

ACHIEVING BETTER HEALTH TOGETHER
TEEN FITNESS

The Teen Fitness Passport Card and Teen Fitness Center Usage

The Fitness Center is available to Teens 16+ years. Teens 14-15 who complete one of the pre-requisites described below are given a waiver to this rule, called the **Teen Passport Card**. This card allows those teens under 16 to:

- Use the Fitness Center on their own Sunday through Saturday 3:00 pm-5:00 pm
- Use the Fitness Center with an accompanying adult (21+) at any other time
- Participate in Group exercise classes (designated 16+)

In order to earn their own Teen Passport Card, teens must complete one of the following, guaranteeing their competence, adherence to safety and knowledge of equipment.

- **Teen Training 101**
- **Teen Fitness Camps:** Summer Teen Fitness Camp (any 2 week session qualifies for Passport Card) or the February Vacation Week camp for those participants 14-15.
- **10 (30 minute) One-on-One Personal Training sessions.** Purchase a 5 (one hour) Personal Training package at the Member Service Desk, and fill out a Trainer request form in the Fitness Center.
- **10 (one hour) Semi-Private Personal Training sessions.** Each participant purchases a 10 (one hour) semi-private personal training package at the Member Service Desk, and the pair fills out a Trainer request form in the Fitness Center.

ON/OFF SEASON SPORTS CONDITIONING PROGRAM FOR TEENS

Ages 12-15

Under the supervision of a certified personal trainer, teenage athletes will develop correct form while exercising, build strength and improve endurance off the court and fields. Sessions will run 9-weeks long and will have 3-10 teens enrolled in each session.

Tuesday & Thursday: 3:30-4:15 pm

Family: \$ 165; Youth: \$ 175; Non-Member: \$200

TEEN FITNESS FUSION: YOUTH GROUP EXERCISE
Grades 6-12

Teens in grades 6-12 can drop by the Rye YMCA and find a variety of opportunities to get MOVING after school. Tuesday through Thursday, from 3:30-5:00 pm, a variety of group exercise classes are available for kids to sample. From Zumba to Yoga and Spinning, tweens and teens will find the right mix of fun and fitness. No registration necessary.

Free to Members; Non-Members: \$2.00 (drop-in fee)

WEEKLY SCHEDULE

Tuesday, 3:30-4:15pm: Zumba/Pilates
Wednesday, 3:30-4:15pm, Teen Yoga
Thursday, 4:15-5:00pm, Teen Spin

TEEN PERSONAL TRAINING

Great coaching -- fun workout programs -- results that you want!!

NO ONLINE REGISTRATION

PERSONAL TRAINING

Members 12 & up See page 34 for details

SEMI-PRIVATE PERSONAL TRAINING

Members 12 & up - See page 34 for details

GROUP PERSONAL TRAINING

Members 12+ - Big results happen with your friends!

Teen Informal Groups: Groups of 3-5 teens can sign up for group personal training, and schedule the training sessions to fit the groups' schedule. Members will be matched up with a trainer, and will schedule their group workouts at times when all are available. Get a group together and train anywhere from 6 times a week for one week, one time a week for 6 weeks, or any other combination that helps your group achieve their goals! All sessions are scheduled prior to the first group workout.

6 (45 minute) Group Workouts: \$105 per person
12 (45 minute) Group Workouts: \$200 per person
18 (45 minute) Group Workouts: \$295 per person
 Payments for all participants due in full at time of registration.

Please note: All group workouts are 45-minutes long. There are no make up group workouts. If a participant of the group does not show up, they lose that workout. All group workouts must be completed within 6 months.

TEEN TRAINING 101

Ages 12-15

In the Fitness Center, teens can learn proper exercise techniques on the cardiovascular/resistance machines and free weights. The emphasis is on safety and learning a healthy lifestyle. Upon completion of this 9 week class, students will be completely confident and comfortable with the Fitness Center and will qualify for a Teen Fitness Passport Card (see box above).

Saturday: 12:30-1:30 pm

Family: \$ 135; Youth: \$ 145; Non-Member: \$ 175

TEEN FITNESS FEBRUARY CAMP - FEB. 20-24

Ages 12-17

Participants work with Certified Personal Trainers and Sports Nutrition Specialists to achieve individual goals. Activities include swimming, sports, games, strength training, spinning, agility training and much more.

Participants must be able to swim one lap in the pool and run continuously for 5 minutes. Get fit and have a great time! Energy snack and periodic assessments included.

9:30am - 1:30 pm - Monday through Friday.

Family & Youth Member: \$220; Non-Member-\$315