



Teen Fitness Training Packet

Teen Fitness Training is a program for pre-teens and teens ages 8-15 who wish to become a fitness member. After successfully completing a facility, training and orientation youth will be eligible to be added to a membership.

Ages and restrictions:

- 8-9 Years old : Racquetball & Gymnasium use only (**with parent**)
- 10-13 Years old: Full facility, except free-weights (**with parent**)
- 13 Years old: Gymnasium use only (without parent) conduct review only
- 14-15 Years old: Full facility (without parent)

Fees:

- 8-9 Years old: No Teen Training Fee - packet and conduct (Pg.5) review only
- 10-15 Years old: \$30 Resident | \$40 Non-Resident

Please fill out the enclosed information and drop the completed packet off at the Fitness Club front desk at your earliest convenience. Once we receive the packet, we will contact you to get you signed up for the appointment/training class needed to obtain the club access that is desired.

After completing the training, youths ages 10-13 will be allowed to use cardio and universal weight resistance machines, free weight use not permitted (parent must be present in facility). Youth ages 14-15 will have full facility access without a parent present. Youth ages 13 years, only wishing to use the gymnasium will only need to review the conduct page. A parent or legal guardian is required to be in the same room at all times, including the steam and sauna areas if younger than 14 for facility use or younger than 13 for gymnasium use.

Youths 8-9 will not be required to meet with a personal trainer until the age of 10.

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Once your child has successfully completed the program, the child can be added to your membership to the WPD Fitness Club per the rules of the Membership Agreement.

Participants who successfully complete the program can join the Westmont Park District Fitness Club with no enrollment fee if they do so within 30-days of completing the program.

First Appointment: Personal Trainer, Teen and (Parent/Guardian - Optional)
Approximate Time (30 minutes)

Second Appointment: If needed

Group trainings will be coordinated with personal trainer.

If you have any questions, please do not hesitate to contact Taylor Siple NASM CPT-CES, Fitness Club Manager at 630-789-2673.

Westmont Fitness Club
Westmont Park District
424 Plaza Dr., Westmont, Illinois 60559
630-789-2673 | www.westmontparks.org

Teen Fitness Training Form

Name of Youth: _____ Birth Date: _____

Address: _____ City, State, Zip: _____

Parent/Guardian Name(s): _____

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

(Secondary) _____ Relationship: _____

Email: _____

When is the best time to reach you? _____

Emergency Contact:

Name: _____ Relationship: _____

Phone: _____

Please choose your day and time preferences you can complete the training: (Circle all that apply)

Monday Tuesday Wednesday Thursday Friday

Morning Afternoon Evening

Teen Fitness Training Profile Form

Name of Teen: _____

Height _____ Weight _____

Age _____

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

Why are you interested in this program?:

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 Westmont Park District Fitness Club. However, please recognize that individuals with coronary risk factors or other medically significant risk factors run a greater chance of cardiovascular incident 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 Westmont Park District Fitness Club 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.

Parents are required to be present and in the same room in the facility when their children ages 8-12 are at the Fitness Club. 13 year olds may use the gymnasium only without a parent. 14-15 Years old will have full facility use after completing this program (without parent). Should participants be found in violation of facility polices or conduct using unauthorized equipment or without a parent present, their membership can be suspended or revoked at any time.

I HAVE READ AND UNDERSTAND THE PRECEDING STATEMENT

Parent / Guardian
Signature _____

Date _____

WAIVER INFORMATION

The Westmont Park District is committed to conducting its recreation programs and activities in a safe manner and holds the safety of participants in high regard. The (District) continually strives to reduce such risks and insists that all participants follow safety rules and instructions that are designed to protect the participant's safety. However, participants and parents/guardians of minors registering for this program must recognize that there is an inherent risk of injury when choosing to participate in recreational activities. You are solely responsible for determining if you or your minor child/ward is physically fit and/or adequately skilled for the activities contemplated by this agreement. It is always advisable, especially impairment, to consult a physician before undertaking any physical activity.

WARNING OF RISK: Aerobic and other fitness exercises including such items as passive/resistive weight training, use of stair machines, jogging, free weights, and other training devices, despite careful and proper preparation, instruction, medical advice, conditioning, and equipment, pose a substantial risk of serious injury, including death. Understandably, not all hazards and dangers can be foreseen. Participants must understand that certain risks, dangers and injuries due to acts of God, slipping, falling, equipment failure, and failure in supervision/instruction, premises defects and all other circumstances inherent to recreational activities/programs exist. Dependent upon a person's physical condition, age and skill level, aerobics and fitness exercises can involve a substantial risk of the following types of injuries. This list is by no means complete, but includes some of the more common ones:

1. Heart attack, stroke and circulatory problems
3. Back and neck injury
5. Muscle strain and other muscle injuries

WAIVER AND RELEASE OF ALL CLAIMS AND ASSUMPTION OF RISK:

Please read this form carefully and be aware that in signing up and participating in this program/activity, you will be expressly assuming the risk and legal liability and waiving and releasing all claims for injuries, damages or loss which you or your minor child/ward might sustain as a result of participating in any and all activities connected with and associated with this program/activity.

