

Youth Fitness (*name-kids will select*)

Purpose: To encourage our youth clients to remain physically active by providing them an opportunity to work-out as a group under the instruction of our Fitness Specialists.

Objective: This age group often reaches a plateau in therapy resulting in being discharged. They are not of age to utilize our fitness room: therefore, clients and their families want to know what options exist after therapy. Therapists can suggest this option to the clients and their families and encourage them to participate in a program that can help achieve personal goals relating to endurance, strength, flexibility, balance, and daily functions. Youth are involved in our Adaptive Sports and Recreation and this will provide an opportunity for them to remain conditioned throughout the year.

For Whom: Youth ages 10-13*

Date and Time: Tuesdays 4:00-5:00 PM

Frequency/Duration: 1 x wk for 8 weeks (starting February 7th – March 27th, 2012)

Location: utilizing gym, fitness, and pool (depending upon day's activity)

Class size: minimum of 5, maximum will be determined as evolves

Staff: Fitness Specialists will direct class and may refer to therapists if needed.

Cost: \$10 fee for evaluation by Fitness Specialist

\$24 fee for Youth Fitness group; discounted rate of \$20 if purchase Junior Fitness membership (\$15/month or \$150/year)

Parent can utilize the Transportation Source membership at \$25/month or \$240/year.

Emergency/Waiver: Parents do not have to be present during group, but Fitness Specialist must have a completed signed waiver form and an emergency contact number.

*A client must be at least 12 years old to participate in Turnstone's fitness room. Once a youth client participates in the Youth Fitness and is provided professional guidance and an appropriate fitness program, s/he can continue to utilize the fitness room. When s/he utilizes the fitness room outside of youth Fitness, a parent MUST be present.

REGISTRATION DEADLINE: Friday, January 27th, 2012

Contact Michelle Kimpel to register or with

any questions at 260-483-2100 Ext. 283.