



FOR YOUTH DEVELOPMENT™  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## KID FIT TRAINING

# FOSTERING FAMILY TIME WITH FITNESS AND FUN

This training is designed specifically so that youth 10-14 have the opportunity to learn about safety, proper lifting technique, etiquette, and nutrition in a fun group environment. By completing this 3 hr course, youth will have the confidence to use the fitness equipment properly and independently. They will gain success attaining their health and wellness goals through the support and motivation they will receive by working together with other youth and/or family members. A great way to spend family time while getting more active.



### CLASS SCHEDULE

**Date/time:** Second Saturday of the month 10 a.m. - 1 p.m.

**Location:** YMCA Fitness Center 2021 Main St.

**Cost:** \$5 members/ \$15 non-members (includes additional day pass)

[bakerymca.org](http://bakerymca.org)

Family YMCA of Baker County  
Visit us on Facebook

(541) 523-4050