

YOUTH FITNESS SCHEDULE

April 2019



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:45am – 10:15am Fitness School 5:30pm – 6:00pm Youth Strength & Stretch	5:00pm - 5:30pm Y-Fit Kids	9:45am – 10:15am Fitness School	5:30pm – 6:00pm Youth Strength & Stretch	9:45am – 10:15am Fitness School SATURDAY Youth Wellness Orientation April 13 th or April 27 th

Pick up & drop off at Kids Corner/Youth Center for all classes

CHILD WATCH HOURS:

KIDS CORNER:

Monday – Thursday 8:00 a.m. – 1:00 p.m. & 4:00 – 8:00 p.m.

Friday - 8:00 a.m. – 1:00 p.m. & 4:00 – 7:00 p.m.

Saturday – 8:00am-Noon

YOUTH CENTER:

Monday – Thursday 4:00p.m. – 8:00 p.m.

**Friday - 4:00p.m. – 7:00 p.m.

**Saturday – 8:00am-Noon

** ALL AGES WILL BE IN KIDS CORNER

For more information contact Jewell Simpson, Wellness Coordinator

RIC NUBER YMCA

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CLASS DESCRIPTIONS:

Fitness School (Ages 3-5)

Children will participate in a variety of activities to learn and develop gross motor skills, flexibility, and balance and movement.

Youth Strength & Stretch (Ages 6-12)

Stretching has never been more fun. This class will emphasize on core strength helps keep you safe, while challenging your body to stay strong.

Y-Fit Kids (Ages 9-14)

Have fun with exercise and games; develop skills to increase strength, balance and cardio capacity through the art of play.

Youth Wellness Orientation (Ages 10-14)

This course is designed to teach youth & teens how to safely & correctly workout on the wellness floor. Sign up at the Welcome Center. Meet us in the PT training room.