



Instructor Name: _____

Student Name: _____

FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

JR. TRAINER FITNESS GUIDELINES

Jr. Trainer is a class for members ages 10 – 14. Participants will meet with a Wellness Coach/Trainer to learn the fundamentals of cardio training, machine introduction, and gym etiquette. Youth that successfully complete Jr. Trainers will earn permission to utilize the Fitness Floor.

1. Students must attend a Jr. Trainer Class in order to be eligible to use the fitness floor.
2. Students must participate 100%
3. All students must wear athletic shoes at all times. No sandals or crocs allowed.
4. Parents who wish for their children to use the free weights MUST be within arm’s reach of their child while they are in the free weight area.
5. After completing training, students must follow the same rules and procedures when using the fitness equipment on their own.
6. Students will be instructed to lift only safe amount of weight. No competitive lifting!! To prevent injuries, parents should encourage this even after orientation is completed.
7. No running or horseplay in or around fitness center.
8. Anyone caught outside of these guidelines will be verbally warned on the first offense, the second offense will be cause for suspension of fitness center privileges for up to one year.
9. Blue Jr. Trainer band must be worn at all times while on the fitness floor and will be available through the front desk upon completion of training.

Wellness Floor	Age	Parent/Guardian
Cardio Machines	10-14	Not Required
Weight Machines	10-14	Not Required
Free Weight Area	10-14	PARENT DIRECTLY WITH CHILD ONLY

Parent/Guardian Signature

Date

Student Signature

Date