



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# FAMILY CARDIO HOURS

**Members 8-15 year olds may use the cardio equipment in the adult wellness areas when accompanied closely by a parent at the following YMCA centers:**

Bell Road: Friday 5:00pm - Close, Saturday 12:00pm - 5:00pm, Sunday 1:00pm - 5:00pm

East YMCA: Friday 5:30pm - 6:30pm for Adult Cardio Area & Family Fitness Room - Any time with Parent

Grandview: 3:00pm - 5:00pm Friday, Saturday & Sunday

Greenville: Friday 5:00pm - 7:00pm

Southeast: 5:00pm—7:00pm Monday and Thursday

Wetumpka: Saturday 2:00pm - 4:00pm

Wilson: Saturday 10:00am - 12:00pm & Sunday 1:00pm - 4:00pm

# 12-15 YEAR OLD WELLNESS TRAINING

**Members 12-15 year olds with their certification name tag visible may use the cardio and selectorized equipment in the adult wellness areas after they have successfully completed 12-15 year old Wellness Orientation with YMCA staff.**

Register in Daxko at Member Services Desk to find dates and times for trainings

All use of free weights and free weight equipment must be supervised by a parent, personal trainer or YMCA staff.

The YMCA's participating in this program are the Bell Road, East, Grandview, Greenville, Southeast, Wetumpka and Wilson Centers.

Members under 16 who have not completed the Wellness Orientation with YMCA staff will follow the existing policy. The adult wellness areas are open to members 16 and older. Members 14 and 15 may use these areas closely accompanied by their parent.

A list of trainings can be found online at [www.ymcamontgomery.org](http://www.ymcamontgomery.org) under "browse programs". Enter the key word "children's fitness trainings". Registration for these orientation can be done online or at the front desk of any YMCA.