



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 Mobile Fit 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.

\$10 per child

Wednesdays: 4:30 - 5:30 pm

First Saturday of the month:  
10:30 - 11:30am

Register at the membership desk.

**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.**