

SHEBOYGAN YMCA

812 Broughton Drive, Sheboygan, WI 53081

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www.sheboygancountymca.org



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SHEBOYGAN YMCA TEEN STRENGTH CLASSES

TEEN STRENGTH TRAINING - SHEBOYGAN YMCA

SUMMER 1: JUNE 9 - JULY 14, 2025

SUMMER 2: JULY 21 - AUGUST 18, 2025

Ages 12 - 15

Completion of this class allows open use of the fitness centers for the young teen. They will learn the basics of weight training with a trainer. Basic instruction includes proper weight training form and technique, weight room safety and cardiovascular training. **Youth age 12 must complete S.P.A.R.K. first. Fee is for 5-week session.**

Monday.....4:00 - 5:00pm

Sheboygan County Y Family Member \$35.00

Sheboygan County Y Youth Member \$42.00

For more information, please contact:

Mya Leverenz

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Phone: 920-467-2464 x114

TEEN STRENGTH INDIVIDUAL TRAINING - SHEBOYGAN YMCA

Ages 12 - 15

If you are unable to attend the teen strength class, or want to get in the weight room sooner, this option is catered around your schedule and can be completed in days rather than multiple weeks. Teens will work one on one with a trainer to complete teen strength in three hours (scheduled one hour at a time at a mutually agreed upon time). After completion, teens have full access to the fitness center. **Youth age 12 must complete S.P.A.R.K. first.**

Sheboygan County Y Member Only \$89.00

[Click here to register](#)

Or stop at the Welcome Desk to register!

