



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# ATTENTION 7th GRADERS TAKE OVER THE Y!!!

All Ocean County 7th graders  
are entitled to participate at the  
**Y for FREE!**

Engaging in regular physical activity and exercise is important for adolescence. It promotes growth, helps them build strength and develop healthy bodies and can even enhance academic performance.



This complimentary Membership encourages kids to step out of their comfort zone and into their growth zone by instilling a sense of independence, responsibility, respect, leadership and of course, fun!

The 7th Grade Membership Initiative includes:

- Strength Training VS Functional Training Class required to utilize our new Family Activity Center with state of the art functional fitness equipment
- Swimming all year round
- Fitness Classes

For more information regarding this exciting program contact:

Elsa DiMiele, Healthy Living Coordinator, 732 341 9622 ext 2236 or [edimiele@ocymca.org](mailto:edimiele@ocymca.org)

\*Membership valid 9/1/19 through 8/31/20 of students' 7th grade year