

FIT FAMILY

Program Overview

If your children are interested in using the Wellness Center and are between the ages of 10 and 13, you must first sign up for the Fit Family Program. Under the instruction of a Wellness Coach, you and your child will go through age-appropriate orientations on our fitness equipment.

Upon completion of the Fit Family Program, children ages 10-13 will be allowed to use the Wellness Center facilities **under the direct supervision of a parent/guardian at all times.**

Program Details

Ages:	10-11	Cardio Only
	12-13	Cardio & Strength
Location:	Wellness Center	
Time & Date:	By appointment	
Staff:	Wellness Center Staff	
Fee:	FREE to all Westport Weston Family YMCA members	

To Register

1. Visit the Wellness Center and speak to a Wellness Coach.
2. Call 203-226-8981 x103 to book an appointment with a Wellness Coach.

Restrictions/Limitations

1. This program is available once per member.
2. If more than one child would like to complete this program, two appointments may be necessary.
3. This program is only available to members of the Westport Weston Family YMCA.
4. Please consult your physician before starting any new fitness program.

Questions?

Please contact our Wellness Coaches for any questions regarding this program. If you would like a more in-depth conversation about your personal wellness goals, please contact:

Shelly Goldman, Health & Wellness Director

Email: sgoldman@westportymca.org

Phone: 203-571-6035