



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

START STRONG STAY STRONG IRON KIDS ORIENTATION

Getting started on a proper weight training program at any age offers many benefits and will set you up for optimal progress in the long run. Kids ages 9 - 12 years old are required to sign up for an orientation on the equipment in the Family Wellness Center. This orientation will ensure that proper weight lifting form is executed to achieve desired results and lower the risk of injury.

Our orientation will teach you how to safely and efficiently use the equipment, and instruct you about the general Family Wellness rules and etiquette.

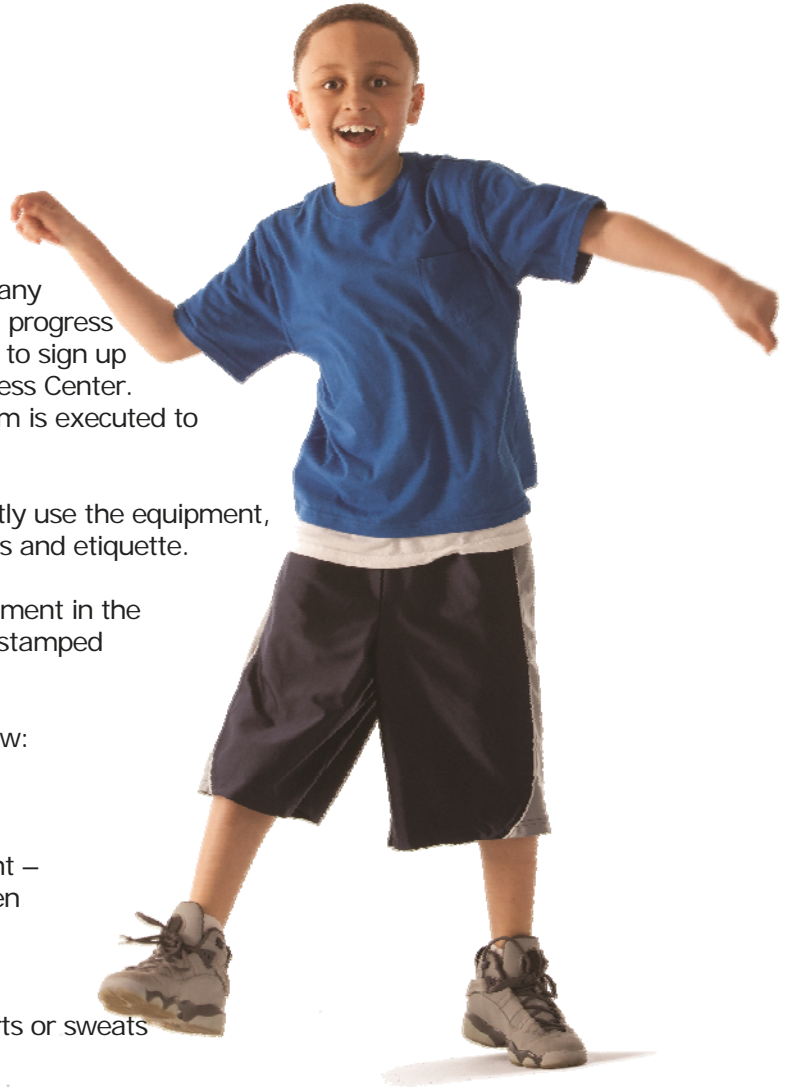
Each time you come to the Y and want to use the equipment in the Family Wellness center, you will need to get your hand stamped at the Service Center.

Please read over the Family Wellness policies listed below:

FAMILY WELLNESS POLICIES

- Must be at least 9 years of age to use the equipment – We encourage parents to work out with their children
- Must have an Iron Kids orientation to work out
- Proper athletic attire required i.e. tennis shoes, shorts or sweats
- Be respectful of others
- Area may be closed periodically for classes
- Water only. Food is prohibited
- Listen to the coach on duty
- Use at your own risk when a coach is not on duty

FREE for Members
Sign up at the Service Center



**MARION FAMILY YMCA
WOPAT YMCA CENTER**

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