



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

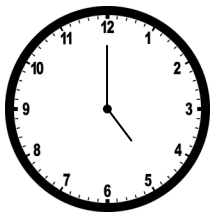
POWER HOUR FOR TEENS ONLY

Teen Hour - Free to members

TEEN SWIM

Tuesdays/Thursdays 5:00pm

Deckside Pool



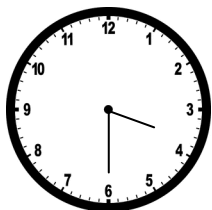
Join us in the pool for an hour of fun just for teens! Test out our new basketball hoop while getting a great workout. Bring a friend and jump in!

TEEN LIFTING

Monday– Friday 3:30 pm

Fitness Center

Open to youth ages 12 - 14



This hour is dedicated for teens to use the resistance machines and cardio equipment without parental supervision. YMCA staff can assist with generating MobileFit workouts, setting up machines and maintaining a fun and safe environment.

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

SUMTER FAMILY YMCA
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ymcasumter.org

