



# Youth Cardio/Circuit Orientation Request

**YOUTH CARDIO ORIENTATION (Ages 12 - 14 years) Learn the basics of the cardiovascular and circuit equipment, proper etiquette and safety. After attending, participants will receive a pass which allows them access to the cardio and circuit areas. Recreation center pass or daily admission required with for use of facility after orientation.**

**Downstairs weight room #1 and #2 are for ages 15+ ONLY.**

Youth Name: \_\_\_\_\_ Age: \_\_\_\_\_

Parent Name : \_\_\_\_\_

Phone: \_\_\_\_\_

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

Please specify the dates and times that your youth is available for an orientation.

**\$8 PH Rate/ \$10 NHP Rate**

For any further questions, please contact Renee Rogers at

[reneerogers@silverthorne.org](mailto:reneerogers@silverthorne.org)