

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.



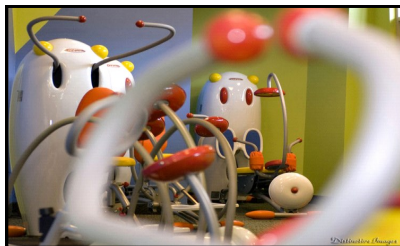
THE NATATORIUM
HEALTH & WELLNESS CENTER
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WWW.FALLSNAT.COM/YOUTH_FITNESS

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.