



YOUTH & TEEN POLICY

The following guidelines are in place to encourage the safety of youth and teens as they enjoy the benefits of the Calhoun County YMCA.

AGES 10 -12 YEARS

Upon completion of the **YMCA Youth & Teen Orientation Class**, youth may use any of the cardio equipment such as bikes, ellipticals, treadmills, rowers, etc on the fitness floor. **A parent must be present.**

AGES 13 -15 YEARS

Upon completion of the **YMCA Youth & Teen Orientation Class**, teens may use any of the cardio equipment and strength machines. This **EXCLUDES** all free weights, and all plate loaded equipment, kettlebells, and bar bells.

YMCA YOUTH & TEEN ORIENTATION CLASS

Teaches gym etiquette, and proper use of cardio & nautilus equipment. Usage of certain areas of the fitness center permitted upon completion. The Youth/Teen Policy and Orientation Class applies to members only.

Class is held every third Saturday of the month.

Register in advance at the Welcome Desk.

FEE: \$20

CALHOUN COUNTY YMCA

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