

DRESS CODE

- Must wear athletic clothing that covers the midsection and chest at all time.
- No narrow or deep cut “cut-offs” are allowed.
- Footwear must be clean and closed toed/closed heeled. No sandals, flip-flops, crocs or boots.
- No jeans, belts, keys or any clothing that may cause damage to the upholstery.
- Clothing with vulgar messages are prohibited.

WORKOUT ETIQUETTE

- Do not drop or slam weights.
- Be considerate of others.
- Put your weights or equipment away.
- Allow someone to “work in” while you are resting.
- No horseplay or loud or offensive language.
- Wipe down equipment when finished.

WORKOUT SAFETY

- Always use proper form and technique.
- Lift slowly and with control (up 1001, 1002, pause - down 1001, 1002)
- Standard sets and reps ratio: 3 sets of 8-12 reps.
- Increase weight when 12 reps becomes easier.
- Rest muscles 1-2 days before lifting the same muscle groups again.

Do NOT hold your breath. Control your breathing while lifting. You want to EXHALE on the exertion (hardest part of the lift) and INHALE during the easiest phase of the lift.

STAGES OF A WORKOUT

Warm-up (5-10 minutes)

Helps prepare the body for more vigorous movements.

Improves blood flow to the muscles.

Decreases the risk of injury to muscles, tendons, ligaments and other tissues.

Suggest routine of 5-10 minutes of slow aerobic exercise to gradually ease into the workout.

Workout:

Increased intensity for a duration of time.

Aerobic activity should make up 30-60 minutes of physical activity each day.

Moderate to vigorous intensity (brisk walking, running, lifting weights)

Participate in a physical activity at least 3 days per week.

Cool Down (5-10 minutes)

Bring the heart rate down to normal levels.

Promotes faster recovery.

Helps prevent pooling of the blood in the legs.

Reduces levels of stress to the body.

Stretch (hold each stretch 10-15 seconds or 5 deep breaths)

Decreases muscle soreness, avoid injury and increase range of motion around the joint.

RULES & REGULATIONS

The YMCA Gold card gives you use of the following areas and equipment:

- Wellness Floor and Track (2nd Floor)
- Free Motion machines
- Techno Gym machines
- Cardio: Treadmills, Ellipticals, Bikes, Stair Climbers, Rowers
- Free weights: Dumbbells, Kettlebells, Med Balls, Pre-weighted barbells
- Blue stretching mats (No wrestling or horsing around on the mats).

Restricted areas and equipment - Must be 15+ years old:

- Weight Room
- Cable Crossover machine, including punching bag, rope, and assisted dip/pull-up.
- High Usage times:
Monday through Friday 11:30 am–1:30 pm and 5:00 pm–7:00 pm.

IN THE CASE THAT RULES ARE NOT BEING FOLLOWED. ALL YMCA STAFF HAVE THE AUTHORITY TO REVOKE AN INDIVIDUAL'S GOLD CARD, NO WARNINGS WILL BE GIVEN:

- ALLOWING UNAUTHORIZED GUESTS INTO THE YMCA OR ON TO THE WELLNESS FLOOR
- CAUGHT IN THE WEIGHT ROOM
- CAUGHT HORSING AROUND ON THE WELLNESS FLOOR. MATS, TRACK.
- DROPPING WEIGHTS
- BEING DISRESPECTFUL
- FIGHTING
- LOANING YOUR GOLD CARD TO ANYONE

If you witness any abuse of the equipment by other youth or adults, report the incident to the Welcome Center. Cameras monitor all areas of the facility and any incidents would be on record.

Use the lifting guidelines that are taught in this class. No excessive socializing; be respectful of other people using the equipment. Always wipe down your equipment when you are done.

Lost Gold cards: You can replace your card for \$5

You will not be allowed on the Wellness Floor without your Gold card.

At the time of program completion, Gold cards are printed out and a YMCA lanyard is provided for the participant to attach their Gold card and Membership card.

You Must have the physical Gold card with you every time you are on the Wellness Floor.

If your Gold card is not visible, staff will respectfully ask to see it.

I have read and understand the above Gold Card Rules & Regulations.

Parent/ Guardian

Print: _____

Sign: _____

Participant

Print: _____

Sign: _____



BENEFITS OF FITNESS

- Help build and maintain healthy bones and muscles.
- Reduces feelings of depression and anxiety and promotes overall well-being.
- Reduces risk of sedentary lifestyle.
- Develops self-confidence, self-image, and self-esteem.

TERMS TO KNOW

Warm-Up Helps prepare the body for more vigorous movements, improves blood flow, and decreases risk of injury.

Workout Increased intensity for a duration of time, usually moderate to vigorous and lasts typically 30-60 minutes.

Cool-Down Brings heart rate back down to normal levels, promotes faster recovery, and reduces levels of stress on the body.

Stretch Decreases muscle soreness, helps to avoid injury and increases flexibility and range of motion.

Time Under Tension (TUT) Commonly used in strength training, this is how long a muscle is under strain during a set.

Mind-Muscle Connection This is the ability to focus the tension you create during exercise on a specific muscle or region of muscles in the body.

Exhale To breathe out.

Inhale To breathe in.

Wellness Floor Area where those who have earned their Gold Card can workout.

Gold Card This is what you earn after completing and passing the Teen Strength class, which gives you access to workout on the Wellness Floor.

Cardio Equipment Exercise equipment that includes things like: treadmills, ellipticals, bikes, and the stair-master.

FreeMotion Equipment Exercise equipment that focuses on resistance training, while giving the user more free range of motion than most other selectorized machines.

TechnoGym Equipment Exercise equipment that focuses on resistance training with direct-isolation movements. These machines also have a screen that shows the user their range of motion, number of sets, reps, and how much weight they're using.