



South County Youth Performance LLC New Member Onboarding Information

Location: 12 High Street, Wakefield RI 02879

Mission Statement:

We are South County Youth Performance LLC. We are a fitness facility dedicated to the needs of the youth of Rhode Island. We are passionate about developing the young people of our community through exercise. Our facility offers programming that is scalable for ages 6 and up. We encourage parents and guardians to join their child on their fitness journey. We want to see parents working out alongside their children and learning to strain together. We want to empower the youth of our community to grow their confidence. We develop the “whole” child and create a challenging environment that allows for mental, physical, and emotional growth. We know how to educate, motivate, and inspire. We will help change generations of families by shaping, molding, and growing tomorrow’s leaders.

The Plan

Our workout programming is designed to promote strength, speed, and overall athleticism. Our scalable programming allows for individuals to modify a workout based on their ability and to continue to make progress in that area versus skipping it all together. We have equipment that provides the needed aid to allow for all members to successfully finish the workout.

Consistency and patience is key. We will not see results overnight and we will stress this with our athletes and members. The more often an athlete shows up and puts in the effort the more likely it is they will achieve the desired results. All children develop at different speeds and ages. We will need to continue to encourage and reassure our athletes of this when they struggle mentally with the time that it takes to make progress.

We coach and instruct with energy and enthusiasm. We are demanding and will create an environment that requires discipline and focus. Focus and discipline help prevent accidents and injuries. We strongly encourage parents and guardians to workout with their athletes when possible. This creates a shared suffering environment and maximizes your time devoted to fitness.

Membership Details

Membership Type	Price	Value
Member	\$100 Monthly	Unlimited access to any scheduled classes, parent/guardian access to open gym, access during scheduled open hours, *Morning group access (invite only)
Member + Sibling	\$150 Monthly	Unlimited access to any scheduled classes, parent/guardian access to open gym, access during scheduled open hours, *Morning group access (invite only)
Member + (2) Siblings	\$200 Monthly	Unlimited access to any scheduled classes, parent/guardian access to open gym, access during scheduled open hours, *Morning group access (invite only)
Member + (3) Siblings	\$225 Monthly	Unlimited access to any scheduled classes, parent/guardian access to open gym, access during scheduled open hours, *Morning group access (invite only)
(6) Class Bundle	\$72	Unlimited access to any scheduled classes (other than morning groups) and parents/guardians are not included
Adult Only	\$30	Unlimited access to Open Gym hours and Adult Boot Camps

***Memberships are month to month and having a card on file for recurring payments is required. **You can manage your payment information in the gym master app.**

**Class bundle is paid for upfront

Adult Member Perks:

You have access to the gym at any point during “Open” gym hours. We encourage you to bring your child to train during that time but this is not mandatory. The daily 5-6am Open gym time is great for adult fitness opportunities.

Adult Members have access to any Adult “Boot Camp” class that is offered at the gym. This will require a sign up. Non-Members will pay the instructor directly for class access.

Schedule

This schedule is the most up to date schedule and will expand as we continue to grow.

(*Always subject to modifications and adjustments based on holidays and other commitments)

Time am - pm	Sunday Sep 6	Monday Sep 7	Tuesday Sep 8	Wednesday Sep 9	Thursday Sep 10	Friday Sep 11	Saturday Sep 12
5:00 am	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym
5:30 am	Open Gym C (0/12)	Open Gym C (0/12)	Open Gym C (0/12)	Open Gym C (0/12)	Open Gym C (0/12)	Open Gym C (0/12)	Open Gym C (0/12)
6:00 am	ADULT MEMBERS ONLY	Group A- High School/Middle School	ADULT MEMBERS ONLY	Group A- High School/Middle School	Delta Force	Delta Force	Open Gym
6:30 am	ADULT MEMBERS ONLY C (0/13)	Group A- High School/Middle School C (0/11)	ADULT MEMBERS ONLY C (0/13)	Group A- High School/Middle School C (0/11)	Delta Force C (0/11)	Delta Force C (0/11)	Adult Boot Camp
7:00 am		Group C- Elementary Aged (Females Only)	ADULT MEMBERS ONLY	Group D- Elementary aged (males)	Group C- Elementary Aged (Females Only)	Group D- Elementary aged (males)	
7:30 am	Adult Boot Camp	Group C- Elementary Aged (Females Only) C (0/11)	ADULT MEMBERS ONLY C (0/13)	Group D- Elementary aged (males) C (0/12)	Group C- Elementary Aged (Females Only) C (0/11)	Group D- Elementary aged (males) C (0/12)	Adult Boot Camp C (0/15)
8:00 am	Adult Boot Camp C (0/15)	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Postpartum Moms Class
8:30 am		Open Gym C (0/12)	Open Gym C (0/12)	Open Gym C (0/12)	Open Gym C (0/12)	Open Gym C (0/12)	Postpartum Moms Class C (0/12)
9:00 am	Open Gym	Open Gym	Open Gym	Adult Boot Camp	Open Gym	Open Gym	Open Gym
9:30 am	Open Gym C (0/12)	Open Gym C (0/12)	Open Gym C (0/12)	Adult Boot Camp C (0/12)	Open Gym C (0/12)	Open Gym C (0/12)	Open Gym C (0/12)
10:00 am	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym
10:30 am	Open Gym C (0/12)	Open Gym C (0/12)	Open Gym C (0/12)	Open Gym C (0/12)	Open Gym C (0/12)	Open Gym C (0/12)	Open Gym C (0/12)
11:00 am	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Speed & COD with Coach Karl
11:30 am	Open Gym C (0/12)	Open Gym C (0/12)	Open Gym C (0/12)	Open Gym C (0/12)	Open Gym C (0/12)	Open Gym C (0/12)	Speed & COD with Coach Karl C (0/12)
12:00 pm	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym
12:30 pm	Open Gym C (0/12)	Open Gym C (0/12)	Open Gym C (0/12)	Open Gym C (0/12)	Open Gym C (0/12)	Open Gym C (0/12)	Open Gym C (0/12)
1:00 pm	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym
1:30 pm	Open Gym C (0/12)	Open Gym C (0/12)	Open Gym C (0/12)	Open Gym C (0/12)	Open Gym C (0/12)	Open Gym C (0/12)	Open Gym C (0/12)
2:00 pm	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym
2:30 pm	Open Gym C (0/12)	Open Gym C (0/12)	Open Gym C (0/12)	Open Gym C (0/12)	Open Gym C (0/12)	Open Gym C (0/12)	Open Gym C (0/12)
3:00 pm	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym
3:30 pm	Open Gym C (0/12)	Open Gym C (0/12)	Open Gym C (0/12)	Open Gym C (0/12)	Open Gym C (0/12)	Open Gym C (0/12)	Open Gym C (0/12)
4:00 pm	Open Gym	Open Gym	Open Gym	Girls Rule the World	Open Gym	Open Gym	Open Gym
4:30 pm	Open Gym C (0/12)	Open Gym C (0/12)	Open Gym C (0/12)	Girls Rule the World C (0/15)	Open Gym C (0/12)	Open Gym C (0/12)	Open Gym C (0/12)

