



Youth Fitness Orientation Request

(Must have a membership to REGISTER for the class! For children ages 13 to 15 years)

Child's Name: _____ DOB: _____ Age: _____

Parent's or Guardian's Name: _____

Email: _____ Cell Phone: _____

Emergency Contact

Name: _____ Relationship: _____

Contact Phone: _____

Child's Signature: _____

Parent's or Guardian's Signature: _____

Availability (Select all that apply):

	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
Time						

\$25 Fee CASH CHECK CARD Receipt #: _____

Received by: _____

Instructor: _____

Pass/Fail: _____

Parents, this class is approximately 2 hours and will cover the following with your child:

- Teach proper use of the fitness equipment in the Fitness Center
- Safety concerns while in the weight room and common courtesies that are enforced in the Fitness Center

At the end of the class, your child will be given a practical exam. Upon successful completion of this class your child will have limited access to the Fitness Center without Adult Supervision. *

Must register 24 hours in advance for a scheduled weekday orientation or 48 hours in advance for a scheduled orientation on a Saturday.

Failure to properly abide by all Fitness Center Rules and Regulations after the orientation class can result in expulsion to the use of the Fitness Center. NO REFUNDS will be given. **

Complete this form and return to Veterans Park Community Center front desk or email completed form to fitnessisfun@cabotparks.com

The Benches, Plate Loaded Equipment, Spin Bikes, and the Cable Cross Over machine are off limits until age 16 or with an Adult Supervisor directly overseeing usage. - **Failure to properly abide by all Fitness Center Rules and Regulations will result in expulsion to the use of the Fitness Center.** No exceptions. NO REFUNDS

Youth Fitness Orientation Checklist

Instructors, each participant will learn the following:

- Proper use of the fitness equipment in the Fitness Center
- Safety concerns while in the weight room and common courtesies that are enforced in the Fitness Center

At the end of the class, your child will be given a practical exam. Upon successful completion of this class your child will have limited access to the Fitness Center without Adult Supervision. *

Remind participants that failure to properly abide by all Fitness Center Rules and Regulations after completing the orientation class can result in expulsion to the use of the Fitness Center. NO REFUNDS will be given. **

Participants who are actively engaged in the class and can successfully demonstrate proper use of equipment will gain access to the Fitness Center. The following exercise equipment will be covered during the fitness orientation class:

General:

Safety	Etiquette & Proper Attire	Equipment Care
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Cardio:

Treadmill	Pinnacle	Elliptical	Rower
Recumbent Bike	Upright Bike	Upper Body Ergometer	

Strength:

Exercise	Weight	Reps	Sets
Chest			
Chest Press			
Pec Fly (face out)			
Back			
Mid Row			
Lat Pull Down			
Low Back			
Extension			
Triceps			
Triceps Extension			
Biceps			
Biceps Curl			
Shoulders			
Lateral Raise			
Shoulder Press			
Rear Deltoid (face in)			
Dumbbells			

Exercise	Weight	Reps	Sets
Quads			
Leg Press			
Leg Extension			
Hamstrings			
Leg Curl			
Leg Press			
Glutes			
Glute			
Inner Thigh			
Adduction			
Outer Thigh			
Abduction			
Abs/Core			
Ab Crunch			
Obliques			
Rotary Torso			
Fixed Weight Bars			

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