



# Youth Wellness Program

Nov – Dec 2009



**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

## Current Schedule

- **Session 28**
  - **October 27 & 29:**
  - **Tue & Thr from 6:00-7:30 PM**
- **Session 29**
  - **Nov 10<sup>th</sup> & 12<sup>th</sup>**
  - **Tue & Thr from 6:00-7:30 PM**
- **Session 30**
  - **Sat Nov 21<sup>st</sup> from 9:00-12:00**
- **Session 31**
  - **Dec 1<sup>st</sup> & 3<sup>rd</sup>**
  - **Tue & Thr from 6:00-7:30 PM**

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

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

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

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