[illegible]

Class Descriptions

Class Name	Description	Instructor
Group A	8-10 High School and Middle school athletes that have been (selected) to participate in a morning group two days per week all year long	Alex Appolonia & Thomas Domack
Group B	8-10 High School and Middle school athletes that have been (selected) to participate in a morning group two days per week all year long	Steve Canter & Thomas Domack
Group C	8-10 Elementary aged FEMALE athletes that have been (selected) to participate in a morning group two days per week all year long	Cory Mullen-Rusin
Group D	8-10 Elementary aged MALE athletes that have been (selected) to participate in a morning group two days per week all year long	Kelly Davis & Cory Mullen-Rusin
Girls Rule the World	Female only class that active members can sign up to attend. All ages	Kelly Davis
Speed & COD with Coach Karl	An open class that active members can sign up to attend. This class focuses on speed and agility development. All ages	Karl Johnson
Adult Members Only	Blocked off time for active coaches, and parents to train without the presence of the youth. Mental health time and for active members only. ***Invite a non member that has children when needed to show them our operation	N/A
Strength and Conditioning Classes (by age group)	Strength and Conditioning style class that is broken into age groups to create a better training environment. This allows our coaches to scale each exercise appropriately based on age and ability. We program body weight movements, plyometrics, sled pulls/pushes, basic strength movements using a variety of weights, and work on mobility as well.	Variety of coaches
Adult Boot Camp	BootCamp style class taught for the	Kelly Davis

	Adult Members of the gym. Non Members are required to pay the instructor directly for access to the class. This allows for adults to have a class structure and to enjoy the adult community of gym members.	
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Other Business

Gym Housekeeping Items: This is your facility too, take care of the equipment and clean up after yourself. If you break something, be kind enough to let us know via phone call, text, or email (scyouthperformance@gmail.com).

If you are unsure of how to use a piece of equipment during open gym hours, ask someone else that could be present at the time. If that is not an option, skip that exercise and shoot us a text or email and we can explain the movement.

*Please do not show up to a class or morning group any earlier than 5 minutes before the scheduled time. The previous class will still be working out and there is not a place for you to wait.

**Please look both ways as you enter the door for a class or open gym session. The “track” for the sled runs along the wall the front door is on.

Feedback: As we continue to work to meet the needs of the entire community. Your feedback is very important and valuable. Please send us an email at any point with feedback on the schedule, hours of operation, or specific classes you would like to see. We will brainstorm on how we can accommodate, if it is relevant and possible.

Teaching: If you are interested in teaching a class or becoming more involved with our facility. Please reach out to us via email or phone.

Gym Access: We use the Gym Master platform. The software allows for us to have a schedule, to set up recurring billing for our clients, to send out mass communication and to control the access of the door by using the members’ phone.

The member will scan the RFID code on their phone and the system will know if they have an active membership and it will unlock the door for them. This will allow for access for classes as well as during open gym. The doors will remain locked and cannot be accessed from 10pm-4:59am every day of the week.

More detailed instructions will be provided once you sign up.

South County Youth Performance LLC is covered with professional and general liability insurance through Hiscox Insurance Company

Waivers: We have a waiver that requires signature (this is online) before anyone works out in our gym facility. This is mandatory.

Terms of Agreement: We have a terms of agreement document that all members will sign online when they join.

Marketing and Social Media: Marketing for South County Youth Performance should be relatively easy. We are providing an incredible service and value that does not exist in this area. Our testimonials of how impactful the gym has been for our own children and us will be powerful enough to get parents and athletes intrigued.

Please follow and share @sc_youth_performance on Instagram