



Growing Stronger and Healthier Youth Fitness Program

The Weinstein JCC Youth Fitness Program is for children ages 11-15 (ages 11-12 must go through the program in order to join the fitness center). The children will be given an orientation on the cardiovascular equipment, Cybex circuit (12 specific pieces), and appropriate stretches. All of this will be covered in first two appointments with a Fitness Staff member. A third appointment will be given by a Personal Trainer. This appointment will provide them with alternate exercises that the child can utilize during his/her workouts (i.e., core training, use of resistance bands and stability balls).

Following the orientation and Personal Training session the child will be given a short written questionnaire/quiz, as well as a practical "check for understanding" on the equipment. This will determine if the child is ready to work out, independently, with their parents.

The 1 time Fee for this program is \$ 60 which includes the first month membership to the Fitness Center

Note: Parent(s) need to get consent to exercise from their child's Doctor prior to participating in the program.

Procedure:

1. Have the parent fill out & sign off on a consent form & health questionnaire.
2. Discuss each of the rules thoroughly, even if you have to read them directly off the sheet & answer any questions and have the parent sign in agreement.
3. Orientate the client to the selected 12 Cybex circuit machines & all non-motorized cardiovascular equipment that are specially marked for use.
4. Make sure the child fits on the machine (i.e. feet on floor/long enough lever length to align with pivot point.). Mark all adjustments and weight settings on the workout card. Explain how to make all adjustments to the child & have them repeat the process.
5. Explain to the parents that children can use the mechanical weights only if they are directly supervised (meaning that the parent should be monitoring the child on the machine or at the furthest be on the machine right next to the child.). Children will not be permitted to use the free weights.
6. Cover safety issues:
 - a. No running in the weight room.
 - b. Keep your hands clear of the plates and other moving parts.
 - c. Weights should be lifted slowly.
 - d. Do not slam or drop plates.
 - d. Utilize the pivot point to assure proper form.
 - e. Explain that bone damage could occur if too much weight is lifted.
7. Explain in a kind, respectful, customer service oriented way that unsafe behavior/disregarding any rule is not acceptable.

Follow Up:

1. Create a roster of all the children that complete/certify through the program, on hand @ the counter for reference by staff to ensure their permitted usage.
2. Each child will wear a badge, while in the facility/ on the floor, to show they're certified through the program.
3. Each child will be required to recertify annually.