Youth in the Fitness Room

Please consult a staff member to clarify any questions you may have

The Fitness Room is available to youth between 13-15 years of age who:

- Submit the proper paperwork (see back for specifics)
- Have gone through an evaluation and orientation with a fitness trainer
- Have a parent or guardian in the facility while working out
- Follow the Fitness Room policies and regulations

*CHILDREN AGES 12 AND UNDER ARE NOT PERMITTED IN THE FITNESS ROOM!*  
(For children 12 and under, please see our youth fitness class options).

SUGGESTED HOURS OF USE FOR YOUTH
Mon. & Wed. 6:00 am - 8:00 am, 3:00 - 5:00 pm
Tues. & Thurs. 5:00 pm - 8:30 pm
Sat. & Sun. - All Day
June 1st - September 1st open access from 9 am - 9 pm

*Please see reverse side for required paperwork and orientation guidelines*

Joseph H. Emminger, Supervisor
Town of Tonawanda

Dan Crangle, Councilman
Chairman, Youth, Parks & Recreation Committee

Jeffrey P. Ehlers, Director
Youth, Parks & Recreation Department
CRITERIA FOR YOUTH IN THE FITNESS ROOM

The following must be completed and on file before youth can use the fitness room. **NO EXCEPTIONS!**

1. Pick up **YOUTH PAR-Q PACKET** located at the FITNESS DESK

2. Submit **ALL PAPERWORK** within the youth packet:
   - PAR-Q (signed and dated)
   - PHYSICIANS REFERRAL
   - PARENTAL CONSENT FORM (signed and dated)
   - COPY OF ORIGINAL BIRTH CERTIFICATE

3. Schedule and complete an evaluation and orientation with a fitness trainer

*We look forward to setting you up on a program*