

# YouthFit



## **Exercise & Healthy Living 4 Kids**



Wilson Family YMCA  
3436 Airport Blvd.  
Wilson, NC 27896  
(252)-291-9622  
[www.wilsonymca.com](http://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 Wednesday May 25, 2011

Classes meet Mondays, Tuesdays and Wednesday

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

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

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

## **No Regular Classes**

January 17 or April 25

