



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PLAY AND LEARN YOUTH FIT CLASS



**Not interested in
team sports but
want to be
healthy?**

**Need to release
energy before a
night of home-
work?**

**Want to set
personal goals but
not sure where to
start?**

**Looking for extra
sports training?**

Want to have fun?

The Y has the class for you!

Personal fitness for kids ages 7-14

Stoney Point YMCA 9.22.15 - 11.19.15

Tuesdays & Thursdays 4:15-5 p.m.

Member Cost: FREE Community Cost: \$75

Join us to become stronger and have fun while doing it! We'll focus on strength exercises appropriate for kids. Participate in cardio games and activities including: ball games, floor hockey, swimming, running, tag and relay games. Parents and older siblings are welcome to participate.

This class is open to youth ages 7-14. ALL SKILL and ABILITY LEVELS. Registrations is appreciated. Kids may start any time during the session.

No sign-up necessary. Just drop into Stoney Point to join. Class begins promptly at 4:15!

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Register online or call Stoney Point, 319.390.3488