

Dear Parent,

The Barrington Park District management team is pleased that your teen has chosen our Fitness Center to pursue a healthy and fit lifestyle! Fitness is so important for maintaining a healthy mind and body, preventing injury, disease, loss of mobility and mental decline as we age. Starting good habits at a young age gives your child an early advantage to enjoying quality of life as an adult.

Our Fitness Center operates as an adult facility and we are happy to be able to include teen guests on a probational basis.

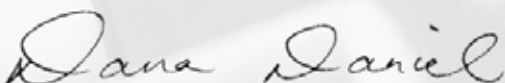
Our 14 - 17 year old teen patrons require guidance when using the Fitness Center machines, particularly the machines in the free weight area. Safety is always our number one concern for your child and our adult patrons. All teens must complete a MANDATORY Fit Teen Orientation with one of our Certified Personal Trainers. During The Fit Teen Orientation, your child will learn about our Fitness Etiquette & Code of Conduct, how to safely use the equipment and understand the consequences should the code be broken.

In this welcome packet, you will find the teen membership pricing and our Fitness Center Etiquette & Code of Conduct. Please review it with your child. Upon completion of the Fit Teen Orientation, your child will be asked to sign the Orientation Checklist and Fitness Center Etiquette & Code of Conduct forms. Consequences of violating the Code of Conduct include being sent home for the day, suspension for a determined length of time or revocation of membership. These consequences are at the discretion of the Health & Fitness Manager.

Please contact the Fitness Desk at (847) 304-5279 or fitness@barringtonparkdistrict.org to schedule a Fit Teen Orientation for your child. A signed waiver by the parent and a payment of \$35/\$40 is due BEFORE your teen attends the orientation. Orientation is up to one hour long. Parents are welcome to attend but are not required to be present.

Thank you for your understanding and support as we continue to ensure the safety and enjoyment of all Fitness Center members.

Sincerely,



Dana Daniel
Health & Fitness Manager
(847) 304-5274
ddaniel@barringtonparkdistrict.org



Fitness Center Etiquette & Code of Conduct

The Barrington Park District Fitness Center welcomes patrons ages 14 years and up to enjoy the pursuit of fitness in a safe, considerate and respectful manner. As the Fitness Center is an adult facility, teen guests 14 - 17 years old are invited to utilize the Fitness Center ONLY after completing a mandatory Fit Teen Orientation with a BPD Certified Personal Trainer. Failure to follow the behavior and etiquette expectations outlined in the Fitness Center Etiquette & Code of Conduct will result in consequences including being sent home for the day, suspension for a determined length of time or dismissal from the program. These consequences are at the discretion of the Health & Fitness Manager.

- Show respect to Park District staff, other Fitness Center patrons and Fitness Center equipment.
- Wear appropriate clothing, including a shirt and closed-toe shoes. Bare feet, sandals, flip-flops, Crocs™, high heels and boots are not allowed. Guests must wear shoes at all times on the fitness floor.
- Sealed water bottles are allowed on the fitness floor, track and in studios. Food and gum are not permitted.
- Personal belongings, such as gym bags and coats are to be stored in the locker room.
- Lockers are to be used ONLY while working out. Belongings must be cleared out after completing a workout.
- Locker rooms are for changing, showering and using the restroom only. Patrons are invited to use the lobbies on the first or second floor for socializing.
- Equipment must only be used for its intended purpose. For clarification on how to use the equipment or to inquire about an equipment orientation, please see a Fitness Attendant.
- Be aware of other patrons on the fitness floor and allow others to "work in", returning settings to previous user's setup. Rests between sets should take place off the machine.
- Keep equipment out of aisles and walkways.
- When using the stretching area, ensure that your body and equipment is not encroaching on the walkway. The stretching area is for exercising and not for congregating to socialize.
- Cell phone conversations are prohibited on the fitness floor, track, in studios and in locker rooms. Guests should not sit on equipment to use cell phones. Taking pictures and videos is strictly prohibited on the fitness floor, track, in studios and in locker rooms.
- Refrain from yelling, using profanity, banging or dropping weights or making loud sounds. Heavy weights should be used with control. If weight cannot be controlled, a lower weight should be used.
- Wipe down equipment before and after each use.
- Throw trash away in the waste bins located throughout the Fitness Center.
- Pick up after yourself when finished exercising. Return all equipment and accessories to its original location. Re-rack dumbbells and weight plates. Return mats, benches and risers, stability balls, medicine balls, bands, foam rollers and BOSU®s to their original location after wiping down.
- Memberships are non-transferable. Passing memberships cards to others will result in loss of membership privileges.
- Any personal training, paid or unpaid, provided by a non-Park District employee, is prohibited.
- Members that violate the Fitness Center Etiquette & Code of Conduct or otherwise engage in inappropriate conduct are subject to suspension or revocation of membership privileges.

