

# Youth Start Program Overview

This course has been developed to create positive lifestyle changes for those individuals 12-15 years old. Upon completion of this course, participants will be allowed use of the upstairs Fitness Center without direct adult supervision.

## Class Time and structure:

Class will meet one day week for 8 weeks. Each class will be 60 minutes in length, consisting of 15-20 minutes of topic discussion and lecture, followed by guided discovery and skill practice. Topics will include warm-up, cardiovascular exercise, age-appropriate strength-training using body resistance, free-weights or Cybex equipment (size dependent), flexibility work, and cool-down.

## Program Goals:

1. Understand the basic principles of fitness including:
  - a) cardiovascular endurance, muscular strength vs. endurance, and flexibility
  - b) target heart rate vs. rate of perceived exertion
  - c) nutrition basics
  - d) cardiovascular intervals
  - e) proper strength training technique and appropriate weight, reps, and sets for the age group
2. Have everyone feel successful and confident of their achievements at the end of each class. Class should never be too difficult for any individual nor competitive.
3. Learn how to properly use and train with various cardio equipment.
4. Learn how to set up and properly use the Cybex strength equipment.
5. Help youth feel more comfortable using the fitness facilities. It is an extended orientation combined with basic fitness information so they can safely and effectively incorporate fitness and the use of the YMCA's fitness centers into their busy lifestyles.

## Program Topics by week:

1. Introduction / Physical Fitness Basics
2. Cardiovascular Training
3. Muscular Strength Training – part 1
4. Muscular Strength Training – part 2
5. Muscular Strength Training – part 3
6. Nutrition Basics / Flexibility Training
7. Muscular Endurance Training
8. Review and Final Exam

## Program Completion:

All participants must exhibit a mature, positive attitude in order to complete and pass the course, along with 80% passing grade on the final practical and written exam. **100% attendance to all 8 classes is required and there are no make-up sessions.**

## FAQ

### **Is this class required for all members 12-15 years old in order to be able to use the fitness center?**

All members 12-14 years old are required to complete this class before they can use the fitness center, with or without parent supervision. Members that are 15 years old have the option to complete the 8-week Youth Start class OR a single session Fitness Orientation before they can use the fitness center without parent supervision. Members 16 years and older are not required to complete Youth Start or a Fitness Orientation, but it is highly recommended.

### **What if my child cannot commit to all 8 weeks, are there other options?**

Attendance at all 8 classes is required to complete and pass the Youth Start program. If your child needs more flexibility in your schedule, you can try to schedule a special session of Youth Start at another time. We need 4 members minimum to run a special session class. Another option is the Personalize Youth Start program. Your child will then work one-on-one with a Personal Trainer to accelerate through the program in half the time.

### **Will my child learn how to use the weight room downstairs?**

Because of safety reasons, members under 16 are not allowed to use the equipment in the weight room area. There will be a limited use of free weights (upstairs) during the Youth Start class. If your child wants to learn how to use more free weights, he/she should take the Youth Start 2: Free Weight Basics class after completing and passing the Youth Start class.

### **What if my child is almost 12 years old, can he/she participate?**

The member must be 12 years old on the first day of the class. Because there are a lot of safety issues with children under the age of 12 doing strength training and using equipment built for adults, we want to make sure we are acting in the best interest of all our youth members. The American College of Sports Medicine does not recommend strength training for children under the age of 12 and we strictly follow their recommendations for all of our fitness programming.

### **Can non-members participate in Youth Start?**

Since non-members under the age of 16 are not allowed in the fitness center, we keep this class as a privilege to NSYMCA members.

### **How will other members in the fitness center know that my child is “certified” to be there and use the equipment?**

All Youth Start graduates received an identification bracelet that they can wear when using the fitness center so that all other staff and members will know they have trained to be there.