximately 60 minutes with 15-20 minutes of discussion and 40-45 minutes of exercise activity.

This program will consist of the following topics.....

**Week 1)** Introduction to the Fitness Center  
Cardiovascular Equipment  
Strength Training Machines  
Cable Machines

**Week 2)** Body Weight Exercise (TRX)  
Core Exercise, Stretching  
Creating Your Own Program

## POLICIES

- 1) Once this class is passed, youth ages **11-13 years must have an adult guardian present in the fitness center while exercising.**
- 2) Once this class is passed, youth **ages 14 & 15 years must have an adult guardian present in the facility while exercising.**
- 3) Youth aged 11-15 years old who have completed a minimum of the following at JRSSC will have privileges equivalent to passing *Junior Fitness*
  - o 8 sessions - 50 min Personal Training Sessions
  - o 16 sessions - 25 min Personal Training Sessions
- 4) Regardless of completion of Junior Fitness you **must be 16 or older to use the free weight area.**
- 5) Students must be age 11 or older to attend Junior Fitness. NO EXCEPTIONS.
- 6) Failure to obey the policies of the fitness center will lead to the following undisputable actions:
  - A) The student's dismissal from the program.
  - B) Revoking of the graduate's privileges.
- 7) The student must pay prior to attending the first class. Refunds will not be given.

## GRADUATING THE CLASS

- 1) The student must attend all classes unless otherwise permitted
- 2) The student must demonstrate knowledge for the safe use of exercise equipment, maturity/etiquette, willingness to learn and participation in class. Each week will be graded on a scale from 1-5 by the instructor. At the end of the program this score will be added to the final exam score (15 questions). The student must achieve 23 out of 35 possible points to pass.
- 3) The student must complete a final written test graded of 15 questions regarding course material. Students must show a cumulative knowledge of all topics covered during the junior fitness program.

**Once graduated, the young member looking to workout must approach the fitness assistant with his/her guardian. The fitness assistant will look up your name and provide an ink stamp to allow access to the center.**

Student Signature \_\_\_\_\_

Parent Signature \_\_\_\_\_

Date: \_\_\_\_\_