



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



YOUTH TEEN FAMILY FITNESS

LIBERTY TWP/POWELL YMCA

Iron Teens: Clinic style class will be a one day class for 2 hours

Youth Conditioning: Class will run once a week for 4 weeks

Session A: Oct 23rd, 30th, Nov 6th, 13th OR

Session B: Nov 20th, Dec 4th, 11th, 18th (no class Weds, Nov 27th)

(\$) indicates fee based class, see class descriptions for details

Fall II

Oct 21st- Dec 22nd

Registration begins:

Members- September 28th

Non-members- October 5th

	MON	TUES	WED	THURS	FRI	SAT	SUN
CROSS TRAINING FOR KIDS (\$)						10:30A-11:15A	
YOUTH CONDITIONING			5:30-6:00 A: 10/23 - 11/13 OR B: 11/20 - 12/18				
IRON TEENS (Oct 29th)		6:00-8:00P					
IRON TEENS (Nov 9th)							1-3PM
IRON TEENS (Nov 21st)				3:30-5:30P			
IRON TEENS (Dec 18th)			6:00-8:00P				

REGISTER on our website @ ymcacolumbus.org/hub or at our Welcome Desk.

CONTACT Michelle Cook by phone: 614-839-9622 or email: mcook@ymcacolumbus.org

CLASS DESCRIPTIONS *Prices include all classes during our 9-week session.*

Youth Conditioning (ages 9-11)

30-minute class, 1x weekly for 4 consecutive weeks

Free

Children ages 9-11 will learn how to safely use the cardiovascular and strength equipment, structure a workout and stretching techniques. 100% attendance is mandatory to successfully complete this program. **Upon completion, child may workout with an adult on the fitness floor and must be wearing wristband while on the fitness floor.** (Wristbands are obtained at the Welcome Desk when checking into the branch). *Free Class*

Iron Teens (ages 12-15)

One day, clinic style class

Free

Children 12 & up will learn how to safely use cardiovascular equipment, strength machines, free weights, structure a workout, and safe stretching techniques. The class will discuss goal setting, barriers to achieving goals and how to overcome those barriers. Class completion is a requirement prior to using the fitness center *without* adult supervision. 100% attendance is mandatory to successfully complete this program. **Upon completion, child may workout without an adult on the fitness floor. The child must be wearing wristband at all times while on the fitness floor.** (Wristbands are obtained at the Welcome Desk when checking into the branch). *Free Class*

Cross Training for Kids (ages 9-15)

45-minute class, 1x weekly for 9 week session

Member: \$45

Non-Member: \$69⁹⁵

Class will include use of age appropriate equipment, body weight exercises, partner exercises and the track. During this trainer led class which takes place on the fitness floor, kids will be led through fun circuits to improve strength, balance, endurance, coordination and teamwork! Class will include use of age appropriate equipment, body weight exercise, partner exercises and the track, exercises and the track. Minimum of 3 per class.

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