



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GUIDELINES FOR WELLNESS CENTER YOUTH ORIENTATIONS

(Effective January 2012)

Those under the age of 18 must have a youth membership card (red) to use the wellness center.

1. New members, **8-12 years old**, MUST have a cardio orientation with a parent and receive a youth orientation certificate upon completion. The member then gives the certificate to the front desk to receive a youth membership card.
2. New members, **13-17 years old**, MUST have a strength orientation and receive a youth orientation certificate upon completion. The member then gives the certificate to the front desk to receive a youth membership card. **MUST BE 15 YEARS OLD TO USE FREE WEIGHTS WITH A SPOTTER.**
3. Wellness staff will observe and log existing members to give further orientation to meet standards. A youth orientation certificate will be given upon completion. The member then gives the certificate to the front desk to receive a youth membership card.
4. If a youth member **15-17 years old** declines orientation, a parent/guardian must sign a release form, and the child will get a youth membership card.
5. If a member isn't going to use the wellness center, no equipment orientation is needed.

