



We build strong kids, strong families, strong communities.

# Youth Fitness Training Class

This class is for 12-14 year olds who are interested in keeping your bodies strong and healthy. The class will instruct on safety and proper technique in using all workout area equipment, as well as discussion of character development, weight room etiquette, basic nutrition, and the effects of drugs, alcohol and smoking on the body.

At the completion of the 10-week session, the students will receive a t-shirt. (Students under 14 are required to wear the t-shirt in the workout area when working out.) All participants must complete at least 9 of the 10 sessions to graduate from the class.

Please Note: If your child is currently 11 but will turn 12 before the end of the session, they may take the class. After graduating, youth age 12-13 may use the workout areas only when supervised by YMCA Staff or if the parent is in the same area as the child. Youth under 14 are not allowed in the workout area by themselves. See the Youth Policy in our membership guide.

### **PARENTS MUST ATTEND THE FIRST CLASS**

(Minimum 2.....Maximum of 8 students)

Registration Deadline: TBA

The Lincoln YMCA has my permission to use videos or photographs of me or my family members for promotional materials.

Cost: Members Only.....\$20

For specific branch dates and times please contact:

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Track your workouts online at [www.ymcalincoln.org](http://www.ymcalincoln.org)!

\* HONESTY \* CARING \* RESPECT \* RESPONSIBILITY \*