Teen Fitness Packet

4500 Fitness | Downers Grove Park District
4500 Belmont Road, Downers Grove, IL 60515
630-960-7462 | www.dgparks.org

Program Overview

Teen Fitness is designed for teens between the ages of 12 – 13 years old to help them get the opportunity to learn how to safely and effectively workout at the 4500 Fitness Center. One of our personal trainers will help walk the participant through an orientation session to safely teach the teen proper use of equipment and etiquette for the 4500 Fitness Center.

Participants will complete a 90- minute orientation session with a personal trainer (parent/guardian must attend) to learn proper equipment use and facility etiquette.

Teen Fitness Orientation Fee:

$40 Resident / $60 Non-Resident

How to Register:

- Complete the packet and return it to the fitness staff at the front desk.
  - Please make sure to make payment for orientation fee when dropping off the packet.
- Select your preferred orientation date.
  - **IMPORTANT:** The orientation date must be at least 7 days out from the date the packet is turned in.

Questions?

For any questions/concerns please call 630-960-7563 or email mklaus@dgparks.org

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Teen Fitness Pricing

Upon successful completion of the orientation:

- Teens are eligible to purchase a student membership (see front desk)
  - **PLEASE NOTE:** A parent must have an active membership AND always accompany the teen in the fitness center. This must be the teen's **own** parent or legal guardian.

Monthly/Annual Membership Pricing

NO Enrollment Fee Due at sign up

Membership Type	Monthly Fee	Annual Fee
Teen Fitness Membership	Resident: $23/Month Non-Resident: $29/Month	Resident: $253 Non-Resident: $319

Important Information

- Once your child has turned 14 years old, they will be switched over to our student membership and will be allowed into the fitness center without a parent.
- The student membership pricing is the same as the membership pricing above.

Questions?

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Teen Fitness Member Information

Name of Teen: _____ Today's Date: _____

Birth Date: _____ Age: _____ Height: _____ Weight: _____

Address: _____ City, State, Zip: _____

Parent/Guardian Name(s): _____

Parent/Guardian Names: (Primary) _____ Relationship: _____

(Secondary)_____ Relationship: _____

Email: _____ Phone: _____

Orientation Dates & Times: (Please check one box)

- **First Tuesday of the month: 6:30pm – 8:00pm** ◯
- **Second Thursday of the month: 5:30pm – 7:00pm** ◯
- **Third Saturday of the month: 1:00pm – 2:30pm** ◯
- **Fourth Sunday of the month: 11:30am – 1:00pm** ◯

Does Teen Play Sports? YES NO If yes, which sports: _____

What is the Teen's familiarity with the following?

Cardio Machines:	None	Have Used Before	Regular User
Strength Machines:	None	Have Used Before	Regular User
Strength Racks:	None	Have Used Before	Regular User
Free Weights:	None	Have Used Before	Regular User

IMPORTANT INFORMATION

Responding to the Health History Questionnaire is purely voluntary and you do not have to share your responses with the staff of the Downers Grove Park District Fitness Center. However, please recognize that individuals with coronary risk factors or other medically significant risk factors, run a greater chance of cardiovascular incidents or increased risk of injury during physical activity. Although you are solely responsible for determining if you are physically fit for any and all fitness activities, it is always advisable, especially if you are pregnant, suffer from an underlying medical condition, take medication, smoke cigarettes, have a family history of coronary disease, or have recently suffered an illness, injury or impairment, to consult a physician before undertaking any physical activity.

Please recognize the staff of the Fitness Center are not medical practitioners. However, any voluntary communication of the above requested information to our staff may assist the staff in identifying adverse signs and symptoms that might compromise your well-being, and which should be evaluated and assessed by qualified medical personnel.

I HAVE READ AND UNDERSTAND THE PRECEDING STATEMENT

(Parent / Guardian)

Signature_____ Date_____

4500 Fitness Etiquette

The team at 4500 Fitness is proud to provide a clean and well-maintained facility as well as a friendly and comfortable atmosphere with quality service. To ensure that all members enjoy a quality experience, we ask individuals to adhere to the following Fitness Center etiquette:

Check-In

We require all members to scan their key fob (membership pass) at the front desk upon arrival whether you are using the Fitness Center, indoor track, or open gyms.

Attire

Proper fitness attire is required for participants using the facility. Shirts and shoes are required to be always worn in all public areas, including in the fitness center. Closed-toed clean rubber-soled gym shoes must be worn on the fitness floor, track, and in the gymnasium at all times. Inclement weather, please bring a clean & dry pair of gym shoes to wear. Lockers for coats and personal belongings are available in the fitness center or there are cubbies in the gymnasium and walking track to store any personal items.

Equipment

Sanitizing wipes and paper towels are readily available throughout the facility. To help reduce the spread of illness, please wipe down equipment after use. Please re-rack all weights and return all equipment to the proper place after each use. Be courteous and limit your time on machines and equipment. Do not loiter or hoard equipment. Use equipment as intended and in a safe manner.

Locker Rooms

To keep the privacy, comfort, & convenience of all members, please adhere to the following guidelines:

- Only Fitness Members and staff are permitted in the locker rooms
- Cell phone and photo/video device usage is strictly prohibited in the locker rooms
- 4500 Fitness is not responsible for any items left in lockers or in locker rooms
- Please alert a team member if there is any maintenance concern with locker rooms

Gym Etiquette & Rules

All Teen Fitness members must adhere to our 4500 Fitness Center gym etiquette and facility rules:

- Teen fitness participants and members are expected to always exhibit appropriate behavior
- The Downers Grove Park District reserves the right to suspend or cancel a teen fitness membership if staff determines the member is not following our fitness center etiquette rules. If a membership is suspended or cancelled, no refund or proration will be given

<u>*Failure to follow these etiquette rules will result in disciplinary action, including suspension and/or cancellation of your Fitness Center membership. *</u>

Teen Fitness Member Signature Date

Parent/Guardian Signature Date