



Muskogee Swim & Fitness Center
566 N. 6th Street
Muskogee, OK 74401
918-681-4733

Teen Membership Certification Course (ages 13-15)

Cost: \$25 (Includes Joining Fee)

Please call a Fitness Coordinator, Kent or Clint to schedule.

Course takes approximately 1.5 hours.

Pre-enrollment & payment is required to participate in the course!

Teen Fitness orientation is required before a teen membership may be purchased. During the orientation teens will become familiar with the facility, learn facility etiquette and become acquainted with many aspects of health and fitness through fun, hands on learning activities. Each participant will receive a health/fitness evaluation and exercise program set-up. At the end of the orientation teens will complete a quiz to ensure they are ready to become a member and will abide by all rules of the facility.

Teen membership criteria:

- Parent or Guardian must be a member. Teens will join as an add-on to their parent/guardian's membership at the price of a regular add-on member. (No one under the age of 16 may be a primary member.)
- Teen members add-on's must meet our standard membership additional family member guidelines and be considered a dependant of the parent member.
- Teens may workout without parent's supervision while following all facility rules & guidelines.
- Teens will have the opportunity to attend Group Fitness classes exclusively for teens, and are welcome to attend other Group Fitness classes.
- Pool may only be used during scheduled pool activities (i.e. Lap Swim, H2O Aerobics).
- Inappropriate behavior or inability to follow facility rules may cause termination of membership without refund.

Teen's Name: _____ Age: _____ DOB: _____ Circle One Male/Female

Primary Member/Parent Name: _____ Membership Key Tag #: _____

Address: _____ City: _____ Zip: _____

Home Phone: _____ Additional Phone: _____

Parent/Guardian Signature: _____ Date: _____

OFFICE USE ONLY!

Payment Date: _____ \$ Amount: _____ Cash/Check # _____ /VISA/MC/DISCOVER Staff Initials: _____

Date Completed Certification: _____ Certification Instructor Name: _____