



We build strong kids, strong families, strong communities.

Grove City YMCA 871-9622

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Winter II February 22- April 11, 2010

Registration begins: Metro Members - February 6

Program Members - February 13

Class	\$ FEES		Code	Su	Mo	Tu	We	Thr	Fr	Sa
	M	P*								
Leaders Club	10	10	750			7:00-8:00PM				
Iron Teens	22	N/A	710A	1:00PM-4:45PM						
Iron Teens	22	N/A	710B							9:30AM-10:15AM
Youth										
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

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