



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

STRONG TEENS LET'S GET STRONG!

In this hands on program, your teen will get the fundamentals they need to improve strength, endurance, and flexibility. This 3-week program will include a safe introduction to the wellness center and its equipment, introductory healthy living principles and stretching/ recovery techniques. Your child will leave every session with wellness knowledge along with a fun and energizing workout! *Full attendance is expected for maximum program benefit.*

3 WEEK SESSION Offered at both locations!

FREE and for MEMBERS ONLY!

FOR ALL FINANCIAL ASSISTANCE IS AVAILABLE.

Through FOR ALL Financial Assistance, everyone – regardless of their financial circumstances – can belong to our Y, participate in programs, and improve their lives.



BUILDING CONFIDENT & STRONG TEENS

FOR AGES 11+



LEARN LIFT 2

FOR AGES 14+

OR TEENS WHO HAVE COMPLETED THE STRONG TEENS PROGRAM

LEARN 2 LIFT LET'S GET STRONGER!

In this class, teens will get the fundamentals they need to improve strength and confidence in the weight room. This 6-week program will introduce the free weights and cable and plate loaded equipment in the health and wellness centers. They will learn the importance of proper form and safe lifting to maximize each lift and repetition, as well as how to put together a strength training program customized to reach their goals. Upon completion of this class, your teen will be allowed access to the entire health and wellness center at the Oshkosh YMCA. Teens must be age 14 + or have completed the Strong Teens 1 class to qualify.

6 WEEK SESSION Offered at both locations!

FEE: \$45 Members
\$60 Non-Members

Email Lindsey at lindseymcmullin@oshkoshymca.org or call 920-236-3380 for more information and dates + times.