



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HUNTERDON COUNTY YMCA
DEER PATH YOUTH FITNESS CLASSES
WINTER 2020

YOUTH FITNESS

(Ages 7 to 12 years old) Free with a Full Family Membership
Program/ Non-Members \$50 for 10 Classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:00pm-7:00pm	5:00pm-7:00pm	5:00pm-7:00pm	5:00pm-7:00pm	

YOUTH FITNESS DESCRIPTION

Youth Fitness places emphasis on basic fitness skills and activities appropriate for 7-12 year olds. The program runs Monday-Thursday 5:00pm-7:00pm. During the 2 hours, Youth are free to come and go as needed, but a parent/guardian signature is needed at drop off and pick up. Parents and Youth can expect continuous 10-15 minute segments of changing cardio, core, and strength exercises. Youth will learn safe workout techniques and have fun while doing it. For your child to have a positive fitness experience, please have them wear comfortable sneakers, loose clothing they can move in and bring a water bottle.

For more information, please contact Carmen Farrand, Fitness and Wellness Program
Coordinator at: 908-782-1044 x4919 or cfarrand@hccymca.org

