

youth weight floor certification

Any child over the age of 9 and under the age of 15 who desires to use the lower weight floor must become "weight floor certified." The certification involves participating in a series of training sessions led by a weight floor staff member. Your child will be trained on weight floor etiquette and proper lifting technique. As part of the certification, the weight floor staff member will identify which pieces of equipment your child may use and develop a resistance training program for your child. After passing the certification, your child will be eligible to use the lower weight floor as described below.

Children on Weight Floors

- Children ages 9 and under are not allowed on weight floors.
- Children under the age of 15 are not allowed on the upper weight floor at any time.
- Children ages 10 to 14 may not be on the lower weight floor from 5:00 to 6:30 pm Monday through Thursday. Outside these times:
 - Children who have reached the age of 10 and are weight floor certified may work out under the **direct supervision of a parent or guardian.**
 - Children ages 13 and 14 who are weight floor certified may work out unsupervised by a parent or guardian (one must be on the premises) **when a weight floor staff member is on duty.**
- There is "zero tolerance" for playing on the weight floor.
- The LRAC reserves the right to remove any person from the weight floor for safety or conduct reasons.

Scheduling Your Certification

You may start the certification process by approaching any available weight floor staff member. If they do not have a previously scheduled appointment, they will be glad to get your child started. Or, you may contact Lisa Cooper at 225-3601, ext. 318, to schedule an appointment.

