

## Fitness Center

### Afterschool Times:

Center located to the left after main entrance.

Monday through Friday

3:00 - 8:00p.m.

Saturday's

9:00 - 2:00p.m.

### Pre-Teen/Teen fitness.

As children grow older, they reduce outdoor play activities. Youth (ages 9-13) maintain their physical activity levels by participating in organized sports (teams), but others are left on their own and exercise less and less as they get older. To counter this trend and provide more opportunities for teens to get active, Torigian Family YMCA is changing the way we target and appeal to youth. Members are constantly supervised by a YMCA associate who will always be available on the floor.



# Youth / Teen Fitness Center!

For pre-teen/teens who are members of the facility.  
9-13 yrs. of age.



**FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

For more information contact  
Daniel Elias at Torigian Family YMCA.  
978-977-YMCA (9622)

## Torigian FamilyYMCA Information

The Torigian Family YMCA youth room is available to youth who are committed to a healthy lifestyle and want some exercise in their lives. The fitness center is a designated area available weekdays from 3:00-8:00pm, Saturday's from 9:00 - 2:00p.m. Other activities offered as part of a well rounded fitness plan are the indoor swimming pool, the rock wall, the gymnasium, the youth center (pool, Wii, board games, ping pong, etc, and the indoor track). YMCA staff will supervise youth during their time in the fitness facility.

A MANDATORY orientation is necessary before youth can utilize the equipment.



## Benefits to Teens:

- Strength development
- Increase metabolism
- Improved coordination and balance
- Decrease incidence of injuries
- Enhanced energy
- Healthier self-image

The center will be open 6 days a week Monday Through Saturday. Center is only for those who are members ages 9-13yrs.

Mandatory Orientation must be made by appointment. A one time\$25.00 fee is due at time of orientation, \$10.00 for each additional child.

Orientation is to be scheduled before any use of the fitness center. The teen center is able to offer you excellent equipment for your workout. With companies like, cybex, hoist, and other interactive technological equipment to give you an ultimate workout experience.



## Fitness Center Guidelines:

- Must be a member between the ages of 9 and 13.
- Teen membership badge must be worn & visible at all times while utilizing the facility
- Children must go through an in house orientation before utilizing equipment.
- There is a one hour maximum of time that children are allowed to use the center daily.
- Children will be able to gain access to our gymnasium, pool, indoor track and game room if fitness center is being fully occupied. ( see schedules at front desk for availability for these departments.)
- Day passes do not allow access to the fitness center
- I-Pod's and other musical devices are allowed while youth work out.

**For pre-teen/teens who are members of the facility.**

**9-13 yrs. of age.**