

Youth Wellness Program

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

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:

- ***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

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

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

Class attendance each day of the session is MANDATORY.

Upcoming Group Sessions

<u>Session</u>	<u>Date</u>	<u>Days</u>	<u>Time</u>
Session 4	March 9 th & 11th	Tues/Thurs Evening	6:00- 7:30 pm
Session 5	March 30 th & April 1st	Tues/Thurs Evening	6:00- 7:30pm
Session 6	April 13 th & 15th	Tues/Thurs Evening	6:00- 7:30 pm
Session 7	April 27 th & 29th	Tues/Thurs Evening	6:00- 7:30 pm

Class attendance each day is mandatory.
Register at the Member Services desk.

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