



Youth Fitness

2012

Registration Dates

Begins 3 weeks prior to start date of each session.

Contact Information

Amy Shanahan
402.323.6407
ashanahan@ymcalincoln.org

Youth Fitness Training Class

This class is for 12-14 year olds and will instruct on safety and proper technique in using all workout area equipment.

10-Week Session Dates

January 11-March 14
March 21-May 23
May 30-August 1
August 8-October 10
October 17-December 26 (Class does not meet on November 21)

Times

Wednesdays, 7:30-8:30 pm

1-Week Session Dates

Spring Break Session: March 12-16
Summer Session: June 4-8
Summer Session: July 9-13
Summer Session: August 6-10

Times

1:00-3:00 pm daily during designated weeks. Participants must attend every class.

Fees

Y Member	\$25
Y Non-Member	Not available

Class Description

This class is for 12-14 year olds who are interested in keeping their bodies strong and healthy. The class will instruct on safety and proper technique in using all workout area and Quick Fit equipment, as well as discussion of character development, weight room etiquette, basic nutrition, and the effects of drugs, alcohol and smoking on the body.

Parents **MUST** attend the first class. All participants must complete at least 9 of the 10 sessions to graduate from the class.

Please note: If your child is currently 11 but will turn 12 before the end of the session, they may take the class. After graduating, youth age 12-13 may use the workout areas only when supervised by YMCA Staff or if the parent is in the same area as the child. Graduates under 14 are not allowed in the workout area by themselves.

Cooper Y

Registration Information

Lincoln YMCA Refund Policy

A requested refund 2 business days prior to the start of any activity or class will be issued as 100% credit. After that a 50% credit will be issued prior to the start date of the activity. After the start of the class, no refunds will be given. If the YMCA cancels a class or program there will be a full refund.

Make-Up Classes

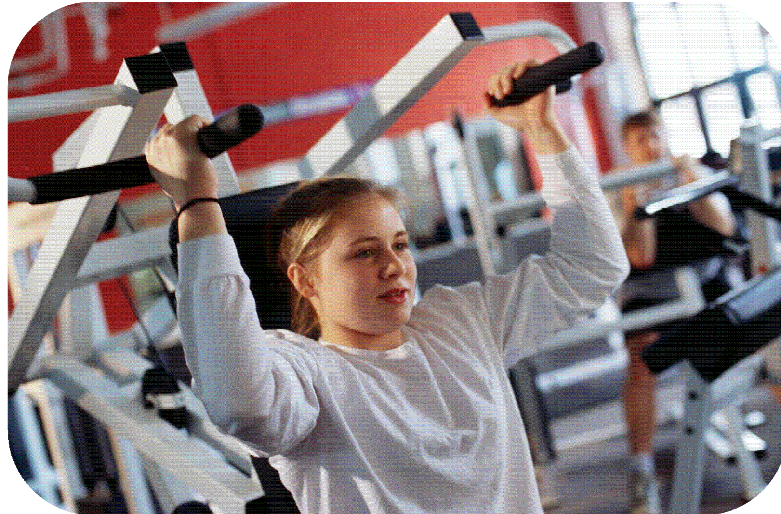
It is the policy of the Lincoln YMCA to not allow make-up classes by taking part in other classes due to participants being absent due to reasons not associated with the YMCA. (Vacations, illness, other activities, etc.) Class cancellations made by YMCA will be rescheduled.

Online Registration Available - ymcalincoln.org

To receive your user ID and pin number, please contact the Cooper YMCA front desk at 323-6400.

Photo/Video Disclosure Statement

The YMCA of Lincoln, Nebraska may on occasion take photographs and/or video of its members or program participants for use in print materials or by electronic methods. Your entry into YMCA facilities, participation in YMCA programs or participation in YMCA events grants permission for the YMCA of Lincoln, Nebraska to use these photographs and/or video in its marketing and public relations efforts.



Cooper

6767 S. 14th Street
Lincoln, NE 68512
(402) 323-6400

Downtown

1039 P Street
Lincoln, NE 68508
(402) 434-9230

Fallbrook

700 Penrose Drive
Lincoln, NE 68521
(402) 323-6444

Northeast

2601 N. 70th Street
Lincoln, NE 68507
(402) 434-9262

Youth Sports

570 Fallbrook Blvd., # 210
Lincoln, NE 68521
(402) 434-9217

Camp Kitaki

570 Fallbrook Blvd., #210
Lincoln, NE 68521
(402) 434-9225