

Teen Certification



- Are you 14 or 15 years old? Do you want to workout in the fitness center?
- If so, you need to take a Teen Certification class.
- Come prepared to learn about the YMCA, the rules of the fitness center, and the best ways to enhance your health.

You only need to complete one session to be certified.

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Our Mission: To put Judeo-Christian principles into practice through programs
That build a healthy spirit, mind and body for all.
Visit our website: www.ragsdaleymca.org