



## **Aquatic and Fitness Center**

One Pool Plaza, Buffalo, NY 14223  
Phone: 716- 876-7424 Fax: 716- 876-3943  
website – www.ttypr.com

# **Youth in the Fitness Room**

Please consult a staff member to clarify any questions you may have

**The Fitness Room is available to youth between  
13-15 years of age who:**

- Submit the proper paperwork (**see back for specifics**)
- Have gone through an evaluation and orientation with a fitness trainer
- Have a parent or guardian in the facility while working out
- Follow the Fitness Room policies and regulations

**\*CHILDREN AGES 12 AND UNDER ARE NOT  
PERMITTED IN THE FITNESS ROOM!\***

(For children 12 and under, please see our youth fitness class options).



### **SUGGESTED HOURS OF USE FOR YOUTH**

Mon. & Wed. 6:00 am - 8:00 am, 3:00 - 5:00 pm

Tues. & Thurs. 5:00 pm - 8:30 pm

Sat. & Sun. - All Day

June 1st - September 1st open access from 9 am - 9 pm

**\*Please see reverse side for required paperwork and orientation guidelines\***

Joseph H. Emminger, Supervisor  
Town of Tonawanda

Dan Crangle, Councilman  
Chairman, Youth, Parks & Recreation Committee

Jeffrey P. Ehlers, Director  
Youth, Parks & Recreation Department

# CRITERIA FOR YOUTH IN THE FITNESS ROOM

The following must be completed and on file  
before youth can use the fitness room.

**NO EXCEPTIONS!**

1. Pick up **YOUTH PAR-Q PACKET** located at the **FITNESS DESK**
  
2. Submit **ALL PAPERWORK** within the youth packet:
  - PAR-Q (signed and dated)
  - PHYSICIANS REFERRAL
  - PARENTAL CONSENT FORM (signed and dated)
  - COPY OF ORIGINAL BIRTH CERTIFICATE
  
3. Schedule and complete an evaluation and orientation with a fitness trainer

*We look forward to setting you up on a program*