



THE ALASKA CLUB

Family Fit Ready

“The Way it Works”

Date: October 1, 2013

To: EMT group - statewide

From: General Manager of Fitness Services

What are we doing?

Change in youth policy and program to manage expectations on this policy adjustment.

Policy change:

Youth ages 10 – 13 may utilize the following fitness services in accompaniment of a parent.

1. Expressway
2. Cardio machines
3. Group Fitness classes
4. Zumba/Hot Hula

(previous policy has been youth ages 12-13).

Where:

The Alaska Club East

The Alaska Club South

The Alaska Club West

The Alaska Club Eagle River

The Alaska Club Wasilla

The Alaska Club Juneau Valley

The Alaska Club Juneau Downtown

The Alaska Club Fairbanks South - launching in November

Why?

Provide more fitness opportunities for families with youth in the 10 to 13 age range and provides additional value to the family membership.

Expectations:

- A parent must be utilizing the same area/service as the youth
(an older sibling is not acceptable, must be parent or legal guardian)
- Youth must properly fit the equipment
- Youth must use the service in the intended manner
(i.e. Expressway- be a card user. Treadmill- walking or running forward without jumping on/off, etc)
- Youth usage must not disturb other members in the same area
- Youth must be able to follow the instructor's directions without needing re-directing or additional directing from the parent.
- Youth must wear clean athletic shoes and appropriate workout clothing.
- Expressway workouts will focus on learning form/technique and increasing body awareness.
- Youth must continue to use the youth locker rooms.

GETTING STARTED

- Fitness staff will review this policy and the expectations via a one-time appointment called Family Fit Ready
- These appointments can be made with Fitness Managers and Fitness Directors.
- These appointments will also be available by checking in with Expressway staff and requesting a Family Fit Ready review.
- Staff will review the expectations and get acknowledgement from the parent and child.
- Fitness Directors will be responsible for logging the Family Fit Ready in CSI accounts.
- There will be no fee for the Family Fit Ready review.