

# YOUTH FITNESS SCHEDULE

August 1, 2018



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## MONDAY

9:45am – 10:15am  
Fitness School

5:30pm – 6:00pm  
Youth Strength & Stretch

## TUESDAY

5:00pm – 5:30pm  
Y-Fit Kids

## WEDNESDAY

9:45am – 10:15am  
Fitness School

## THURSDAY

5:30pm – 6:00pm  
Youth Strength & Stretch

## FRIDAY

9:45am – 10:15am  
Fitness School

SATURDAY  
Youth Wellness Orientation

August 11th or  
August 25th

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 Patty O'Neal, Member Engagement & Group Fitness Director

### RIC NUBER YMCA

5885 Quince RD, Memphis TN 38119

P 901 682 8025 F 901 682 0783 [www.ymcamemphis.org](http://www.ymcamemphis.org)

## 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.