

YOUTH FITNESS

REGISTRATION DATES | SUMMER 1: MAY 13 FOR MEMBERS AND MAY 20 FOR PROGRAM MEMBERS | SUMMER 2: JULY 1 FOR MEMBERS AND JULY 8 FOR PROGRAM MEMBERS

PROGRAM DATES | SUMMER 1 JUNE 3 - JULY 14 | SUMMER 2 JULY 15 - AUG 25

| CLASS | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | SATURDAY |
|---|--|-------------------------------------|-----------|-------------------|--------------------|
| YOUTH CONDITIONING FREE - MEMBER | | 5:00 PM - 6:00 PM | | 5:00 PM - 6:00 PM | 9:30 AM - 10:30 AM |
| LITTLE NINJAS 3 YRS - 5 YRS \$20 - MEMBER \$46 - PROGRAM MEMBER | 10:30 AM - 11:00 AM PROGRAM ROOM 4 4:45 PM - 5:15 PM PROGRAM ROOM 1 | | | | |
| FIT FOR KIDS (SUMMER 1 ONLY) 9 YRS - 12 YRS \$29 - MEMBER \$65 - PROGRAM MEMBER | 9:15 AM - 10:15 AM GYM 1B | | | | |
| GIRLS ON THE GO (SUMMER 1 ONLY) 10 YRS - 14 YRS \$29 - MEMBER \$65 - PROGRAM MEMBER | | 5:45 PM - 6:45 PM PROGRAM ROOM 3 | | | |

YOUTH CONDITIONING | The Youth Conditioning Course was created as a benefit of membership to help children learn and understand the benefits of exercise and how to properly use the exercise equipment at our Y. Youth ages 8-14 will attend one class and pass a short quiz to use the facility. Youth ages 8-11 may use the Wellness Center and strength equipment with a parent after completing the class. A parent must be present at the Youth Conditioning class. If the child has taken the class and is 12-14 they may use the Wellness Center and strength equipment without a parent after meeting with a Wellness Center staff member to ensure that the child remembers proper form on the equipment. If the child is taking the class for the first time and is 12-14 they must take the class and pass the quiz. Please pre-register for a time at the Wellness Desk. All youth under the age of 15 will need to have a proper Youth Conditioning Certification Card on a lanyard at all times while in the Wellness Center. Participants that are 15 years old or older can have access to the weights in the free weight area in addition to using the Wellness Center.

LITTLE NINJAS | Your preschooler will be introduced to exercises, games and fun activities that will keep them active and moving just like little ninjas!

3 YRS - 5 YRS | \$20 - MEMBER | \$46 - PROGRAM MEMBER | 30 MINUTE CLASS

FIT FOR KIDS | Have fun and exercise at the same time! Join our youth fitness instructor as they lead the class through different sets of drills to work on increasing speed, coordination, balance and strength through interval training, use of equipment, and games targeted on working specific muscle groups.

9 YRS - 12 YRS | MONDAYS | \$29 - MEMBER | \$65 - PROGRAM MEMBER | 60 MINUTE CLASS

GIRLS ON THE GO | Train for a 5K while learning about healthy eating and positive body image. This program fosters positive emotional, social, and spiritual development with a coach to guide your workouts and improve your overall health.

10 YRS - 14 YRS | \$29 - MEMBER | \$65 - PROGRAM MEMBER | 60 MINUTE CLASS

