

WELLNESS AND WEIGHT ROOM ORIENTATIONS

General Information:

- Orientations are held each month, on the first and second **Wednesday, morning at 9:30 AM, or on the first or second Monday afternoon at 3:30 PM**
- Once the registration form has been signed, you can choose the orientation date listed on the registration form
- If you miss your appointment or cannot come to your chosen orientation date, you **must** contact Staci to reschedule (staci@warrencountyyymca.org or call 309-734-3183)
- The orientations are only designed to teach you how to use the equipment and rules of the rooms, not designed to be a training or workout session.
- All teens 14 and 15 years old **must** do the Wellness Center orientation before they can do the free weight room orientation.

Age Rules:

- All teen orientations must be signed by a parent, at the front desk. Sheets will not be sent home to sign.
 - Any teen under the age of 16 must take a teen orientation.
 - Teens 13 and up can do the Wellness Center orientation only.
 - Teens 14 and up can do the Wellness Center and, or the Free Weight Room orientation.
 - If a teen that is under the age of 16 gets caught misusing equipment or horseplaying, they will be suspended from those rooms until they are 16 years old.
-

2026 WEDNESDAY AM Orientation Dates:

| | | | |
|----------|--------|-----------|--------|
| January | 7 & 21 | July | 1 & 15 |
| February | 4 & 18 | August | 5 & 19 |
| March | 4 & 18 | September | 2 & 16 |
| April | 1 & 15 | October | 7 & 21 |
| May | 6 & 20 | November | 4 & 18 |
| June | 3 & 17 | December | 2 & 16 |

2026 MONDAY PM Orientation Dates:

| | | | |
|----------|--------------------|-----------|---------|
| January | 7 & 21 | July | 6 & 20 |
| February | 4 & 18 | August | 3 & 17 |
| March | 4 & 18 | September | 21 only |
| April | (Fri April 3) & 20 | October | 5 & 19 |
| May | 4 & 18 | November | 2 & 16 |
| June | 1 & 15 | December | 7 & 21 |

Any Questions contact Staci at 309-734-3183 or via email at staci@warrencountyyymca.org