



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# YOUTH FITNESS TRAINING

## Youth Fitness Training DANVILLE FAMILY YMCA

This experience for your child will help jump start them in the right direction on their journey to a life of healthy living. Our trainers have years of experience and certifications to ensure your child is performing movements correctly and safely. This YMCA experience is for youth ages 9 – 17. Your child will gain fitness knowledge, increased strength and conditioning, muscle endurance, and mountains of self confidence. Sign your child up with a trainer TODAY!

### Youth Rates

1 Session:	\$20	<input type="checkbox"/>
5 Sessions:	\$95	<input type="checkbox"/>
10 Sessions:	\$180	<input type="checkbox"/>
16 Sessions:	\$275	<input type="checkbox"/>
20 Sessions:	\$320	<input type="checkbox"/>

If interested in learning more about Youth Fitness Training fill out the below:

Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Childs Name: \_\_\_\_\_

Best Time to Call: AM: \_\_\_\_\_ PM: \_\_\_\_\_ Preferred Trainer: \_\_\_\_\_