

FUN!

# FIT 4 LIFE

## Program Policy

- We encourage a healthy, balanced lifestyle and recommend that no youth should need to exercise more than 60 minutes, we have added 30 minutes for you to shower if needed from your own workout. If you exceed the time limit of 1.5 hours we will call to come pick up your child as this program is for ages 6-15.
- Proper exercise attire will ensure a much more enjoyable, and safe experience for your child. Gym shoes, t-shirt, shorts preferred. No boots, sandals for safety reasons. Your child will not be able to participate that day if not dressed properly.
- Each child is expected to check into Fit 4 Life with their ID card or temporary day pass. 10 and older are allowed to sign themselves in and out of the program. Ages 6-10 require a parent to drop off and pick up child from the Fit 4 Life room to sign participant in/out.
- This program is for everyone, and for all to enjoy. We all want a safe, healthy fitness class to participate in. Misbehaving, disrespect, foul language, misuse of equipment will not be tolerated. All mentioned will get an oral warning from instructor with notice to parent, second offense management will call home, third offense we may ask that your child not participate in the program.

EXERCISE!