

Alex Guerry Center Open Gym – Friday evenings from **7 to 10 pm** children from the ages of **5 and up** can participate in the open gym night. Parents are allowed to drop their children off. There is a fee of \$10 per child.

Friday night is **Family Workout Night** for ages **6-11** at all three locations from 6pm to close. Youth are permitted to participate in a group exercise class, play racquetball, basketball, or swim with their parents. A youth oriented class will be offered at each location during from **6-7pm** for the youth. The classes will be led by a fitness instructor and be in a circuit format. Parents must sign in their children and pick them up promptly at the end of class.

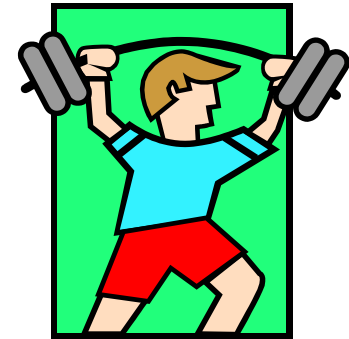
Children ages **8-11** years may participate in **Youth Exercise Safely Program** held at the Alex Guerry Center/Spirit Barn as follows: Mondays and Thursdays 4pm. Children must be Sports Barn members or they may pay the appropriate fees to the AGC for the Youth Exercise Safely (YES) program. Children on a SB membership are not assessed additional fees for these classes.



Sports Barn

East: 423-855-0091
Downtown: 423-266-1125
North: 423-870-CLUB
www.sports-barn.com

Youth Fitness Programs



Sports Barn

East: 855-0091
Downtown: 266-1125
North: 870-CLUB
www.sports-barn.com



ALL CHILDREN/YOUTH THAT ARE PARTICIPATING IN ANY CLUB PROGRAM OTHER THAN KID'S CORNER MUST BE ON A FAMILY MEMBERSHIP.

Kid's Corner Hours for East and North:

Monday-Thursday: 8:00 AM-1:30 PM
4:30 PM-8:00 PM

Friday: 8:00 AM-1:00 PM
4:30 PM-7:00 PM

Saturday: 8:00 AM-1:00 PM

Sunday: Closed

Kid's Corner Hours for Downtown:

Monday-Friday: 8:30 AM-1:30 PM
4:00 PM- 7:00 PM

Saturday: 9:00 AM-1:00 PM

Sunday: Closed

Children 6-11- May participate in Friday Family Workout Night, racquetball, basketball, swimming, and the YES program at the Alex Guerry Center according to age requirements. This age group must be accompanied by their parents at all times. Children 6-11 may participate in Kid's Corner during Kid's Corner operating hours. If Kid's Corner is not available children are not permitted to wait in the lobby, locker rooms, or front desk areas without parental supervision.

Youth 12&13- May participate in racquetball, basketball, swimming, the YES program at the Alex Guerry Center, the Jr. Fitness Program (see rules) as well as Friday Family Workout, and same sex shower facilities only. This age group must be accompanied by their parents at all times. Youth are not permitted to wait in the lobby, locker rooms or front desk areas without parental supervision. Youth must wear the provided black Jr. Fitness t-shirt when in the Sports Barn.

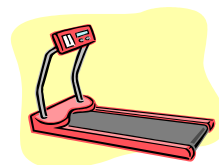
Junior Fitness

This program is for youth ages 12-13. This program is available at all three clubs. \$35 one time fee. Youth who qualify for this program will be granted fitness privileges in the SB based on the rules of the program.

Junior Fitness Rules:

- The child must be a part of a family membership
- The child is not allowed to make reservations
- The parent must be in the same area of the club as the child.
- Children and parent sign the acknowledgment contract
- They must follow the rules of the club and act in an appropriate manner or risk losing their privileges
- Once in the program, they have access to equipment, GFT, racquetball, pool, etc at the Sports Barn.

ALL JR. FITNESS MEMBERS MUST WEAR THE DESIGNATED JR. FITNESS BLACK T-SHIRT OR THEY WILL NOT BE ALLOWED TO USE THE FITNESS FACILITIES. EXTRA SHIRTS CAN BE PURCHASED for \$10 EACH.



Youth 14-15- After completing the orientation, youth may use the club while accompanied by a parent in the facility.

Youth 16 and up- Upon completion of orientation, may use the facility unaccompanied by a parent.

All children on a family membership may swim at Family Swim times at any facility. The East and North facilities have designated Family Swim areas available at any time. For the Downtown Family Swim times please see the DT Aquatics schedule.

- Swim diapers **MUST** be worn by all children who are not potty trained.
- Children ages 11 and under must be supervised by their parents at all times.
- Youth 12 and up, upon completion of the swim test, may chose to swim without parental supervision while the Lifeguard is on duty. Youth must be able to swim one length of the pool witnessed by the Lifeguard.
- When there is no Lifeguard on duty—children under 14 must swim with parental supervision.
- All children are expected to behave appropriately.

Youth under the age of 14 are not permitted to use the Whirlpool, Steam, Sauna Rooms.