



YMCA Building Usage

for students in our Parkview Huntington Family YMCA

After School Program

Gym

The gym will be reserved for After School Program participants until 4:30pm on school days.

Outdoor Recreation Space

Students may use the outdoor courts when the weather is appropriate. It may be closed in the winter and on rainy/muddy days.

Pool(s)

Students must be swim tested to determine swimming ability level. Students must be at "Green Band" level to have the option to swim during the after school program. Pool open-swim times vary by the day. Students will need to check with the Front Desk before swimming to insure the pool(s) are open.

Track

Students are permitted to utilize the upstairs track as long as they are walking/running in the correct direction and being respectful of others. Hide & Seek, standing/sitting, or horseplay will result in a loss of track privileges.

Racquetball Court

The racquetball/wallyball court can be used with a reservation. Students will need to check with the Front Desk.

Adult Group Exercise Classes (in the gym or studio)

Students, 14 years+, can attend "adult" classes. If any are being held during after-school hours, students are welcome to participate as long as they are following instructions.

Wellness Center & Free Weight Area

Our number one goal is safety! We want all youth to have proper training before using exercise equipment. To be awarded access to strength-training equipment, each **student must complete an orientation**. This can be completed during the after school program or this orientation can be scheduled at the Front Desk to complete at another time.

After orientation and waiver (signed by a parent) is returned, middle school students (ages 12+), will have access to limited equipment in the Wellness Center.

<p>Middle School Students Ages 12+</p>	<ul style="list-style-type: none"> • Wear <u>BLUE</u> Wrist Band • Can use selectorized strength equipment only • No usage of cardio equipment or free weights 	<p>Once a student graduates from 8th grade, he/she can get an additional orientation to learn the proper use of our cardio and free weight equipment and will then have access to utilize all equipment in the YMCA Wellness Center.</p>
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Students in the Wellness Center are expected to be utilizing the equipment responsibly and properly. If a student is involved in horse play or not actively exercising while in the Wellness Center, they will be asked to leave the area. If this happens consistently, the student may lose the privilege of using our fitness equipment.

It is required for everyone in the Wellness Center to wear proper, athletic shoes. Students wearing sandals or Crocs will not be permitted in the Wellness Center.

Additional fitness instruction:

We offer a **Youth Strength & Conditioning Class** that meets after school for 6-8 week sessions, throughout the school year. This class is for students ages 12-17. There is an additional cost to participate in this class. Students must be registered by a parent before joining the class. Please look on our website or ask our Front Desk for more information.