



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Santa Monica Family YMCA Teen Fit Agreement Form

- Teens aged 12-14 must complete the Teen Fit certification program to be able to work out alone in the Fitness Center.
- Each teen must complete **all four appointments** and pass a test with a Personal Trainer/Health Coach prior to using the workout rooms on their own.
- At the completion of all four appointments, a note will be placed in the teen's account that they have passed TeenFit. Upon check-in to the facility, the teen must ask the desk staff for a silicone wrist band, and the wrist band **must be worn visibly** on their wrist to enter and utilize the fitness areas.
- If teen is observed violating any of the facility policies while working out, TeenFit access will be revoked immediately. A meeting will be required between Healthy Living Director, teen, and parent to determine eligibility for reinstatement.
- This program is geared for teens to safely use the fitness equipment on the second floor ONLY, **not the free weight room**.
- **Please give at least 24 hours notice if you need to cancel a TeenFit session.**

My signature below indicates that I have read, understand and agree to adhere to all YMCA Teen Fit Policies.

Teen Name (Please Print)

Teen Signature

Date

Parent Name (Please Print)

Parent Signature

Parent Phone

Parent Email (Please Print)

Date