

YMCA of Greensboro

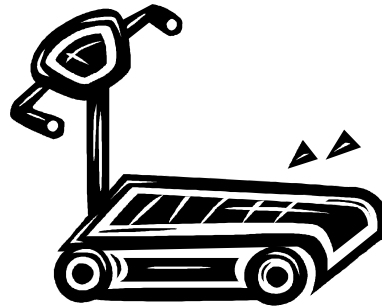
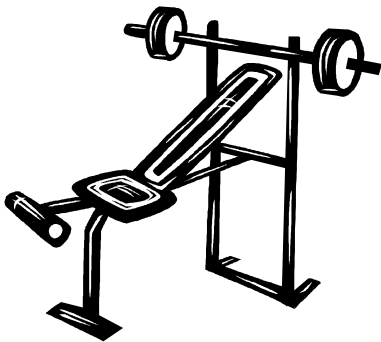
Teen Certification

You may be asking yourself:

What is the YMCA of Greensboro's Teen Certification Class?

The Teen Certification Class is a class that will allow Teens, ages 14-15 to use the fitness center at their YMCA without having a parent or guardian present.

The classes will be offered at various times throughout the month at each branch of the Greensboro YMCA, so if you cannot make it to your branch's class, try for another!!!!



Tell me more about this class...

The class is divided into three major portions: a practical portion, a lecture portion, and a testing portion.

The lecture portion covers some basic anatomy and physiology (muscles and how they work), rules of the fitness center, and important information on planning your workout.

The practical portion covers how to do several different exercises, the spotting techniques for those exercises, and how to use the cardio-room.

The testing portion is to test the knowledge that you have just learned. Don't worry though, it's not designed to make you fail. There will be a written portion testing your knowledge and a practical portion to show some exercises.

Registering

Classes will be held on the following days*:

Bryan	Fridays
Spears	Thursdays
Ragsdale	Sundays
Hayes Taylor	Thursdays
Reidsville	Tuesdays
Stoneycreek	Fridays

*Exact dates will vary from month to month, so check with your fitness staff to find out when the next classes are at your branch. Registration will close the day before the class is offered.

Cost: \$10 deposit**

**Deposit is refundable upon successful completion of class and receipt of signed contract.

YMCA of Greensboro

Spears Family YMCA (387-9622)

3216 Horse Pen Creek Road
Greensboro, NC

Bryan Family YMCA (478-9622)

501 W. Market Street
Greensboro, NC

**Hayes Taylor Memorial YMCA
(272-2131)**

1101 E. Market Street
Greensboro, NC

Ragsdale Family YMCA (882-9622)

Main Street
Jamestown, NC

Reidsville Family YMCA (342-3307)

504 S. Main Street
Reidsville, NC

Stoneycreek Express YMCA

(449-3222)

954 Golf House Road West
Whitsett, NC

www.ymcagreensboro.org

The mission of the YMCA of Greensboro is to put Judeo-Christian principles into practice through programs that build healthy spirit, mind, and body for all.

YHEALTH & FITNESS™

We build strong kids, strong families, strong communities.

Attention Teens 14-15!

*Its time for YOU to become
YMCA of Greensboro Teen
Certified!!!!*

