

Rules for 7th & 8th Grade Members

1. 7th and 8th grade members can be in the building until 6:00 pm Monday – Friday and Saturdays all day. 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. Ages 12 & older must be fully vaccinated.
3. We have a strict face mask policy.
4. Participants need to be engaged in an activity and not “hanging out” in any area of the building.
5. 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.
6. 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.
7. Unsafe or poor behavior will not be tolerated. If a membership is revoked because of unsafe or poor behavior, 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 Joanna’s mailbox.*

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: _____