



We build strong kids, strong families, strong communities.

**Grove City YMCA 871-9622**

Gretchen Carpenter, [gspace@ymcacolumbus.org](mailto:gspace@ymcacolumbus.org)

**Fall I September 6-October 24**

Registration begins: Metro Members - July 31

Program Members - August 7

Class	\$ FEES		Code	Su	Mo	Tu	We	Thr	Fr	Sa
	M	P*								
Leaders Club	10	10	750			6-7p				
Iron Teens	22	N/A	710A	1:00-1:45PM						
Iron Teens	22	N/A	710B							9:30-10:15AM
<b>Youth</b>										
YKids Are Fit	free					5:00-6:00PM		5:00-6:00PM		

**Leaders Club (Ages 11-17)**

Leaders Club provides teens with the opportunity to develop leadership skills and promotes the community involvement of club members. Leaders Club members hold office, participate in ceremonies, attend rallies and events, facilitate volunteer projects, and attend weekly meetings.

**Iron Teens (Ages 11-15)**

Teens will learn how to safely use the cardiovascular and strength training equipment, how to properly exercise and how to structure a workout routine. 100% attendance and completion of class is required to use the fitness center without a parent or guardian. Participants must be 11 years of age at beginning of class.

**Ykids are Fit (Ages 6-11)**

A free 7 week health and physical education program that provides youth an opportunity to be physically active in a fun, social environment. Participants are asked to wear athletic shoes. Registration is not required.

**M** = YMCA Metropolitan Member    **P\*** = YMCA Program Member (must have active Program Membership)  
**FREE** = Free for Metropolitan Members

*Register online at [ymcacolumbus.org](http://ymcacolumbus.org)*

Our mission: To serve the whole community through programs expressing  
 Judeo-Christian principles that build a healthy spirit, mind and body.