



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

**FREMONT FAMILY YMCA**

**810 N. Lincoln Avenue**

**Fremont, NE 68025**

**402-721-6952**

[www.fremontfamilyymca.org](http://www.fremontfamilyymca.org)

### **Wellness Center Areas Hours:**

Monday-Friday: 5am-9pm

Saturday: 7am-5pm

Sunday: 12:00pm-5:00pm

### **Wellness Center Safety Rules & Etiquette**

1. Children under age 10 are not allowed in the Wellness Center. Youth under age 14 may not enter the free weight area. Youth ages 10-14 may work out with a parent/guardian, or on their own after completing the weights training program with a personal trainer. Youth who have completed the training program will wear wristbands while in the wellness center, to allow them to train on their own.
2. Be mindful of others. Allow others to perform a set while you are at rest.
3. Use machines or benches for their primary purpose. Do not rest on machines between sets.
4. Don't drop heavy weights or dumbbells or "bang" weights. Spotters are recommended in the free weight area.
5. Re-rack your weights. Always return equipment to the proper storage area when you are finished.
6. Keep our Wellness Center clean. Wipe off machines and equipment after each use. Return used workout towels to a towel drop bin.
7. Lock up gym bags, coats & personal items. Lockers prevent loss and create a clean culture.
8. Proper workout attire and clean shoes are required. No open-toed shoes or midriff shirts.
9. Cell phone use is restricted to the lounge areas. Be courteous of others in the Wellness Center.
10. Food & beverage use, other than water, is restricted to the lounge areas.
11. Outside personal trainers are not permitted to train clients within the Y. The Y has personal trainers available on staff.
12. Exercise balls have recommended weight limits. Do not add additional weight when using them.
13. Shirts must remain on, and shirts must cover the mid-section of the body from chest to waist. Bags may no longer enter the wellness area. Lockers are available in the lobby or in locker rooms.

### **Youth Wellness Center Policy**

- Ages 10-14 with Youth Weight Training Certification can utilize the Wellness Center without a parent.
- Ages 10-14 without a Youth Weight Training Certificate may access the Wellness Center under the direct supervision of a parent or guardian.
- Youth Weight Training Certificates can be obtained by signing up for a one-time Training with one of our Personal Trainers. The fee is \$25/session and registration can be done at the front desk.

Being healthy means more than simply being physically active. It's about maintaining a balanced spirit, mind, and body. The Y is a place where you can work toward that balance by challenging yourself to learn a new skill or hobby, fostering connections with friends through our lifelong learning programs, or bringing your loved ones closer together through our many family-centered activities. At the Y, it's not about the activity you choose as much as it is about the benefits of living healthier on the inside as well as the outside.

YMCA MISSION – God has given us the pathway to life and health through Jesus Christ and the Holy Scriptures. It is the mission of the Fremont Family YMCA to help put these Christian principles into practice through programs that help build healthy spirit, mind and body for all.