



Semper FIT



JUNIORS PROGRAM

Background

Semper Fit Center at Kaneohe Bay is implementing a new program open to 14 and 15 year olds who upon the completion of The Fitness Basics Class will be issued an individualized pass to use the Center on their own without adult accompaniment. Currently Semper Fit Center policy states that children ages 12 to 15 need to be accompanied by an adult. Children ages 16 to 18 have unrestricted access. This new JUNIORS PROGRAM satisfies the between ages and allows parents to choose whether or not their 14 and 15 year olds can get an early start on utilizing the facility before the age of 16.

The Fitness Basics Class

The Fitness Basics Class will consist of the following:

- * Review of facility policies
- * Basic education on fitness center etiquette and attire
- * Cardiovascular and Strength-Training equipment instruction for safety and terminology
- * Instruction on proper exercise technique and the F.I.T.T. principle
- * Outline personal goals and realistic outcomes
- * Healthy lifestyle discussion

Upon completion of the class the participants will receive a badge and will be granted independent access to the Fitness Center from 1400-1730, Monday through Friday, and during regular operational hours on the weekends and holidays. Even with completion of The Fitness

Basics Class, youth must be accompanied by an adult outside of these designated hours. Independent access will be granted to all Group Exercise classes regardless of times (participant fees still apply). Participants must present their military ID and badge upon entering the facility following completion of The Fitness Basics Class.

WHEN 1500-1630. Every second Thursday of each month.

WHERE Semper Fit Center, K-Bay

COST FREE!

CALL 254-7597 OR 254-7589 FOR QUESTIONS

