

Youth Fit



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.

Fall 2011

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!

**Exercise
& Healthy
Living**

4 kids

Middle School Ages
4:15pm-5:00pm

**Registration
Fees**

Member rate:

\$10/month
(\$5 fee per month
additional child with a
\$20 max fee per month)

Non-member rate:

\$15/month
(\$5 fee per month
additional child with a
\$30 max fee per month)

To Register:

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

**Dates and Class
Times**

Fall semester classes
start Tuesday September
6, 2011 and end
Wednesday December 14,
2011

Classes meet Monday,
Tuesday and Wednesday

Elementary School Ages-
3:45pm-4:15pm

**No Regular
Classes**

November 21, 22, 23