



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Lakota YMCA Fitness Center Youth Usage Policy

Children, who are members, 12-15 years of age, may now sign up to be taken through guided training sessions with one of the YMCA's personal trainers in the Fitness center.

Children ages 12-14, with a medical clearance form on file, and completion of two guided sessions will be able to use the cardio equipment and matted area with a parent present.

Children the age of 15, with a medical clearance form on file, and completion of two guided sessions will have full access to the Fitness Center.

Guided training sessions are free to members and you will be able to sign up for time slots at the YMCA Front Desk. To participate in the session the child must have a medical clearance on file or bring it with them to their training time.

Outside of these training sessions youth 12-14 will be restricted to cardiovascular equipment and matted area