



Northern Lights YMCA Youth Fitness Center Youth Agreement

I, _____ do hereby promise to use the fitness center equipment as shown to me during the YOUTH FITNESS CENTER ORIENTATION.

I will follow the principles taught to me and will keep a record of my workouts and reach out to a member of the personal training staff or the Community Health and Wellness Director to check in on my progress.

It is understood that I can only use the fitness center provided I follow proper safety and etiquette rules (attached).

I understand that if I am found not following the rules, my privileges will be revoked for 30 days. To use the fitness center again, I must repeat the YOUTH FITNESS ORIENTATION and attend a group conference with my parent(s) or guardian & the Community Health and Wellness Director.

Youth Signature _____

Date _____

Date of Birth: _____

Parent/Guardian Signature: _____

Date _____

YMCA Wellness Staff Signature _____

Date _____