



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROWING STRONGER TOGETHER

TEEN FIT ORIENTATION

Youth will learn strength training principles, proper use of equipment, safe lifting techniques and gym etiquette. Parents must complete a medical waiver form.

Teens 14-15 years old are required to attend our Teen Fitness Orientation class before using the Fitness Center on his or her own.

Youth/Teen Ages 12-13 years old require parental supervision at all times while training in the Fitness Center.

FEE: Free for Y Members/ \$30 Non-Members

Tuesdays at 5 PM

Must register at the front desk.

Limited to 10 per class



Grants Pass Family YMCA

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