

YHEALTH & FITNESS™

We build strong kids, strong families, strong communities.

YMCA Youth Fitness Program

at the A.C. Lewis Branch YMCA

Youth between the age 12 and 14 are allowed to workout in the fitness center and may participate in our group exercise classes once they have received their Youth Fitness Button from one of our YMCA Fitness Trainers.

Here's what you need to do:

- Set up a training session for your child with one of the Fitness Trainers.
- If your child completes their training session with flying colors we will give them a Youth Fitness button. They must exhibit to our staff that they are mature enough to work out and obey the fitness center rules to receive their button.
- Have your child wear their Youth Fitness button every time they come to the YMCA to workout. They will not be allowed to work out without their Youth Fitness button.
- Parents need to be in the YMCA building when their child is working out in the weight room and must be participating with their child during any group exercise class. You may not drop your child off and leave the premises.
- Children can stay for no more than two hours per day.

For more information contact Donna Chustz at 924-3606 or dchustz@ymcabatonrouge.org

YMCA of the Capital Area Mission Statement

“Our YMCA is an Association of people united in common effort to enhance the quality of life, spiritually, mentally, physically and socially, for all, in the communities we serve through the ecumenical application of Christian principles.”