



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BECAUSE HEALTHY IS AWESOME!

Instructional training designed to teach youth the basics of muscle anatomy and keep them safe in the Wellness Center.

This course teaches children/teens the basics of anatomy, physiology, nutrition and how to use the equipment in the weight training center. Youth must attend four one-hour classes which concludes with a written and practical test. Upon successful completion of the class, participants will be permitted to utilize the Wellness Center without parental supervision.

PETER BLUM FAMILY YMCA

Ages: 11-15

Schedule: Friday: 6:00pm-7:00pm, Saturday & Sunday: 2:00pm-3:00pm

Cost: \$25

DEVOS-BLUM FAMILY YMCA

Ages: 11-15

Schedule: Monday 6:00pm-7:00pm, Tuesday 6:00pm-7:00pm, Wednesday 6:00pm-7:00pm, Thursday 6:00pm-7:00pm

Cost: \$40