



YMCA Youth Policy

- ☺ **Youth under 14 years of age are not permitted to use the workout areas, sit on benches while a parent works out or attend adult group exercise classes. This includes infants in car seats or carriers (Quick Fit Studio).**
- ☺ **Youth 12-13 years old may take the YMCA Youth Fitness Training Class to learn how to use the equipment in the workout area and Quick Fit Studio. Once the 10-week class is complete, participants are then allowed to utilize the equipment and attend group exercise classes with a parent or during supervised time. Not following guidelines taught in the class while using the workout areas will result in suspension of use.**
- ☺ **Youth 9-13 years old may use the Quick Fit Studio at any time when accompanied by a parent or guardian over the age of 18. Parent or guardian must remain in the Quick Fit Studio with the youth at all times.**

YMCA Steps to Success: INCLUDED FREE with your YMCA memberships !

1. **Member Orientation**
All members are encouraged to attend the Member Orientation appointment. This appointment is to help reduce anxiety for new members' first days of participation and to help you feel comfortable using the YMCA facility. After becoming more familiar with what your needs are, our staff will assist you in scheduling fitness appointments and help you get started in your "Steps to Success".
2. **Group Exercise Classes**
A variety of classes are offered; yoga, step, Pilates, kick boxing, power pump, abs and back, group cycling, group water and many more. Pick up a copy of the schedule at the Service Center Desk.
3. **Selectorized Equipment Orientation**
Learn how to correctly adjust each selectorized machine to fit your height and frame. An Exercise Specialist will discuss the benefits of strength training with you and will provide a basic schedule to follow on the equipment.
4. **Free Weight / Strength Training Orientation**
If you have never used free weights and/or need instruction on proper form and mechanics, sign up for an orientation today! Our Exercise Specialists will show you how to effectively and properly use the weights and give you a simple program to follow.
5. **Quick Fit Studio Orientation**
If finding the time to exercise is a struggle, the Quick Fit Studio is just what you need. This is a 30-minute workout involving strength machines alternating with cardio stations. Schedule your orientation at the Welcome Center.
6. **Cardiovascular Orientation**
Learn how to accomplish your goals, cross-train, and how to use the cardio equipment during this orientation. The Exercise Specialist will teach you how to use your heart rate to get the best out of your workout and will discuss the importance of warming up and cooling down and stretching.
7. **Fitness Evaluation**
Measures cardiovascular fitness, muscle strength and endurance, flexibility, body composition, blood pressure and resting heart rate. Evaluation will take 30-60 minutes. Please wear shorts, t-shirt, and workout shoes. Before your evaluation avoid:
 1. Eating 2 hours before (including coffee and tea)
 2. Consuming alcohol 24 hours before
 3. Smoking 2 hours before
 4. Exercising before
 Results are kept on file and we recommend retesting every 3-6 months to track results.
8. **Exercise Programming**
The consultation will give you the opportunity to discuss your current workout plan with an Exercise Specialist. We will help you fine tune your current program to meet your goals. You may sign up once per six months.

See Welcome Center Desk for information and prices on Personal Training and Nutrition Consultations

YHEALTH & WELL-BEING™

We build strong kids, strong families, strong communities.



NORTHEAST YMCA

Workout Area and Quick Fit Policies and Procedures

Northeast YMCA
2601 North 70th Street
Lincoln, NE 68507
402-434-9257
www.ymcalincoln.org

Cooper YMCA	323-6400
Downtown YMCA	434-9230
Fallbrook YMCA	323-6444
Camp Kitaki	434-9222
Metropolitan Office	434-9205
Youth Sports	434-9220

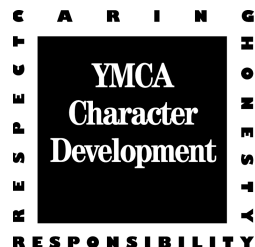
*The Paramount selectorized equipment is intended to be used as a circuit; complete a set and move on to the next machine.

Show you CARE about others by allowing them to work in sets on the machine you are using while you rest.

*Be HONEST. Limit your time on the cardio equipment to 30 minutes during peak hours (For example but not limited to 6:00-10:00 am and 4:00-9:00 pm weekdays and 7:30-11:00 am Saturdays).

*Have RESPECT for other YMCA members. Clean equipment off with the provided disinfectant wipes throughout your workout.

*Be RESPONSIBLE for helping us keep the facility clean by throwing trash away in trash cans, putting dirty towels in the towel hampers, return magazines/newspapers back to rack and only taking water into the workout areas.



Workout Area and Quick Fit

Guidelines

1. Please avoid dropping/banging the weight stacks, dumb bells and bars are not allowed. Use a spotter or ask YMCA staff to assist you.
2. The Northeast YMCA is not equipped for Olympic or “power” lifting. Any lift, such as a clean and jerk or the snatch, in which a lifter may need to “bail out” and let the bar fall to the ground is prohibited.
3. Put all equipment back in its place. Dumb bells, bars, weight plates, cable attachments and collars all need to be returned to the provided racks.
4. Chalk and powder are not allowed in the workout areas.
5. Help us keep our equipment functioning properly; return the cables to the start position slowly and in control. Avoid banging the weight stacks together.
6. Only water is permitted in the Workout Area and Quick Fit Studio. Please do not bring soda, coffee, snacks, protein powders or shakes or supplements.

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7. Proper workout attire is required: tennis shoes, workout shorts or pants and t-shirts. Jeans, jean shorts, open-toe or open-back shoes will not be permitted.
8. Do not monopolize any equipment or several machines at once. Allow others to “work in” sets while you rest.
9. Use of profanity or disrespectful behavior will not be tolerated!
10. Outside personal trainers or coaches are not permitted to work with or train YMCA members or guests. The YMCA employs certified personal trainers that are available to assist anyone in need of tips, explanation of equipment or motivation. To schedule your free equipment orientations and fitness evaluation, please see YMCA staff.

YMCA Staff have authority to refuse use of the workout areas to anyone not following the policies and procedures of the facility.



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