

Home School YouthFit



Exercise & Healthy Living 4 Kids



Wilson Family YMCA
3436 Airport Blvd.
Wilson, NC 27896
(252)-291-9622
www.wilsonymca.com
David Caudle: Instructor

YMCA Mission:

To put Christian principles into practice
through programs that build healthy spirit, mind
and body for all.

What to expect:

- 1) Exercises that will challenge your child by mixing strength, flexibility, balance, cardio endurance and lots of fun.
- 2) A workout that is FUN and that will bring your child's fitness ability to the next level.
- 3) Your child will feel awesome from head to toe! Their energy level will soar, their spirit and confidence will be recharged.
- 4) Emphasis on proper form, strengthening the core, preventing injury and working within ones' ability.
- 5) A place to make new friends.

Tips 4 Success:

- 1) Bring water bottle.
- 2) Wear appropriate apparel that is comfortable.
(Athletic shoes are required, no sandals or open toed shoes)
- 3) Bring a Positive Attitude!



To Register:

Complete the registration form, sign the waiver and turn it into the front desk along with your payment.

Dates and Class Times

Spring semester classes start Monday January 3, 2011 and end Thursday May 26, 2011

Classes meet Mondays, Tuesdays and Thursdays in the Robin Givens Youth Wellness Center.

Ages 10-15	1:15-2:00pm
Ages 6-9	2:00-2:30pm

Registration Fees

Member rate:

\$10/month

(\$5 fee per month additional child with a \$20 max fee per month)

Non-member rate:

\$15/month

(\$7 fee per month additional child with a \$30 per month fee per month)

No Regular Classes

January 17 or April 25