Free Weight Area Etiquette

- Avoid congregating around machines to ensure that all patrons have access. A maximum of twelve people is allowed in the free weight area at a time.
- Only two people are allowed at the bench press at a time; one person lifting the barbell, and a second person actively spotting.
- Only one person is allowed at each machine. For the cable machines, two people are allowed; one per cable at a time.
- Do not leave dumbbells, cable machine accessories, barbells or personal items scattered on the fitness floor. This is a safety hazard.
- Refrain from horseplay while using the free weight area equipment. Using this equipment properly can help prevent serious injury.

Fitness Center Etiquette Rules

	<p>Proper fitness attire is required. Street shoes, boots, Crocs™, high-heels, sandals, socks, bare feet, or open-toed shoes are not allowed. Guests must wear shoes at all times on the Fitness Floor.</p>		<p>The use of profanity is considered offensive, disorderly conduct and not allowed in our facility.</p>
	<p>Cell phone conversations, taking pictures and videos are prohibited on the Fitness Floor, track, and in studios and locker rooms.</p>		<p>Sealed water bottles are allowed on the Fitness Floor, track and studios. Food and gum are not permitted.</p>
	<p>Selfie photos or videos require management approval.</p>		<p>Clean equipment with disinfectant wipes before AND after use. No gym bags, coats, or extra clothing allowed on the floor.</p>
	<p>Respect others and allow patrons to "work in" between sets. No congregating or personal device time on equipment between sets. Respect our personal trainers and clients at all times.</p>		<p>Use equipment for intended purpose only. If unsure how to use equipment, ask us!</p>
	<p>No yelling, using profanity, banging or dropping weights or making loud sounds. Heavy weights should be used with control. If weight cannot be controlled, a lower weight should be used.</p>		<p>Any personal training, paid or unpaid, provided by a non-Park District employee, is prohibited.</p>
	<p>Return all equipment to its proper place after each use.</p>		<p>The Park District reserves the right to amend rules to ensure the safety and well-being of all patrons and staff.</p>

Thank you for your cooperation!
Please report any unsafe conditions
to the Fitness Center staff.

Fit Teen Fitness Center Etiquette & Code of Conduct Agreement

Upon successful completion of orientation, the teen patron, the parent/guardian, and the Personal Trainer are required to sign this Fit Teen Fitness Etiquette & Code of Conduct Agreement. This agreement, as well as the Orientation Checklist, is required before access to the Fitness Center will be granted.

- All teens between the ages of 14 and 17 years must attend the Fit Teen Orientation prior to accessing the Fitness Center. This orientation will cover proper guidelines on how to use the indoor running/walking track, all Fitness Center machines including cardiovascular, strength training and the machines in the free weight area. Proper gym etiquette, rules and behavior expectations will also be covered.
- After completion of the orientation, Fit Teens may access the gym on a "three strikes, you're out" basis.
- The Health & Fitness Manager reserves the right to suspend or revoke memberships if the Fitness Etiquette & Code of Conduct is broken. Consequences will be determined on a case-by-case basis.

I have read the above, and I understand and accept the Fitness Etiquette and Code of Conduct:

Fit Teen (Name Printed)

Date

Fit Teen Signature

Date

Parent (Name Printed)

Date

Parent Signature

Date

Certified Personal Trainer (Name Printed)

Date

Certified Personal Trainer Signature

Date

TO BE COMPLETED BY FITNESS ATTENDANT:

- Orientation Completed
- Fit Teen Fitness Center Etiquette & Code of Conduct Signed
- Checklist Completed

Teen Membership Pricing (Ages 14 - 17 Years)

All teens must complete a Fit Teen Orientation BEFORE accessing the Fitness Center. For more information on memberships and the Fit Teen Orientation, please see a Fitness Attendant.

