



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FIT & HEALTHY TEENS

Family Fitness 101

We will show your child how to navigate and operate our machines and sign them up for the ActivTrax Computer system. This class will allow your child to work out with a parent or guardian in the fitness center. Parent **must** accompany child during session.

Open to youth ages 12 - 14

Children may sign up one month before their 12th birthday.

This program is at no cost to members.

Register at the membership desk.

Our fitness director will contact you to schedule an appointment



SUMTER FAMILY YMCA

510 Miller Road
Sumter, SC 29150
803-773-1404
ymcasumter.org



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