

YOUTH & TEEN PROGRAMS

YOUTH & TEEN FITNESS

On Teen One-on-One Strength & Conditioning

2-3 appointments with a Lifestyle Center Staff to certify teens for limited access to the Lifestyle Center. Register at the front desk and a Lifestyle Center Staff will call to schedule appointments. Ages 13-15.

East/Northeast/West

by appt. LSC Members Only \$45

On Youth Jazz/Tap

Two styles of dance will be explored. Come join the fun. Formal attire not required. Tap shoes recommended.

East

TH Ages 7+ Studio 5:15-6:15pm
M \$60 P \$120

On Youth Ballet

Have fun, develop coordination, rhythm and appreciation for music. No formal attire required.

East

T Ages 5-7 Studio 4:35-5:05pm
TH Ages 5-7 Studio 4:35-5:05pm
M \$50 P \$100

Northeast

M Ages 5-7 Studio 4:30-5:15pm
M \$55 P \$110

West

W Ages 6-12 Studio 3:30-4:30pm
W Ages 8-12 Advanced Studio 4:30-5:30pm
M \$60 P \$120

On Youth Circuit Training

Utilize cable machines for beginner level strength training routine with a lifestyle center staff. Improve strength, flexibility and have fun!

East

M Ages 7-12 LSC 4:15-5:00pm
SA Ages 7-12 LSC 10:00-10:45am
SA Ages 7-12 LSC 11:00-11:45am

Northeast

T Ages 7-12 LSC 4:00-4:45pm
TH Ages 7-12 LSC 4:00-4:45pm
SU Ages 7-12 LSC 3:00-3:45pm

West

F Ages 7-12 LSC 4:00-4:45pm
SU Ages 7-12 LSC 3:00-3:45pm
M \$45 P \$90

On Agility Club

Are you an athlete who wants to get quicker, faster and stronger for your fall, winter or spring sports? Agility provides athletes with drills and exercises that will improve agility, footwork and all around athleticism. Agility is taught by a YMCA fitness staff that will be able to give individual help in a group setting. Join Agility today and gain an extra step on your competition!

West

W Ages 8-12 Gym 4:00-4:45pm
M \$50 P \$100

On Youth Yoga

Have fun while improving flexibility, strength and posture through yoga poses, breathing, and relaxation.

East

T Ages 5-12 Studio 5:30-6:15pm
M \$38 P \$74

All fitness classes open to members 13 and older.

zero - number of people

turned away because of

their inability to pay.

YGIVE

join • give • volunteer

www.ymcadanecounty.org

YOUTH