

# Teen Safety Seminar



This program is designed to teach Teenage Members (13-15 Years Old) of The Family YMCA Hattiesburg the appropriate and safe way to use all fitness equipment, Fitness center etiquette and basic workout programs at The Family YMCA Hattiesburg.

THE FAMILY YMCA  
HATTIESBURG

Health & Wellness  
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First Tuesday of each month at 6pm.

**Members: \$35    Non-Members \$70**