

Guidelines & Practical information Kids & Teens Classes

"Last update December '21"

Guidelines:

Prior to the class:

- ✓ The kids class will take place in the big CrossFit room or outdoor in front of the exit door of the gym.
- ✓ Please follow the guidelines, and the instructions of the coach regarding our safety protocol.
- ✓ The training will be guided by a certified CrossFit kids' coach.
- ✓ Reservation via our SportBit app is mandatory (same as a regular class, access can be denied without reservation). If you have more kids, you must make separate reservations.
- ✓ Reservation can be done as from 10 days till 10 minutes advance, last minute reservation is not possible.
- ✓ Cancellation can be done at least 4 hours in advance free of charge. In case of late cancellation, the class credit can't be refunded.
- ✓ Kids are allowed at the gym not earlier than 15 mins prior to their class in guidance of the parents and shouldn't disturb the CrossFit class that will be going on at the same time. The waiting room will be shared with other members waiting for the regular CrossFit class or clients of the dietitian and the Physiotherapist, this must be taken in consideration.
- ✓ if arrive too late, the access to the class can be denied.
- ✓ When arrive, kids should wait at the reception area to be picked up by the coach 5 minutes before the start.
- ✓ Kids should drink enough water before, during and after the class.
- ✓ Kids should not eat big meals short time prior to the class, something little like a piece of fruit until 45 mins prior to the class would be fine.
- ✓ Kids should arrive already dressed in their comfortable sport clothes and shoes.
- ✓ Kids wear only indoor shoes in the training area.

During the class:

- ✓ Once the class starts, parents must clear the room to avoid distraction of the kids.
- ✓ For safety reasons; The kids must get instructed by the parents to strictly follow the instructions of the coach.
- ✓ If parents want to observe the class, they only can stand at the Row zone upstairs, if the machines are not used during the other CrossFit class. Otherwise they only can wait at the reception area.

After the class:

- ✓ On Sundays, the class at 12:15 is the last class of the day, the gym will be closed at 13:15. The kids and parents will be requested to clear the room by that time.
- ✓ Tidy up the waiting area (lounge at the reception) is the full responsibility of the parents if used by the kids. Any packages, clothes, shoes, sand, food or other stuff, should be cleaned up immediately once the kids leave the area.

"Let's make our kids fitter and have the best fun hour of the week at i640GYM!"

Cheers,
Team i640GYM

Practical information regarding CrossFit Teens

Teens 10 - 15 years: Thursday 17:00 - Sunday 12:15

Duration: 45 to 55 mins.

Price i640GYM

- Monthly membership for 1x per week: €36
- Monthly membership for 2x per week: €55
- If the parents of the kids have a valid membership, the kids get 10% discount on their monthly fee.
- To sign up, parents contact information can be used but please use the original name of your child due to our personal coaching.

Trials:

Kids are welcome for a trial (€3,50 per class) By using the link below, you will be allowed to create a trial account that will be converted into a regular account when you choose a membership in the future. You need to create a separate account for each child. Please consider a trial is only possible for one time.

*Trials planner:

<https://i640gym.crossbit.nl/cbm/proeflesplanner/stap-1/>

Log in / Sign in / Cancellation policy:

You'll need to use the account of your kid to sign in for the classes in our app "SportBit". You can make the reservation as from 10 days in advance till 10 minutes in advance.

Cancellation is free of charge till 4 hours in advance.

*Links to download our free app for class reservation app SportBit:

! Attention! First you need to confirm the members account you have created. Check your mailbox to confirm. Then download the app.

Once you've downloaded the app, search for "CrossFit Amstelveen | by i640GYM". Log in with the same email address and password you've created during purchasing the trial. Then chose for the group training Schedule (CrossFit Amstelveen)

SportBit ios: <https://itunes.apple.com/nl/app/sportbit/id1049306282?mt=8>

SportBit Android: <https://play.google.com/store/apps/details?id=com.dexos.CrossBit&hl=nl>

Communication:

- ★ For all inquiries about the training please ask the trainer, to add you to the parents group on whatsapp.
- ★ For all other information about kids classes please send an email to info@gmail.com