



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# TEEN CERTIFICATION

**CALLING ALL 14 & 15 YEAR OLDS WHO WANT TO WORK OUT IN THE FITNESS CENTER BY THEMSELVES...YOU MUST TAKE THE TEEN CERTIFICATION CLASS!**

**MARCH 5 4PM TO 6PM(07FITC5)  
MARCH 17 10AM TO NOON(07FITC17)  
APRIL 2 4PM TO 6PM(07FITC2)  
APRIL 21 10AM TO NOON(07FITC21)**

RAGSDALE FAMILY YMCA  
900 BONNER DRIVE  
JAMESTOWN, NC 27282  
[ragsdaleymca.org](http://ragsdaleymca.org)



**Come prepared to learn about the YMCA, the rules of the fitness center, and the safe way to use the equipment. You must register ahead and be on time for class.**

Office purposes only: please register teen, highlight the class they are taking above and mark in appointment book