

YOUTH FITNESS



JUNIOR FITNESS INSTRUCTION

JFI is a program designed for kids 8-13 years of age. This allows your child access to the Fitness area.

- Proper workout techniques
- Club etiquette
- A general understanding of how the body works
- The development of exercise as a lifetime interest & nutritional guidelines

May 16 - 19
4:30pm - 6:00pm

May 27 - 29
(Memorial Day Weekend)
10:00 - 12:00pm

June 6 - 9
10:00am - 11:30am

June 20 - 23
10:00am - 11:30am

July 25 - 28
10:00am - 11:30am

August 15 - 18
4:30pm - 6:00pm

August 26 - 28
4:30pm - 6:00pm Friday
10:00am - 12:00pm Sat & Sun

\$125 Members / \$157 Non-Members
For more information, please call 985-792-0206.

TRI FIT KIDS

This 8-week program meets 3 days per week and concludes with a mini-triathlon. Athletes are instructed in swimming, biking, and running; gain strength and flexibility; and learn the fundamentals of good nutrition. Each session is instructed by a trained head coach and coaching assistants (ratio of 1 coach per 8 kids).

June 6 - July 29
Mondays, Tuesdays & Wednesdays

Elementary (grades 2 - 3): 4:30pm - 5:30pm
Middle School (grades 4 - 6): 4:00pm - 5:00pm
Jr High & High School: 3:30pm - 4:30pm

\$139/members
\$169 non-members



STRONG - Weightlifting Programs for Kids & Teens

Our Personal Trainers teach kids and teens proper weightlifting technique and help them to build muscle. Goals will be set at the beginning of the 8-week program, and a noticeable increase in muscle strength will be seen by the end.

June 6 - July 29
Mondays, Tuesdays & Wednesdays

STRONG Kids
(ages 7 - 11)
4:30pm - 5:30pm

STRONG Teens
(ages 12 - 17)
5:30pm - 6:30pm

\$139/members
\$169 non-members

