



## Teen Fitness Packet

Teen Fitness was developed to provide students ages 12 to 13 years old the opportunity to work out safely and effectively at 4500 Fitness. Personal Trainers will walk Teen Fitness participants through an orientation session to safely teach the teen proper use and etiquette of 4500 Fitness.

After completion of this 90-minute orientation session (with parent/guardian), you will be certified to purchase a Fitness Membership. **All teens who complete a Teen Fitness orientation must purchase a Student membership in order to use the fitness center.**

**The parent/guardian of the Teen Fitness member must have an active Fitness membership and must be present at all times to accompany the Teen Fitness member.**

Please fill out the enclosed information packet and drop it off at the 4500 Fitness front desk. At that time, you must pay the Teen Fitness Orientation Fee and register for one of the available Teen Fitness Orientation dates (listed below).

Teen Fitness Orientation Dates/Times (please select your preference):

- First Tuesday of the month 7:30-9:00pm
- Second Thursday of the month 5-6:30pm
- Third Saturday of the month 1-2:30pm
- Fourth Sunday of the month 11:30am-1:00pm

*\*Orientations must be booked with at least 7 days' notice for Park District staff to schedule trainer(s)\**

Teen Fitness Orientation Fee: \$30 (Resident), \$45 (Non-Resident)  
 Student Membership Fee:

	Resident	Non-Resident
Monthly	\$23 (\$276 annually)	\$29 (\$348 annually)
Paid in Full	\$253	\$319

If you have any questions, please do not hesitate to contact 630-960-7563.

4500 Fitness  
 Downers Grove Park District  
 4500 Belmont Road Downers Grove, Illinois 60515  
 630-960-7462  
 www.dgparks.org

### Teen Fitness Member Information

Name of Teen: \_\_\_\_\_ Today's Date: \_\_\_\_\_

Birth Date: \_\_\_\_\_ Age: \_\_\_\_\_ Height: \_\_\_\_\_ Weight: \_\_\_\_\_

Address: \_\_\_\_\_ City, State, Zip: \_\_\_\_\_

Parent/Guardian Name(s): \_\_\_\_\_

Parent/Guardian Names: (Primary) \_\_\_\_\_ Relationship: \_\_\_\_\_

(Secondary) \_\_\_\_\_ Relationship: \_\_\_\_\_

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

Does Teen Play Sports?: YES NO If yes, which sports: \_\_\_\_\_

What is the Teen's familiarity with the following?:

Cardio Machines:	None	Have Used Before	Regular User
Strength Machines:	None	Have Used Before	Regular User
Strength Racks:	None	Have Used Before	Regular User
Free Weights:	None	Have Used Before	Regular User

Why are you interested in this program?:

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#### **IMPORTANT INFORMATION**

Responding to the Health History Questionnaire is purely voluntary and you do not have to share your responses with the staff of the Downers Grove Park District Fitness Center. However, please recognize that individuals with coronary risk factors or other medically significant risk factors, run a greater chance of cardiovascular incident or increased risk of injury during physical activity. Although you are solely responsible for determining if you are physically fit for any and all fitness activities, it is always advisable, especially if you are pregnant, suffer from an underlying medical condition, take medication, smoke cigarettes, have a family history of coronary disease, or have recently suffered an illness, injury or impairment, to consult a physician before undertaking any physical activity.

Please recognize the staff of the Fitness Center are not medical practitioners. However, any voluntary communication of the above requested information to our staff may assist the staff in identifying adverse signs and symptoms that might compromise your well-being and which should be evaluated and assessed by qualified medical personnel.

#### **I HAVE READ AND UNDERSTAND THE PRECEDING STATEMENT**

Parent / Guardian

Signature \_\_\_\_\_

Date \_\_\_\_\_

### **4500 Fitness Etiquette**

The team at 4500 Fitness is proud to provide a clean and well-maintained facility as well as friendly and comfortable atmosphere with quality service. To ensure that all members enjoy a quality experience, we ask individuals to adhere to the following Fitness Center etiquette:

#### **Check-In**

We require all members to scan their key fob (membership pass) at the front desk upon arrival whether you are using the Fitness Center, indoor track, or open gyms.

#### **Attire**

Proper fitness attire is required for participants using the facility. Shirts and shoes are required to be worn in all public areas at all times, including in the fitness center. Closed-toed clean rubber soled gym shoes must be worn on the fitness floor, track, and in the gymnasium at all times. During inclement weather, please bring a clean & dry pair of gym shoes to wear. Lockers for coats and personal belongings are available in the fitness center or there are cubbies in the gymnasium and walking track to store any personal items.

#### **Equipment**

Sanitizing wipes and paper towels are readily available throughout the facility. To help reduce the spread of illness, please wipe down equipment after use. Please re-rack all weights and return all equipment to the proper place after each use. Be courteous and limit your time on machines and equipment. Do not loiter or hoard equipment. Use equipment as intended and in a safe manner.

## Locker Rooms

In order to keep the privacy, comfort, & convenience of all members, please adhere to the following guidelines:

- Only Fitness Members and staff are permitted in the locker rooms
- Cell phone and photo/video device usage is strictly prohibited in the locker rooms
- 4500 Fitness is not responsible for any items left in lockers or in locker rooms
- Please alert a team member if there is any maintenance concerns with locker rooms

## Gym Etiquette & Rules

All Teen Fitness members must adhere to our 4500 Fitness Center gym etiquette and facility rules:

- Teen fitness participants and members are expected to exhibit appropriate behavior at all times
- The Downers Grove Park District reserves the right to suspend or cancel a teen fitness member's membership if staff determines the member is not following our fitness center etiquette rules. If a membership is suspended or cancelled, no refund or proration will be given

**\*Failure to follow these etiquette rules will result in disciplinary action, including suspension and/or cancellation of your Fitness Center membership.\***

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Teen Fitness Member Signature

Date

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Parent/Guardian Signature

Date