

New Tween Hours!!

When: Monday – Friday
3:00 – 5:00 PM
Saturday and Sunday
11:00AM- 1:00 PM

What: Our new Tween Hours are being put into place to help youth to learn and get involved with the cardio machines in Wellness Room #1 (Cardio Room) ONLY. This is designed for kids ages 8-11 to be able to come into Wellness Room #1 and be able to use the cardio machines directly next to their parent. Just like a youth orientation, tweens will be put through an orientation of cardio equipment **ONLY**. The ration is 1 parent for every 2 kids. Once your child is at the age of 12 then they will be able to fully use all equipment as well as be by themselves.

Parents: At any time, if your child is acting inappropriately, unsafe, or not following the rules, then you will be asked to leave with your child. The most important thing to remember is safety!

For any questions regarding the new tween hours then feel free to talk to our Wellness instructors or the Director for Healthy Living, Gregory Torrey.

