



Youth Orientation (10-12 Years Old)

Gear Up for Gym Etiquette - The Youth Orientation is part of the bigger YMCA organization, and as a YMCA youth member, we expect you to follow our rules. We are a Christian facility, not a place to act or dress like a social media star. The staff has the right to dismiss you from the fitness center for not practicing the following YMCA gym etiquette.

DO	DON'T
<ul style="list-style-type: none">• Wear appropriate workout attire, which includes a full-length shirt, appropriate length shorts• Wear appropriate exercise shoes• Gently place weights on the floor• Sanitize, re-rack, and put equipment back• Share equipment• Use appropriate language and tone	<ul style="list-style-type: none">• Wear clothing that exposes your mid-section/ has offensive logos or language – <i>it's disruptive</i>• Wear Crocs, sandals, flip-flops, and open-toed shoes – <i>it's dangerous</i>• Drop/slam weights – <i>it scares our members and is distracting</i>• Leave your equipment out or dirty – <i>it's irresponsible</i>• Hog/text/wait on equipment – <i>sharing is caring</i>• Curse, yell, use offensive language – <i>it's offensive</i>

Strive With Safety – Our YMCA Exercise Safety recommendations reduce your chance of injury. Practice these recommendations with every workout. We do not want to see you hurt.

- ✓ Wear appropriate exercise shoes
- ✓ Warm up before your workout
- ✓ Use a spotter and do not lift a weight you are unsure of
- ✓ Lift with proper technique (brace core, tall posture) and stop if you feel pain
- ✓ Lift with slow and steady tempo (ex. 2s up:2s down) and do not lift with momentum
- ✓ Breathe through each rep (exhale during the hard phase) and do not hold your breath
- ✓ Rest/recover and give 24-48 hours for healing of the muscle group before lifting again