I agree to abide by the rules and regulations of the Westmont Park District and use the Fitness Club in a proper manner in accordance with the Conduct Ordinance 2016-9, failure to do so can and will result in a forfeit of membership (copies of ordinance are available at westmontparks.org). The Westmont Park District reserves the right to adjust pricing at any time for new, or existing memberships. In the event the Westmont Park District must close the Fitness Club or limit access to the facility we reserve the right to adjust membership fees or withhold refunds or prorated memberships.

I recognize and acknowledge that there are certain risks of physical injury associated with participating in this program/activity, and I voluntarily agree to assume the full risk of any injuries, damages or loss, regardless of severity, that I or my minor child/ward may sustain as a result of such participation. I fully understand and agree that all exercises including aerobic activities, the use of weights, number of repetitions, and use of any and all machinery, equipment and apparatus designed for exercising shall be at me or my minor child/ward's sole risk. Notwithstanding any consultation or instruction on exercise programs which may be provided by the Westmont Park District, it is hereby understood that the selection of exercise programs, methods and types of equipment shall be me or my minor child/ward's entire responsibility, and that the Westmont Park District, including its officials, employees, agents, and volunteers (herein after collectively 'District') shall not be liable for any claims, demands, injuries, damages, or loss to person or property arising out of or in connection with the use of the services and facilities contemplated by this agreement.

I further agree to waive and relinquish all claims I or my minor child/ward may have or which may accrue to me and/or my minor child/ward as a result of participation in this program/activity. I do hereby fully release and forever discharge the District from any and all claims for injuries, damages or loss that I or my minor child/ward may have or which may accrue to me or my minor child/ward and arising out of, connected with, or in any way associated with this program/activity. I have read and fully understand the above important information, warning of risk, assumption of risk and waiver and release of all claims. If registering online or via fax, your online or facsimile signature shall substitute for and have the same legal effect as an original form signature.

PHOTOGRAPHY: Photos and videos are periodically taken of people participating in Park District programs and activities. All persons registering for Park District programs/activities, or using Park District property thereby agrees that any photograph or videotape taken by the Park District may be used by the Park District for promotional purposes including its promotional videotapes, brochures, flyers and other publications without additional, prior notice or permission and without compensation to the participant.

I understand the above **Westmont Park District** agreement & waiver:

Parent / Guardian Signature: _____

Date: _____

Name of Teen: _____

*This is a trial program and the Westmont Park District has the right to make changes to the program or cancel it at any time. *

Conduct:

Individuals who engage in the following behaviors may have their access suspended or terminated:

- a. Theft, vandalism or malicious destruction of property.
- b. Fraudulent use of a membership card or facilitating unauthorized entry. (Guests of members are not allowed within the facility without signing a waiver, completing guest registration, and paying for appropriate day pass fee.) Do NOT let others into the facility EVER!
- c. Possession or use of a weapon on Fitness Club property.
- d. Possession, use, or distribution of illegal substances on Fitness Club property.
- e. Use of profanity or threatening and disrespectful behavior toward another individual.
- f. Behavior that adversely affects others or the Fitness Center reputation.
- g. Failure to comply with Fitness Center Staff requests or directives.
- h. Behavior indicating an individual is under the influence of alcohol or drugs.
- i. Fitness participants are not allowed in the staff office areas unless accompanied by a staff member.
- j. Bicycles, roller blades, skateboards, scooters or pets (excluding service animals) will not be allowed inside the facility.
- k. Be courteous to other members while using fitness equipment, be mindful of music volumes, cell phone use, and time on equipment.
- l. Athletic shoes must be worn at all times (crocks, flip-flops, or no shoes are not acceptable footwear).**

Parents are required to be present and in the same room in the facility when their children ages 8-12 are at the Fitness Club. 13 year olds may use the gymnasium only without a parent. 14-15 Years old will have full facility use after completing this program (without parent). Should participants be found in violation of facility polices or conduct using unauthorized equipment or without a parent present, their membership can be suspended or revoked at any time.

I HAVE READ AND UNDERSTAND THE PRECEDING STATEMENT

Parent / Guardian
Signature _____

Date _____

Youth / Teen
Signature _____

Date _____

Teen Fitness Training Health History Questionnaire

1. Do you have any difficulty with physical activity? YES or NO
-
2. Do you feel pain, or pressure in your chest during exercise? YES SOMETIMES NO
-
3. Do you have any physical conditions, such as a hernia or herniated discs, that may be aggravated by lifting weights? YES NO
-
4. Do you have any previous injuries that still affect you during physical activity? YES NO
-
5. Do you have any respiratory/lung problems, or breathing problems such as asthma? YES NO
-
6. Do you have any heart/cardiac problems, or family history of heart disease? YES NO
-
7. Have you broken any bones? YES NO
-
8. Do you have any joint issues? Knees? Ankles? Elbow? Shoulder? YES NO
-
9. Have you had any back problems? YES NO
-
10. List all types of surgery:
-

11. List all types of medical conditions you currently have:

12. List all types of medications, or dietary supplements you are currently taking:

13. List any limitations, or medical concerns that may apply during a new exercise program?
