

# Youth & Teen Fitness Orientation

(required for ages 10-14)

**What:**

Fitness orientation to assist youth in learning: gym etiquette (proper attire, behavior, length or machine use,) exercise guidelines, weight training tips, education and set up on 3-4 weight machines targeting major muscle groups, instruction and orientation on cardio machines, discussion on the importance of nutrition and basic nutrition tips

**Who:** Ages 10-14

**When:** Two Saturday's per month  
10:30am-Noon

**Where:** Meets in the lobby

**Why:** Required for ages 10-14 to have access to the fitness floor.

**Cost:** \$18 per participant

**2011 Dates**

January 8 & 22  
February 5 & 19  
March 5 & 19  
April 2 & 16  
May 7 & 21  
June 4 & 18  
July 9 & 23  
August 6 & 20  
September 3 & 17  
October 8 & 22  
November 5 & 19  
December 3 & 17

Minimum of 2 participants required.  
Registration deadline is Thursday before the scheduled class.



300 Ridge Road., McKinney, TX 75070 972-529-2559 [www.mckinneymca.org](http://www.mckinneymca.org)

YMCA Mission: To put Christian values into practice through programs that build healthy spirit, mind and body for all.  
Financial assistance is available.