YOUTH FITNESS

BEGINNING YOUTH WEIGHT TRAINING 12+ YRS

This class can give youths the tools to start down the road to health. Through education, hands on training, and fitness testing, our participants will see their progress and reach their goals. The Recreation Center will waive the policy of 15 and older age limit for this class only. Taught by qualified instructors at the Recreation Center, it will include: free weights, selectorized and cardiovascular machines as well as weight room etiquette and safety. Must be at least 12 years old to participate in class.

Participants who have successfully completed the Youth Weight Training Class may use the Weight Room Monday - Friday from 4-5pm only.

Code	R/NR	Day	Time	Date
342040-A	$55/$65	Tue/Thu	4-5pm	8/27-9/19
342040-B	$55/$65	Tue/Thu	4-5pm	9/24-10/17
342040-C	$55/$65	Tue/Thr	4-5pm	10/22-11/14
342040-D	$55/$65	Tue/Thr	4-5pm	11/19-12/19*

**** No class Nov. 26 or 28***

YOUTH WEIGHT ROOM ORIENTATIONS & ID POLICY AGES: 15-17 YEARS

In an effort to provide the opportunity to safely enjoy our weight and fitness equipment, orientations for youth between the ages of 15 and 17 years are required. This brief orientation, along with a weight room ID card, is a service offered by the Recreation Center at no charge beyond paid admission to the center. To guarantee a orientation spot, please call for an appointment.

Fitness attendant hours: Monday, 5-6:30 p.m.

PARENT/YOUTH WORKOUT TIMES

Parents and youth 12 years and older are now welcome to work out together at the Bob L. Burger Recreation Center. This includes use of weight room, cardiovascular equipment and track.

Work out anytime, except Monday-Thursday, 5-7:30pm, our peak time.

- Child must be 12 years or older.
- Parent and child must be working out together. Not just in the facility together. This means that the parent is supervising their child's workout.
- Parent and child must come in together to do a weight room orientation with a weight room supervisor, Monday 5-6:30pm, before beginning workouts on their own. Orientation is free of charge, daily admission fee required for parent and youth. By appointment only. Please call 303-665-0469 to schedule.
- Child will receive a Parent/Youth weight room ID, at no additional charge, following the orientation.
- Use of the facility is a privilege and can be revoked at any time should parent and youth not adhere to the rules.

the BUZZ at Bob's

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