



YOUTH FITNESS ORIENTATION

AT THE STATION (Required for ages 13-15)

The Station believes that our youth should understand the importance of physical activity while having fun. To start out a child's journey in fitness, the Station requires all children between the ages of 13-15 to complete Youth Fitness Orientation. This class is designed to teach the importance of safety and proper gym etiquette when using the fitness floor. After completion of this program, children over the age of 13 will be allowed to use the fitness center without parental supervision.

WHEN: See Fitness Desk or the Front Desk for dates and times

WHO: Passholders wishing to use the fitness center between the ages of 13-15

FEE: Free for Station Passholders under 16

REGISTRATION REQUIRED. SIGN UP AT THE FRONT DESK.

If you have any questions contact Fitness Manager, **Buster Bread**, at bbread@cityofmoore.com or call 405-793-5090 for questions and scheduling.

