

YOUTH & TEEN WELLNESS PROGRAM NEWSLETTER

Jerry Long Family YMCA: Fall 2019



MAKING EXCUSES BURNS ZERO CALORIES PER HOUR

YOUTH SPECIALTY TRAINING PROGRAMS

CROSSTRAIN FOR YOUTH

A program for youth ages 6-10 and ages 11-15 that consists of high intensity, functional movements to improve coordination, increase both strength and cardiovascular endurance, and most importantly, have fun! CrossTrain for Youth at the YMCA delivers a fitness program that is broad, general, and inclusive, making it perfect for all kids.

TRAINER: Celia Sloan

AGES: 6-10 and 11-15

SESSION DATES: September 3-26, October 1-29 (No class on Oct 31), November 5-26 (No class on Nov 28), and *December 3-19 (No class on Dec 24, 26 or 31)

DAYS/TIME: Tuesdays & Thursdays, Ages 6-10; 5:30pm-6:15pm or Ages 10-15; 6:15pm-7:00pm

PROGRAM FEE: Members: \$75/
Potential Members: \$100 per session
*For the month of December Members: \$50/Potential Members: \$75

TRIAD MARTIAL ARTS AND WRESTLING ACADEMY

For ages 4-6 and 7 & up (including adults). The Jerry Long Family YMCA has teamed up with Triad Martial Arts and Wrestling Academy. Lead Sensei: Michele and Tarron Coalson.



JERRY LONG FAMILY YMCA

1150 S Peacehaven Road, Clemmons NC 27012

P 336 712 2000 F 336 712 2005 www.jerrylongymca.org

A United Way Agency Our Mission: "Helping all people reach their God-given potential in spirit, mind and body." Financial Assistance available.

LITTLE DRAGONS: Ages 4-6

DAYS/TIME: Mondays, 6:15-6:45pm and Thursdays, 6:30-7:00pm at Triad Martial Arts & Wrestling Academy in Lewisville. Basic Karate techniques mixed with interactive games and exercises to develop self-esteem and confidence.

ALL BELTS: Ages 7-12, Ages 13 & up
DAYS/TIME: Mondays and Fridays
Ages 7-12: 6:00-6:45pm, Ages 13 & up: 6:45-7:30pm at the Jerry Long Family YMCA. Learn the traditional art of selfdefense, and enjoy the benefits of increased flexibility, balance, strength, and character development.

SESSION DATES:

LITTLE DRAGONS

Session 1: September 5-30

Session 2: October 3-28

(No class on October 31)

Session 3: November 4-25

(No class on November 28)

Session 4: December 2-30

(No class on December 26)

Session 5: January 2-30 (2020)

ALL BELTS

Session 1: September 6-30

Session 2: October 4-28

Session 3: November 1-29

Session 4: December 2-30

Session 5: January 3-31 (2020)

PROGRAM FEES:

Registration Fee: \$30 per student

Monthly Charge: \$75 per Member and

\$125 per Potential Member Register

with a second or third person to

save! Second person

only \$40/session per family. Third

person only \$5/session per family.

Take a free class now! Try one class for free at the Jerry Long Family YMCA.

YMCA LEADERS CLUB

7TH - 12TH GRADE

This program will allow teens to gain hands-on experience while learning leadership skills for the future. Teens will participate in weekly meetings; fitness challenge/events, service projects, and optional trips. Being involved in Leaders Club gives you an opportunity to have great references for college applications, job applications and, if interested, a good way to show you are capable of working at the YMCA. Through this volunteer club, you learn a lot about the YMCA, and it gives you the opportunity to show you are dedicated, dependable and a hard worker.

LEAD ADVISOR: Kennedy Phillips

INFO SESSION/OPEN HOUSE:

Join us for an information session on Monday, September 9 from 6:00-7:30pm at the Jerry Long Family YMCA.

MEETINGS: Every Monday

Night starting September 16

from 7:00-8:00pm

YMCA PROGRAM FEE:

Members: \$50/

Potential Members: \$60



TEEN SPECIALTY TRAINING PROGRAMS

YOUTH & SPORT-SPECIFIC PERSONAL TRAINING

Training programs are designed specifically for each sport and are made to increase an athlete's strength, power, speed, quickness, agility, coordination, mental toughness, aerobic endurance, flexibility, and skill development.

Personal trainers are knowledgeable about their sport and will challenge each athlete to bring an attitude of hard work, accountability, teamwork, and total effort to each and every workout so that the athlete will improve both physically and mentally over the course of the training program.

SPORTS OFFERED: Soccer, Lacrosse, Basketball, Volleyball, Track, and Football

AGES: 5-18

PERSONAL TRAINING RATES/

PACKAGES: 1 Hour Session: \$45 members/\$65 potential members;
½ Hour Session: \$35 members/\$45 potential members

PERSONAL TRAINING PACKAGES:

1 Session: \$45 members/
\$65 potential members
4 Sessions: \$175 members/
\$255 potential members
8 Sessions: \$345 members/
\$505 potential members
12 Sessions: \$500 members/
\$720 potential members



REGISTRATION GOING ON NOW! QUESTIONS?

Please contact Adam Cardwell, Sr. Engagement Director – Retention and Wellness Operations at 336 712 2000 ext. 6566 or a.cardwell@ymcanwnc.org