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LEARN THE ROPES OF USING THE WEIGHT ROOM Youth Fitness Orientation Class @ MONTGOMERY COUNTY FAMILY YMCA

Let us teach your kids how to safely and properly use the equipment in the weight room so they can work out with you! Passing this class is required for 6th, 7th, & 8th graders to be able to use the weight room at the YMCA (6th - 7th must also be with a parent or adult. Eighth graders may be in the weight room without a supervising adult as long as the rules are followed).

Who

For children in 6th - 8th grade

When

4x per year or more if needed.
Jan 25, April 25, July 25, Oct 24 from 9-11 AM
March 12th - 4:15 - 6:15 PM
Class dates are approximated and are subject to change

Cost

Members: \$10
Non-Members: \$30

MONTGOMERY COUNTY FAMILY YMCA
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