



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YOUTH ORIENTATION

8/11

What is it?

The purpose of this program is to educate youth in wellness and fitness, to establish a lifestyle of fitness at a young age, and to encourage parents and kids (ages 11-13) to workout together. The course encompasses the Mission and Core Values of the YMCA, the benefits and risks of exercise, and the policies of the Lifestyle Center. Participants will learn how to use the cardiovascular equipment and be introduced to the strength training machines (participation is required). Upon successful demonstration of the equipment, youth will earn a new membership card noting that they have completed the certification. Parents are welcome to learn along with their children.

Who is it for?

It is designed for 11-13 year-olds who want to learn the proper usage of Lifestyle Center equipment, including proper techniques for lifting weights. Teenagers older than 14 may take the class, but should talk to an instructor first. No exceptions will be made for children under the age of 11.

What should I wear?

Wear comfortable clothes that allow you to move freely. Shorts, T-shirts, sweat pants, etc...Also, please wear athletic shoes.

Where should I go?

Show your membership card at the front desk. Ask a front desk associate to direct you to the location of your class. Your instructor will be wearing a staff shirt and will be looking for you.

How do I register?

This is a free program for members only. Check the current program guide for days and times when this program is offered.

Other Information

<u>Contact:</u>	Downtown Center	436-9667
	Broadview Center	436-9519
	West Side Center	436-9523
	East Side Center	436-1231

YMCA Mission Statement

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

Membership For All helps to ensure that everyone belongs at the YMCA, regardless of income level. For information contact the YMCA at 436-9622.