

Rules for 7th & 8th Grade Members

1. 7th and 8th grade members can be in the building until 5:30 pm for a maximum of one hour. This membership includes lap swimming, basketball courts, circuit, and cardio equipment. It does **not** include access to the Functional Fitness Room or Free Weight Room.
2. Participants must have an active membership to access the building.
3. We have a strict face mask policy.
4. Reservations are required for every visit and can be made through the “CCBA Lebanon” app or through our website at www.joinccba.org.
5. Participants need to be engaged in an activity and not “hanging out” in any area of the building. Once Members are through with their workout, they need to exit the building.
6. Youth must abide by the same rules as all Members, especially concerning behavior, safety, and COVID-19 guidelines. See the CCBA’s website for our safety standards, rules & guidelines, and Member expectations. Youth need to be mature enough to follow all CCBA rules without parent supervision.
7. For 7th and 8th grade Members who want to use the fitness equipment, demonstrations with a Fitness Instructor are required. Fitness Instructors will use their discretion as to how many demos youth participants will need, based on the Member’s understanding of how to use each piece of equipment properly and their comprehension of gym etiquette.
8. Unsafe or poor behavior will not be tolerated. Memberships may be revoked, and no refunds will be given.

I have read and agree to abide by the above rules. Rules are subject to change.

Youth Member Name (print) _____ Phone Number _____

Youth Member signature _____

Parent Name (print) _____

Parent Signature _____ Date _____

CCBA Staff Signature _____

Front Desk: *Please put this signed form in Baar’s mailbox. Baar will forward to fitness.*

FITNESS STAFF USE **CCBA’s 7th & 8th Grade Fitness Orientation**

Name: _____ Age: _____ Grade: _____

Circuit Demo 1

Date Completed: _____

Instructor Initials: _____

Circuit Demo 2 (if needed)

Date Completed: _____

Instructor Initials: _____

Circuit Demo 3 (if needed)

Date Completed: _____

Instructor Initials: _____

Cardio Room Demo 1

Date Completed: _____

Instructor Initials: _____

Cardio Room Demo 2 (if needed)

Date Completed: _____

Instructor Initials: _____

Cardio Room Demo 3 (if needed)

Date Completed: _____

Instructor Initials: _____