



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YOUTH STRENGTH TRAINING

Youth Strength Training is a 3-week program designed for teaching 12 and 13 year olds how to safely use the cardio and weight machines in the Health & Wellness Center. This program includes learning the basic muscle groups and what machines impact those muscle groups. As part of the program the youth will receive a basic strength training and cardio program for them to follow when they return on their own. Upon successful completion of this program the youth may be up on the Health & Wellness Center unaccompanied by a parent or guardian.

Cost: Members \$30.00

Cost: Program Participants \$50.00

CONTACT

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