

## Fitness Center

### Afterschool Times:

Center located to  
the left after main  
entrance.

Monday through Friday

3:00-8:00p.m.

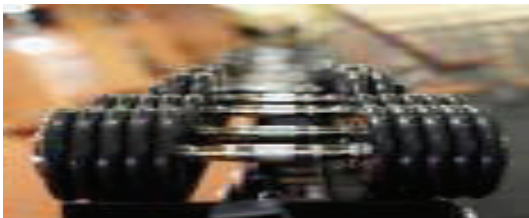
Saturday's

12:00-5:00p.m.

### Pre-Teen/Teen fitness.

Beginning in November 2009: Soft opening of the facility; please check operational hours.

As children grow older, they reduce outdoor play activities. Youth ( ages 10-14) 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.  
10-14 yrs. of age.



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

For pre-teen/teens who are members of the facility.  
10-14 yrs. of age.

**Fitness Center Guidelines:**

- Must be a member between the ages of 10 and 14.
- 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 workout.



**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 10-14yrs. Mandatory Orientation must be made by appointment. A one time \$25.00 fee is due at time of orientation. Orientation is to be scheduled on Monday's or Wednesday's between 3:30-5:30pm. The Fitness 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.



The Torigian Family YMCA 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. 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.**

**Torigian Family YMCA Information**