



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# MILLS COUNTY YMCA YOUTH & FAMILY PROGRAMS

## FIRST FALL SESSION 2019

### Youth Fitness Training (10-14 years)

For youth members who are interested in keeping themselves fit and healthy by using equipment on the wellness floor. Participants will learn safety and proper technique of all wellness floor equipment, including free weights, as well as discussion of character development, weight room etiquette, basic nutrition and anatomy. Led by certified personal trainers. Parents do not need to be present for class.

**Call to schedule an appointment.**

Group Session: \$25 per child + \$10 each additional child

Individual 2-hour sessions: \$55 for one child + \$10 each additional child

### Birthday Parties (all ages)

The Y is your place for birthday parties! Host a swimming party or open gym party. With a birthday party, you will get use of the pool, gym, and party room. You will have a Y staff assigned to assist at the event. Call the Y to schedule your party.

**Swimming Party:**

Member: \$90 for 10 guest + \$5/additional child

Non member: \$110 for 10 guest + \$5/additional child

**Open Gym Party:**

Member: \$75 for 10 guest + \$5/additional child

Non-member: \$95 for 10 guests + \$5 each additional child

### Tumbling Tots (3-5 years)

Children must be at least 3 years old at registration. Beginners welcome! Participants learn balance and flexibility in a fun, safe, and engaging environment! Basic muscle-building stretches and techniques are demonstrated and reinforced, as well as an intro to basic tumbling moves.

**Monday: 6:15-6:45 pm**

Member: \$60 • Non member: \$120

### Youth Tumbling (6-12 years)

Children must be at least 6 years old at registration. Beginners welcome! Participants learn balance and flexibility in a fun, safe, and engaging environment! Basic muscle-building stretches and techniques are demonstrated and reinforced, as well as an intro to basic tumbling moves.

**Monday: 6:55-7:40 pm**

Member: \$65 • Non member: \$130



### YOUTH & FAMILY CONTACTS:

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Register at the Mills County YMCA Welcome Center or online: [metroymca.org](http://metroymca.org)