

## Additional Info

- Please arrive ten minutes before the course start time as the seminar will be starting promptly.
- Bring water bottle and a pen or pencil
- Come dressed in proper gym attire (indoor running shoes, T-shirt, shorts/sweat pants)
- Upon successful completion of this course individuals will gain access to the Buell Fitness Centre's Nautilus Room without parent or guardian supervision (Buell Fitness and Aquatic Centre age regulations still apply)

## Benefits

- Improves school performance
- Reduces absenteeism
- Increases productivity
- Improves quality of sleep
- Reduces chances of illness
- Improves self esteem
- Decreases destructive behaviour
- Improves quality of life
- Develops leadership qualities
- Improves social skills

## Contact Info



### **Community Recreation Kiosk**

705-424-1200 x1536

[www.recreationborden.com](http://www.recreationborden.com)



Buell Fitness & Aquatic Centre  
PO Box 1000 Station Main  
Borden, Ontario L0M 1C0

# Youth Fit



# 2012

**“Early Habits Form  
Healthy Lifestyles”**

## Pre-Requisites

- Ages 13 – 17 years old
- Civilian
- Military Family Member
- Must obtain a gym membership or pay drop-in fee day, on day of course (members receive priority for bookings)

## How to Sign Up

- Register at the Community Recreation Kiosk located in the Buell Fitness and Aquatic Centre
- Everyone will complete a consent form with parent/guardian signature
- Youth 13-14 must have a parent complete a medical questionnaire to ensure youth is able to partake in the program
- Individuals 15 – 17 are required to fill out a PAR Q with parent/guardian signature
- Attendance will be confirmed one week prior to the course date at the Community Recreation Kiosk or by telephone

## Course Outline

This course offers individuals ages 13 – 17, an opportunity to learn the importance of fitness in a safe environment. This course provides;

- Basic knowledge of equipment
- How to apply training principles
- Proper weight selection & technique
- Appropriate intensity
- How to perform a proper warm-up and cool down
- Healthy Eating
- FITT principle
- Over training and,
- Injury prevention

Parents welcome to accompany their children to the seminar

***“Learn, have Fun,  
and be Fit”***

## Costs

- Course - Free (with membership)
- A cash deposit of \$5 is required to reserve a place on the Course. The deposit is returned on the night of the Course if the individual attends the Course. If the individual can not attend the Course, a telephone call to the Kiosk is required with a minimum of 24 hours notice. The deposit will not be refunded, if the individual does not attend the Course without providing prior notice.
- Non members must pay drop-in fee on day of program at the recreation kiosk
- Gym Membership–varies based on family/individual memberships (Please see the Community Recreation Kiosk)

## Dates and Times

All courses will start promptly at 1800hrs and be dismissed at 2000hrs.

- ◆ Tuesday, 24 April 2012
- ◆ Thursday, 17 May 2012
- ◆ Tuesday, 19 June 2012
- ◆ Tuesday, 18 September 2012
- ◆ Tuesday, 16 October 2012
- ◆ Tuesday, 13 November 2012
- ◆ Tuesday, 11 December 2012