



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TWEEN BOOT CAMP

This fun and active program helps kids lead a healthy lifestyle. All the different aspects of fitness are taught including muscular strength, flexibility, and cardiovascular endurance. Games and sports are integrated into every session, along with discussion about healthy nutrition and exercise habits. This program focuses on making exercise fun by providing some smaller group attention and positive encouragement to make activity successful and rewarding while developing skills kids can use for years to come.

Upcoming sessions:

Classes are held Mondays and Wednesdays from 5:15 to 6:00 pm and meet in the Small Group Training Room. Four-week sessions; two-week session*; punch card system over the summer**.

Session Dates	Registration Dates
January 9 – February 1	December 20 – January 7
February 6 – February 29	January 21 – February 4
March 5 – March 28	February 11 – March 3
April 9 – May 2	March 24 – April 7
May 7 – May 30	April 21 – May 5
June 10**	May 1 – June 9
August 27 – September 19	August 11 – August 25
October 1 – October 24	September 15- September 29
November 5 – November 14*	October 20 – November 3

Ages:

Classes are offered for youth ages 8 – 12 years.

Fees:

Members: \$40 for four-week sessions; \$20 for two-week session
 Non-members: \$80 for four-week sessions; \$40 for two-week session

Registration:

Register at the Member Service Desk or online at ymcapalms.org by the registration deadline for each session above.

Please note: We must have a minimum of 8 participants in the class (with a max of 12).

YMCA OF THE PALMS

5450 YMCA Rd, Naples, FL 34109
 P 239 597 3148 F 239 597 8415 W ymcapalms.org



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PROGRAM REFUND POLICY

To request a program refund, you must notify the Member Services Desk.

We will give a full refund on any program or service that is canceled by the registration deadline.

- After the registration deadline and until the beginning of day two of any program or service we will give 100% credit (good for six months) to be applied to another YMCA program, or
- We will provide a pro rated refund for medical/family emergency reasons.

If the YMCA has to cancel a program, you will be given a full refund.

All credits are non-transferable.

Refunds for payments made by cash or check will be refunded via check. Refunds for payments made by credit cards will be returned to the same card. Checks will be issued by the YMCA of the Palms Association office. The check will be issued to the Primary Member. Please allow a minimum of 14 days to process.

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