



# Teen Fitness Orientation

The Worcester JCC recognizes that youth and teens are uniquely positioned to develop lifelong habits that can either help them, or hurt them. Living and leading a healthy lifestyle includes being involved in physical activity. This orientation is mandatory for members ages 11 to 14 and is offered to teens 15+ to help them safely utilize equipment, better understand the benefits of cardiovascular, strength, and flexibility training, and properly utilize the fitness center.

In this free program, members ages 11 to 14 obtain knowledge and practical experience under the guidance of fitness staff. Successful completion of the program will allow them to work out in the fitness center on select equipment without the supervision of their parent or guardian. It includes a program manual, instruction, demonstration, and hands-on experience. It also includes an understanding of accepted behaviors in the fitness center.

An orange lanyard will be presented upon successful completion and must be worn anytime the participant is working out in the fitness center.

Available sessions will be private or semi-private (ideal for siblings). Participants should review the program manual prior to attending class. All participants **MUST** register on the MyJ app and **MUST** complete the enrollment form and submit at, or prior to session.

Orientation is offered in a private or semi-private session.

Register for orientation on the MyJ app.

By appointment call:

Kristen Hemenway; 208.340.8387

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633 Salisbury Street | Worcester, MA 01609

# Fitness Center Rules & Guidelines

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## General Guidelines

Good behavior and attentiveness must be maintained during periods of instruction, and all general fitness center rules must be adhered to concerning behavior and general etiquette (ex: wiping down machines after use, proper attire, allowing others to work in, not using cell phones while on equipment).

Absolutely no maximum or competitive lifting allowed in the fitness center. (i.e. "I can lift more than you can")

Fitness center staff or trainers may ask anyone engaging in inappropriate behavior, or misusing equipment to leave. The JCC has the right to suspend or revoke membership or program participation privileges of those whose behavior is deemed inappropriate or detrimental to the Center, its staff, other members and/or visitors.

## Ages 11 - 14

- Must complete the free one hour orientation to be in the fitness center.
- Must demonstrate proficiency as assessed by the instructor. Additional classes may be offered as need demands.
- Upon successful completion:
  - the participant will receive an orange lanyard/badge to gain access to enter the fitness center.
  - a parent does not have to be present in the fitness center, but all rules concerning children in the facility must be adhered to.
  - may utilize all cardiovascular equipment, may use the selectorized strength circuit (machines), and perform approved body-weight and resistance exercises.
- Free weights including dumbbells, loaded or unloaded barbells, kettlebells, or plate-loaded equipment are prohibited unless permitted by the Fitness Director.
- Benches, Plate Loaded Equipment, Spin Bikes, and the Cable Cross Over machine are off limits until age 15 or with an Adult Supervisor directly overseeing usage.
- Youth may not be a 'spotter' for another teen or an adult.

## Ages 15+

- May utilize cardio and strength equipment without an orientation, however we strongly suggest taking the orientation.
- Trainers or staff have the right to limit use of plate loaded equipment by teens based on their usage.

I certify that I have read and understand the WJCC Fitness Center Rules & Guidelines and I agree to these terms.

Member Signature: \_\_\_\_\_ Date \_\_\_\_\_

Staff Signature: \_\_\_\_\_ Date \_\_\_\_\_

For More Information:  
Jenna Ventura  
jventura@worcesterjcc.org  
633 Salisbury Street | Worcester, MA 01609  
P 508.756.7109 x 230 F 508.373.2592 | worcesterjcc.org

# Youth Fitness Orientation Enrollment

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*This form must be completed by a parent or guardian and presented at the first orientation.*

*Registration is not complete until confirmation is provided via email.*

Participant Name: \_\_\_\_\_ Date of Birth \_\_\_\_\_ Age \_\_\_\_\_

Parent(s) Name(s): \_\_\_\_\_

Home Address: \_\_\_\_\_

Participant Email Address: \_\_\_\_\_

Parent/Guardian Email Address: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell Phone 1: \_\_\_\_\_ Cell Phone 2: \_\_\_\_\_

Emergency Contact Name: \_\_\_\_\_

Emergency Contact Phone: \_\_\_\_\_

Does participant have any health conditions or physical limitations? (please circle) YES NO

If Yes, please explain: \_\_\_\_\_

Is there any additional information you feel we need to be aware of?

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I certify that except for as noted above, there is no health or physical condition or limitations that would impact my child participating in the WJCC Teen Fitness Orientation Program. I agree to obtain a medical clearance from my child's physician should it be required by the Worcester JCC.

Parent Signature: \_\_\_\_\_ Date \_\_\_\_\_

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