

# Youth Fitness

## Free Weight Room and IMPACT Studio Usage

Youth members (13 to 15 years old) may use the free weight room and IMPACT Training Studio once they have completed the Iron Teens fitness program and have the approval of both the Personal Trainer they worked with and the Fitness Director.

## Youth Facility Orientation: 30 minutes | FREE

Parents of youth ages 8 years 17 years old may request to have a facility orientation for their child on select equipment in the cardio room. Some of the equipment will not be accessible to youth based on their size, weight, and comprehension skills assessed by the trainer. This portion of the orientation is to identify what machines are suitable and which are injury risks.

Aside from facility orientation and limited equipment fitted for kids, youth will also undergo a basic fitness assessment that will measure their strength endurance, flexibility, coordination, and balance (proprioception). Most of the exercises will utilize body weight, resistance bands, medicine balls, and light dumbbells and kettlebells.\*

Schedule with any Personal Trainer or through the Fitness Director.

\*Note: your child must go through the orientation before using any equipment (cardio or fitness).

## Kinetic Kids (8 – 12 years old)

Kinetic Kids is a great way to start introducing your child to the gym environment at a young age. Our coaches have specific education and training to design fun workouts for your youth that will help them improve coordination, weight control, and prevent injury not only in sports, but also be a great help to even the gamer needing some muscle tone in their posture muscles.

Connecting kids with coaches and other youth around exercise will help them become more “fitness” minded as they grow older will help encourage healthy lifestyles!

Registration is on first come, first serve basis and occurs monthly. Schedule with Fitness Director at [bobbys@columbiaathletic.com](mailto:bobbys@columbiaathletic.com)

**Fee\*:** \$60 + tax  
\*FOUR 30-minute sessions

## Iron Teens (13 – 17 years old)

Iron Teens is a novice weight training instructional hour that will focus on making sure every participant understands the proper joint paths when it comes to the press (flat, incline, overhead), squat (front and back), deadlift (conventional, RDL, wide leg), and the row (single arm, bent over, seated). Learning how the hips, shoulders and spine all work together as one system is the foundation to learning how to move correctly and adapt correct form.

The words “Weight Training” usually gets confused with “Weight Lifting”, but weight training is any movement in the gym utilizing gym machines, cables, dumbbells, fixed barbells, bands and body weight. Weight training programs are for teaching the body proper movement patterns under variable resistance levels. Positioning and posture are the primary focuses during these sessions.

Registration is on first come, first serve basis and occurs monthly. Schedule with Fitness Director Bobby at [bobbys@columbiaathletic.com](mailto:bobbys@columbiaathletic.com).

**Fees\*:** \$160 + tax (up to 2 participants)  
\$120 + tax (3 or more)  
\*FOUR 60-minute sessions