Drop-In

Daily Fee
\$10/\$12

Punch Cards

Number of Punches	Price	Expiration Date
6	\$60/\$72	60 Days After Purchase
12	\$108/\$132	90 Days After Purchase
20	\$160/\$200	90 Days After Purchase

Track

Age	Daily	Yearly
Teen	\$5/\$8	\$50/\$65

Essential

Age	Monthly EFT* for 12 mos.	3 Months Paid in Full	12 Months Paid in Full 10% Discount
Teen	\$33/\$38	\$135/\$151	\$357/\$411

Fitness Classes

Age	Monthly EFT* for 12 mos.	3 Months Paid in Full	12 Months Paid in Full 10% Discount
Teen	\$41/\$46	\$164/\$184	\$444/\$498

Premium

Age	Monthly EFT* for 12 mos.	3 Months Paid in Full	12 Months Paid in Full 10% Discount
Teen	\$48/\$53	\$192/\$212	\$518/\$572

Platinum (Team Training)

Age	Monthly EFT* for 12 mos.	3 Months Paid in Full	12 Months Paid in Full 10% Discount
Teen	\$62/\$67	\$248/\$268	\$670/\$724

Student Training

Get leaner, faster and stronger, or just improve your general health and fitness level. Our Certified Personal Trainers can help you take your sport to the next level. Not an athlete? That's okay! Our trainers can help you with a fitness plan that improves your overall health and wellness, while focusing on your specific goals. Schedule a free consultation with one of our trainers today to see if training is right for you! Please see Fitness Staff for more details and restrictions. **Essential, Premium, Platinum or Ultimate fitness membership is required.**

# of Sessions	Fee per Session
1 - 10	\$53/\$60 (sessions expire in 90 days)
11 - 20	\$48/\$55 (sessions expire in 120 days)

\$150 minimum purchase to qualify for payment plan.
See Training Staff for all payment options available.

Ultimate (All Access)

Age	Monthly EFT* for 12 mos.	3 Months Paid in Full	12 Months Paid in Full 10% Discount
Teen	\$75/\$80	\$300/\$320	\$810/\$864

Fit Teen Orientation Checklist

Fit Teen (Name Printed) _____

TRACK	COMPLETED
Direction	
Lanes	
Aerodyne Bike	
Keep Moving	
Track Etiquette	

CARDIO EQUIPMENT	COMPLETED
Bikes	
Ellipticals	
AMTs	
Arc Trainers	
Rowers	
Treadmills	
Stepmill	

SPECIALTY MACHINES	COMPLETED
Jacob's Ladder	
Lateral X	

FREE WEIGHT EQUIPMENT	COMPLETED
Back Extension Bench	
Declined Abdominal Bench	
Smith Machine	
Calf Raise	
Bench Press	
Squat Rack	
Barbell Off the Rack	
Preacher Curl	
Portable Benches	
Functional Trainers (Cables)	
Assisted Pull-up	
Lat Pull/Low Row Cable	

STRENGTH MACHINES	COMPLETED
Leg Press	
Leg Extension	
Leg Curl	
Abduction/Adduction	
Back Extension	
Abdominal	
Arm Curl	
Arm Extension	
Overhead Press	
Fly/Rear Delt	
Chest Press	
Pulldown	
Torso Rotation	
Row	

GYM ETIQUETTE	COMPLETED
Wipe Machines After Use	
Proper Workout Attire	
Cell Phone Etiquette	
No Yelling or Using Profanity	
No Bullying or Unsafe Challenging	
Show Respect to Staff and Members	
No Dropping or Slamming Weights	
Re-rack and Store all Equipment	
Allow Others to "Work In"	
Use Equipment for Intended Purpose Only	
No Food or Gum Sealed Water Bottles Only	

Date

Fit Teen Signature

Certified Personal Trainer Signature