



Little Lifters

The Little Lifters program is for children 9-12 years of age. The purpose of the program is to take kids who may be “too young to be MOVE members but feel too old to be in GROW” and teach them the fundamentals of lifting weights and exercising properly, safely and effectively.

Getting Started:

A \$50 orientation will be scheduled once a child has been signed up for Little Lifters. The orientation will consist of two separate 60-minute appointments aimed at orienting participants to the various equipment found in MOVE in a safe and appropriate manner. Upon completion of orientation a safety waiver and disciplinary agreement must be signed. The child will be considered a member of the Little Lifters program and is permitted to exercise in MOVE under parental supervision.

Membership:

Parents may purchase a Little Lifters add-on to their existing MOVE membership at a monthly charge of \$15. Once the Little Lifter participant turns 13 they graduate and their membership will transition to a regular MOVE membership at the corresponding rate. All members of the Little Lifters program have access to equipment covered during the orientation appointments.

