



# Youth Fitness Exploration Program

## Building strength and increasing health with fun

This is an opportunity for eligible students to build healthy decision-making by trying different styles of fun fitness activities and food. They will get to work with a variety of fitness teachers and even make music! Every week there will be a new fitness activity to help keep things interesting and new, so put on some comfortable clothes and join us!

**Mondays and  
Wednesdays**  
**4 – 6 p.m.**

\*FREE to participating students, slots are limited

For more information,  
contact Synala at  
ssmith@ywcagreenbay.org

Or leave a voicemail at:  
920.432.5581 ext. 141

### Activities Include

- Sessions with our Swimming, Tae Kwon Do, Dancing, and Tumbling Instructors
- Learn how to create music and podcasts
- Healthy snack at each meeting
- Food and nutrition education
- Other activities may include Pickle ball, Yoga, and Games

### Youth Criteria

- \* Must be between 11-14 years of age
- \* Minority and/or low income students are encouraged.

*This program is funded by the Wisconsin Department of Health Services.*

**YWCA IS ON A MISSION**

eliminating racism  
empowering women

**ywca**

Greater Green Bay



## What are the benefits?

- Make new friends
- Strengthen swimming skills
- Learn about Tae Kwon Do, Dancing, Tumbling, and more
- Create music! 🎵
- Get out of the house



## Keeping you safe among COVID-19

- We want to keep our friends healthy and safe, so everyone will be following social distance guidelines while participating.



## Take Route #6,8,9, or 13 to Stop Near Us

- The Green Bay Metro is Free for students with an ID!



## Call now, Register Later

- Call Synala, and we will be ready for you, registration papers can be filled out at arrival
- Walk In applications are available at the front desk



## Session Spots are Still Available!

- **Next Session Starts on Nov. 16th**
- If the group is full or starting in the middle is uncomfortable, it's okay! We can get you registered for the next available group session.

**Please be in touch in regard to any barriers.  
You belong at the YWCA**

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**YWCA IS ON A MISSION**

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