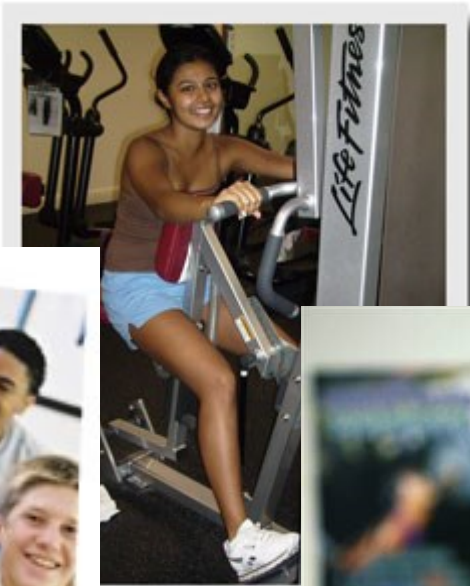




the

**Fitness
Center
Safety**

Teen/Parent Seminar



This hour and a half seminar is a requirement for families with teens, 12-14 years who wish to workout in the YMCA Fitness Center with a parent.

Both parent and teen must attend the seminar together.

Must pre-register by Monday prior to seminar.

Instructions on safety, fitness center etiquette, and basic workout programs for teens included.

Following participation in the seminar your membership check-in will show that your teen is allowed to be upstairs with a parent while working out.

1st and 3rd Tuesday of each month, 6:00pm

Meet in the front lobby

Note: Due to the complexity of new equipment added and new usage of the Healthy Living Center, teens are no longer admitted in the HLC.