



# YOUTH WELLNESS CERTIFICATION

## WHEN AND WHERE IS YOUTH WELLNESS CERTIFICATION?

Saturday to be announced  
1:00pm-4:00pm  
Campus Family YMCA (3601 N. Village Dr.)

## WHO CAN PARTICIPATE?

Y members 8 to 12 years old

## WHAT IS THE YOUTH WELLNESS CERTIFICATION?

Youth certification program provides the opportunity for youth, ages 8-12, to use designated fitness equipment in the Wellness Center.

## THE ORIENTATION CLASS WILL INCLUDE INFORMATION ON:

- Components of Fitness
- Proper Use of Equipment
- Wellness Center Etiquette
- Nutrition Basics

## ADDITIONAL INFORMATION:

- Youth must pre-register
- Maximum enrollment of 10
- Each participant will receive a certificate of completion
- Participants will check in at the Welcome Center each visit and will get a bracelet to show they are allowed on the equipment



**INSTRUCTOR  
LIZ WILLIAMS**

**FOR MORE  
INFORMATION OR IF  
YOU WOULD LIKE TO  
REGISTER, CALL  
816-671-9622**





**UPON COMPLETION YOUTH WILL BE ABLE TO USE:**

- **TREADMILL**
- **RECUMBENT BIKE**
- **SEATED ELLIPTICAL**
- **SEATED ROW MACHINE**
- **STRETCHING STATION**

**IN CONJUNCTION WITH THE YOUTH STRIVE EQUIPMENT.**