



MORRISON YMCA • YOUTH FITNESS POLICY

At the Y, we believe that our youth should understand the importance of physical activity while having fun. Whether they are going through an orientation to the fitness center or training for their first 5K, our programs are designed to be age appropriate and promote lifelong healthy habits. Be sure to check out more of our Youth Fitness Programs!

YOUTH ORIENTATION

In order to make sure your child has a safe, healthy experience in our fitness center, we have a special orientation designed specifically to meet the needs of children ages 10-14. After completing the orientation, your child will receive a colored wristband* allowing them to use the fitness center and group exercise classes. If children are not wearing their wristband, they will not be able to participate and will be asked to leave.

Fitness staff will use this opportunity to educate both parent and child on our health and fitness programs offered here at the Y. This 45-60 minute appointment must be completed before working out on the fitness floor or participating in a group exercise class. Both the parent/guardian and child must attend the scheduled appointment. Fitness center and group exercise etiquette will be reviewed as well as, general rules and policies. Cardio and strength training guidelines will be discussed to help provide a better understanding of exercise and physical activity. Youth will be introduced to cardio equipment and sample workout routines, focusing mainly on body weight exercises and functional movements, will be provided.

HOW TO MAKE AN APPOINTMENT

Orientations are conducted weekly. If you are interested in registering for the Youth Fitness Orientation, please email morrisonfitness@ymcacharlotte.org with your contact information or call (704)-716-4656 to speak with a Fitness Staff member. Group youth orientations are offered Thursdays 6:00PM-7:00PM and Saturdays 9:00AM-10:00AM and 2:00PM-3:00PM.

Once your appointment has been confirmed, please arrive at the fitness desk 5-10 minutes prior to your appointment. Parents are required to stay for the first half of the orientation meeting as we will be filling out a questionnaire and reviewing our youth fitness guidelines and expectations. Although it is optional for parents to stay during the demonstrations, we do encourage you to be present as we review the equipment and sample workouts.

We can't wait to see you there!

EXISTING MEMBERS

It is recommended that all youth that have previously gone through a fitness orientation schedule a Family Health Consultation, with or without their parent, in order to be given a new wristband to replace the lanyard, and sign the new paperwork.

*Members can replace a lost band for \$5 by paying at Sales and Services and bringing the receipt upstairs to the fitness staff.