

# PERSONAL TRAINING

## YOUTH

**Ages: 12-16**

The Y offers Youth Personal Training packages with our Certified Personal Trainers.

### Benefits of YMCA Personal Training:

- Develop personalized workouts
- Learn proper technique/form
- Develop an engaging routine
- Accountability
- Motivation
- Professional instruction
- Special needs training
- FREE initial 30 min. consultation with purchase of any package
- Achieve results/reach goals
- Learn life-long skills
- Better health & vitality

### Packages

2 Hours:	\$70	(\$35/per hour)
4 Hours:	\$132	(\$33/per hour)
8 Hours:	\$240	(\$30/per hour)

Please see the Y's Front Desk to fill out a Personal Training request form.



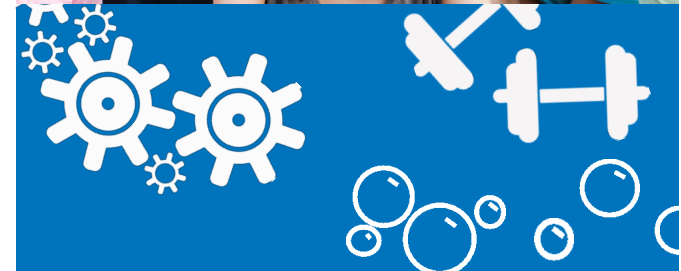
### Campanelli YMCA

300 W. Wise Rd,  
Schaumburg, IL 60193  
847.891.9622  
[www.campanelliyymca.org](http://www.campanelliyymca.org)



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# YMCA TEEN PROGRAMS FOR AGES 10+



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## SPORTS

### MARTIAL ARTS

**Ages: 16+**

#### Advanced Class

Bujinkan Budo Taijutsu, the basis for the U.S Marine Corps Martial Arts Program. This class provides training in striking, grappling, joint locking, tumbling, break falls, and natural movement to confront larger, stronger, or even multiple opponents without reliance on brute force, speed or strength. Training with padded weapons provided.

#### Includes 2 classes per week:

Thurs 8:00 pm - 9:45 pm **AND**  
Sat 12:00 pm - 2:00 pm

M \$120 / \$125 CM

- **OR** -

Individual may choose occasional participation for an \$18 per class DROP IN FEE.

**PLEASE NOTE:** If you are not at an advanced class level, please see front desk for preparation classes.



## AQUATICS

### TEEN SWIM LESSONS

**Ages: 10-15**

**JR. ADAPTIVE:** Basic class for youth with physical disabilities. Ratio 1:1.

**STROKE CLINIC:** Advanced beyond Shark swim level to improve techniques. Ratio: 1:10.

**SWIM CLUB:** Ages 12 & older. Must be at Flying Fish swim level. Training and conditioning in & out of the water to prep for local swim teams. Swim club will be 45 min. gym workout and 45 min. swim workout. Ratio: 1:10.

**PLEASE NOTE:** If you are not at one of these swim levels, contact Kristy Merrill at 847.891.9622 x 121 or kristym@gcfymca.org for placement suggestions.

#### JR. WATER ADAPTIVE

Sun 9:15-10:00 am M \$65 / CM \$120

#### STROKE CLINIC

Sun 11:30- 12:15 pm M \$45 / CM \$90

Wed 5:45-6:30 pm M \$45 / CM \$90

**SWIM CLUB** (NOTE: Training for this class begins in the gym)

Sun 10:45- 12:15 pm M \$65 / CM \$120

Wed 5:00-6:30 pm M \$65 / CM \$120



## FITNESS

### "TEEN START" CERTIFICATION

**Ages: 12-15**

Campanelli YMCA offers a "Teen Start" Certification that teaches participants how to safely use the cardio and strength fitness equipment in the field house. Learn proper form and how to adjust the machines. Upon completion of this program, participants are eligible to use the fitness center at any time. Participants will also receive a card verifying they have completed the certification.

Offered on **Saturday or Sunday mornings until 12pm (noon)**. Please make an appointment at the Y's Front Desk. **YMCA MEMBERS: \$15**



For more information, please contact Lisa Ayeski at 847.891.9622 x 109 or lisaa@gcfymca.org.