

### Behavioral Issues

If a child is being disruptive, destructive, or dangerous to themselves or others, the instructor will ask them to stop. If the behavior persists, he/she will be asked to leave the Fit Kid Circuit or Program area. The parent/guardian will be called.

We will not permit a child to continue attending any of the Fit Kid Experience programs if the undesired behavior continues.

### What to bring/ and wear

Attire: exercise clothing, non-marking athletic shoes and socks, and long hair pulled back. Toys, gum, and jewelry are not permitted. A labeled water bottle and towel are recommended.



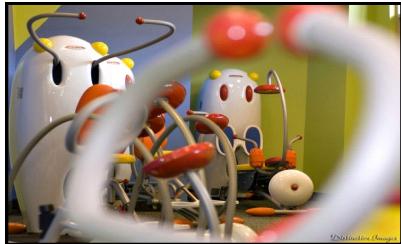
**THE NATATORIUM**  
HEALTH & WELLNESS CENTER  
330-971-8080  
[WWW.FALLSNAT.COM/YOUTH FITNESS](http://WWW.FALLSNAT.COM/YOUTH FITNESS)

## THE NATATORIUM HEALTH & WELLNESS CENTER



**Fit Kid Experience**  
A unique Fitness Center  
just for kids.





### **Fit Kid Experience equipment**

The circuit features equipment designed for children. Our equipment includes Italian made -*Panatta* fitness equipment. These pieces are colorful and fun to work on and challenge the kids.

Additional equipment includes hydraulic resistance machines, treadmills, bikes, ellipticals, BOSU ® exercise balls/weights and so much more.



## **Youth Fitness Programs**

Our Youth Fitness programs are available to all kids ages 7-13. The classes and Fit Zone workouts are located in the south corridor by the Tree. Register for an orientation at the front desk.

### **The Fit Kid “Fit Zones”**

The Fit Zones workouts are a timed workout, monitored by an instructor. The participants start with a warm up, then move through all 7 Fit Zones. Each Zone is 2 minutes long, zones alternate between cardio and strength. Intensity options available in each Zone, two children per zone.

### **Fit Kid Group Classes**

The classes are instructor led. Each class is designed with kids, not adults in mind. Classes feature jump ropes, sport games, cardio dance, Boot Camp, strength, cardio and BOSU.



### **Aquatics Class**

We offer an Aquatics class every Mon & Wedn (see schedule for times) The class meets at the Therapy pool—DROP OFF & PICKUP! Class sizes are limited. Must be able to swim to participate.



## **How Do I Get Started?**

### **Start at the front desk:**

- 1) Fill out the Fit Kid Health/Release form
- 2) Pay the \$10 Fee
- 3) Sign up for an orientation (registration for orientations will close 30 mins prior to start of class)
- 4) Complete Orientation & Assessment  
Free T-shirt given out by trainer
- 5) Must be included on a annual or monthly membership to the facility.

### **Drop off and Pick up:**

For the safety of each child, Parents or Guardians are asked to sign their child in/out and indicate where they will be working out in the facility.

The Fit Kid Staff are responsible for the children while they are participating in our programs. (5:30-7PM M/W &Sat 9-10:30am). **PLEASE PICK UP YOUR CHILD PROMPTLY.**



**Parents / Guardians must remain in the building at all times.**