

Kerrisdale Community Centre

Welcomes Youth to the Exercise Room

The exercise room at Kerrisdale Community Centre is an unsupervised area. In order to ensure the safety of you and all of our patrons, please complete the following steps before using the exercise room.

It's as easy as 1, 2, 3, 4.

1. Receive an "Orientation to Weight Training" session. For patrons eighteen years of age and younger, the orientation is a requirement before use of the facility. Kerrisdale Community Centre offers orientations. These are available any time that the exercise room is staffed, please check the current schedule as times may change season to season.
2. Have the fitness attendant complete the orientation form on the back.
3. Have a parent/guardian complete the consent form on the back.
4. Hand the completed form into the office before your first workout.

*Children 12 years and under must also be accompanied by an Adult when using the Exercise Room.

Below you will find a list of Park Board Fitness Centres which are fully staffed and able to offer orientations. Please phone for an appointment.

DUNBAR COMMUNITY
CENTRE
4747 DUNBAR STREET
VANCOUVER B.C.
222-6059

MARPOLE - OAKRIDGE COMMUNITY
CENTRE
990 WEST 59TH AVE
VANCOUVER B.C.
257-8174

KITSILANO COMMUNITY CENTRE
2690 LARCH STREET
VANCOUVER B.C.
257-6982

Exercise Room/Fitness Centre Orientation Form

This form will certify that _____
(Please print youth/child=s name)

has attended a basic weight training orientation session at the
_____ Community Centre
on (date) _____.

Signed: _____
(Fitness Attendant)

Parent/ Guardian Consent

I, the parent/guardian of _____
(Please print youth/child=s name)

give my permission to him/her to use the unsupervised exercise room at the Kerrisdale
Community Centre.

Youth/Child=s age _____ Birthday: _____

Name: _____ Phone: _____
(Please print Parent or Guardian=s name)

Signature: _____ Date: _____