



Youth Fitness

2012

Registration Dates

Y Member Begins April 1
Non Y Member Not Available

Contact Information

Gail Hochstein
402.323.6432
ghochstein@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.

Session Dates

Session 1
April 23 - May 23

Session 2
June 11 - June 15

Session 3
July 16 - July 20

Time

Monday & Wednesday
6:30 pm - 7:30 pm

Monday-Friday
6:00 pm - 8:00 pm

Monday-Friday
6:00 pm - 8:00 pm

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 12-14 may use the workout areas only when supervised by YMCA Staff or if the parent is in the same area as the child. Youth under 15 are not allowed in the workout area by themselves.

Registration Information

Pickup/Dropoff

The YMCA will not be responsible for children left unattended prior to the actual start time of the program/class. The YMCA will also not be responsible for children left after the stop time of the program/class. Parents/Guardians are responsible for making arrangements to pick up their child on time.

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 Fallbrook YMCA front desk at 323-6444.

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.

Youth Training Test-out Option—14 year olds

The Fallbrook YMCA does offer a Youth Training Test-Out option for Youth members that are age 14. The Test-Out Option includes a 1-hour equipment orientation and a 1-hour review/practical written test. If interested in this option you must contact the Health & Wellness Director directly:

Gail Hochstein
402-323-6432
ghochstein@ymcalincoln.org

Youth Sports Conditioning

This program is available for Youth 12-18 years of age and focuses on the development of athletic skills.

Session Dates

TBA

Time

TBA

Fees

Y Member \$80
Y Non-Member \$160

Class Description

If your young athlete wishes to excel in their sport, they must train in the off-season with intense interval workouts and extended rest and recovery time to prepare their body for more strenuous workouts and competition during the season. Sports Conditioning at the Fallbrook YMCA is the ideal program to prepare these athletes to outperform their competition.

Our Staff are Nationally certified NSCA Strength & Conditioning Specialists and certified Personal Trainers.

Sports Conditioning Registration Information

Name _____ Phone _____ Date _____

Address _____ City _____ Zip _____

Parent/Guardian Name _____ Birthdate _____ Age _____

I release the Lincoln YMCA and all staff from all claims of any injuries which may be sustained by above child while participating in any YMCA activity. If medical attention is required, I give permission for such medical care.

Parental Signature _____ Date _____

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