

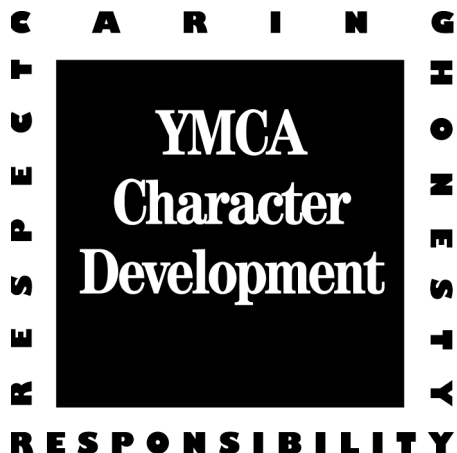


We build strong kids, strong families, strong communities.

Salinas Community YMCA · 117 Clay Street, Salinas, CA 93901 · 831-758-3811

## Youth Strength Training

This course is designed to educate youth and enable them to use the equipment in the circuit studio, cardio studio, and wellness center, as well as participate in our group exercise classes. Children in the program will receive an equipment orientation and learn principles of exercise, basic anatomy, and our organization's values.



### YMCA Mission:

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

### PROGRAM GOALS:

- Equipment orientation
- Learn youth strength training guidelines
- Develop positive attitudes .
- **MOST IMPORTANTLY HAVE FUN !**

### Ages

Boys and Girls - 12-14 years

### When

Sessions:

August 10 – August 19

August 24 – September 2

September 14 – September 23

October 5 – October 14

October 26 – November 4

### Time

Tuesdays and Thursdays  
at 4:30pm — 5:30pm

### Where

Wellness Center & Cardio Studio

### Fees

Free — Family Members  
Free — Youth Members

### Registration Info

Register at the membership desk

### Contact

Lulu Vargas - Fitness and Wellness  
Director

**BELONG.  
BE STRONG.**

