

Youth Policies

General:

- Ages newborn – 7 must remain with an adult in common areas.
- Ages newborn – 4 can use locker room with a parent.
- Ages 5 + must use the same sex locker room.
- Ages 8 – 12 must have adult in the building.
- Ages 13 + can enter and use the club without adult supervision. Must follow all policies while in the club.



Fitness Floor:

- Ages infant to 7 are prohibited on the fitness floor.
- Ages 8 – 10 can use select cardio equipment after a free youth orientation with a trainer. An adult must accompany the child during this appointment. Thereafter, an adult must be with the child on the workout floor when using the equipment.
- Ages 10 – 12 may use dumbbells or kettlebells under 20lbs and some cardio equipment after completion of a youth orientation or trainer led class. An adult must be present on the fitness floor with the child unless enrolled in a trainer led class.

IT IS MANDATORY FOR ALL KIDS 8 TO 12 TO GO THROUGH A YOUTH ORIENTATION.

Failure to do so will result in inability to use equipment until orientation is complete.

- Ages 13 – 15 may use all selectorized strength machines, dumbbells, and kettlebells. A youth orientation is strongly recommended.
- Ages 16 + can have full access to the fitness floor. A fitness orientation is strongly recommended for beginners.

Basketball Court:

- Ages 7 and under must have adult supervision unless in a program
- Ages 8 + can use the court without adult supervision



Aquatics:

- Unless enrolled in a lesson children under 5 must have an adult in the water at all times.
- Children 15 and under who have not passed the swim test by a Lifeguard must have a parent or adult in the water.
- Ages 9 – 15 may use the pool after completion of a swim test by a Lifeguard but parent or adult must remain in the Club.
- Ages 16 + can use the pool as an adult.
- Must be over 6 to use the hot tub.

Attire:

- Wear proper athletic attire and athletic shoes. (No Crocs, Birks, Slides, or open toed shoes on the fitness floor at any time).

Pine Lake Youth Fitness

*Fitness activities for
kids of all ages.*



COLUMBIA®
athletic clubs

Columbia Athletic Clubs – Pine Lake
2930 228 Avenue SE • Sammamish, WA 98075
www.columbiaathletic.com

Youth Programs

Kid Fit (Basketball Court)

Staff will organize a wide variety of gym games like four corners, hopscotch, jump roping, fire in the forest with pool noodles, lots of running games and activities to keep the kids moving! This is a great opportunity for parents to drop their kids off and get a workout in! This activity is for Members only!

Days: Mondays and Wednesdays, 5:30 – 6:30pm

Ages: 5 – 11

Fees: Free for Members

Kids Yoga (Mind/Body Studio)

Yoga help kids with body awareness, manage stress, build concentration and increase their confidence and positive self-image. Bring the kids for a playful 1 hour session.

Days: Tuesdays, 4:30 – 5:15pm

Ages: 4 – 8

Fees: Free for Members/ \$18 + tax Non-member

Youth Fitness



Youth Orientation

Instructor: Varies

The Youth Orientation aims to introduce kids to the gym environment, teach basic exercise principles, promote safety, and encourage healthy habits. It ensures that youth feel comfortable, confident, and knowledgeable when using gym facilities, while emphasizing proper techniques and injury prevention.

Class length: 30 minutes

Days: By appointment

Ages: 8 – 16

Fees: Free for Members

Iron Kids

Instructor: Kim

There is no better way to create healthy habits for your kids than by starting them early, showing them often, and teaching them right! Iron Kids is a program taught by Personal Trainer Kim Brasfield, in which your kids will learn the basics of anatomy, nutrition, a basic workout program, rules of the fitness floor, and safety in exercise. This course is a wonderful introduction to fitness essentials tailored to youth. Upon completion of the class, kids will be prepared to start exercising with a parent present. Offered by appointment only, please contact Kim Brasfield at kimb@columbiaathletic.com to enroll. Dates & Time are by appointment, contact Kim for more info.

Class length: 60 minutes

Days: By appointment

Ages: 10 – 15

Fees: \$20 + tax Member per class

IMPACT TEEN FITNESS

Instructor: Taylor

Small group classes are led by Taylor Scarvie, NSCA – CSCS in a fun, supportive, and safe environment. Using a combination of Speed, Agility, and Quickness (SAQ), core stability and strength training, students will develop the necessary stabilizing muscles to excel within their sports, maintain a healthier lifestyle and prepare them for future strength training programs. Choose IMPACT Teen to establish and reinforce proper and safe exercise techniques or use it to improve skills for sports and protect from injury. Participants: Min. 2, Max. 8. Sign up through our online portal.

Days: Tuesdays & Thursdays, 5 – 6pm (60 minute class)

Saturdays, 10:30 – 11:30am (60 minute class)

Ages: 12 – 16

Fees: \$20 + tax Member per class

\$25 + tax Non-member per class



IMPACT STRENGTH TRAINING

Instructor: Tyler

IMPACT Strength offers participants the next step in reaching their endurance, hypertrophy (muscle growth/ development), or maximal strength goals. Tyler Eiguren, NASM – CPT will coach individuals on properly completing the core strength exercises including barbell bench press, deadlift, squat, overhead press, row, and variations of each exercise. Participants: Min. 2, Max. 8. Sign up through our online portal.

Days: Tuesday & Thursdays, 6 – 7pm
& Saturdays, 3 – 4pm (60 minutes classes)

Ages: Adults, and teens 16+, or with instructor permission.

Fees: \$20 + tax Member per class
\$25 + tax Non-member per class

ADVANTAGE SPORT

PLAY ■ TRAIN ■ RECOVER

Instructor: Nikki

Help your young athletes prepare for their upcoming seasons close to home with CAC-Pine Lake! We train athletes from ages 12 to 20, helping them through this essential period of development by building good fundamentals and techniques. We provide periodized, crossfit-style workouts to develop strength, agility, speed, and coordination in the off-season, and maintain the athletes' gains through the competitive season. We strive to prevent overuse injuries by focusing on sport-specific pre-hab and conditioning to combat common issues in young athletes. Our strength and conditioning coaches have all of the tools to help your athlete get an advantage over the competition. Groups or teams will be scheduled by appointment. Please contact Nikki Brown, CSCS at nikkib@columbiaathletic.com for scheduling information (Min. of 4 athletes per group).

Class length: 60 minutes

Days & Times: By appointment

Ages: 12 – 20

Fees: \$15 + tax Member per class