

Youth Wellness Program



Help your kids start a healthy lifestyle and work out together as a family!

What is Youth Wellness All About?

This exercise program is for 9-14 year olds. It is a structured class designed to teach proper form and technique for various exercises. **All 9-14 year olds must complete and pass the Youth Wellness program**, which includes a written and practical exam, before access is granted to the Wellness Center. Otherwise, you must be 15 years old to enter and use the work out area. Wellness Center privileges are granted with the following guidelines:

Youth Wellness Program Guidelines

- All **9-12** year olds **MUST be immediately supervised by a parent or guardian** and must have a family membership
- **13-14** year olds do not need immediate supervision **but must have** a family or youth membership
- Wrist bands **must be worn** at all times by youth to identify Wellness Center privileges
- If you lose your wrist band, you can get a replacement one for \$2
- Privileges are revocable

Youth Wellness Program Costs

Cost: Group Session \$20 / child (See scheduled times)

Private Session \$50 / child (Appointments made with Trainer)

Class attendance each hour of the chosen session is MANDATORY.

Youth Wellness Program Schedule

<u>Session</u>	<u>Date</u>	<u>Days</u>	<u>Time</u>
Session 11	June 22 nd & 24 th	Tues/Thurs Evening	6:00-7:30 pm
Session 12	July 6 th & 8 th	Tues/Thurs evening	6:00-7:30 pm
Session 13	July 20 th & 23 rd	Tues/Friday Morning	10:00-11:30 am

- We recommend picking up the class outline / packet at the time of registration, to study.
- Registration Closes 24 hours prior to start of Class!
- Register at the Member Services desk.

For more information, contact Sharyn Hightower at (903) 729-3139 ext. 241.