



YOUTH STRENGTH TRAINING

SUMMER 2015

QUICK FACTS

WHAT Youth Strength Training

WHERE Lehi Legacy Center, Weight Room

WHO 12yrs to 18yrs; Beginner to Intermediate fitness level.

WHEN Session I - June 16 - July 2.
Session II - July 14 - July 30.

DAYS Tuesday and Thursday

FEES \$120

YOUTH STRENGTH TRAINING

Looking for a way to help your kids stay or become more active? Strength Training is a great way to help your kids develop a healthy body image, self-confidence, and self-esteem. If we can help give them the tools they need to stay active and fit while they are young, this will increase the chance of it carrying over into adulthood and can have a significant impact on their lifestyle and level of activity as they grow up! If you have kids that will be participating in sports or other recreational activities, a well-structured and supervised strength training program by a qualified professional is probably one of the best ways to help them develop their strength, performance, and decrease their risk of injury!

OBJECTIVE

Helping your child learn safe and proper techniques that:

- Improve their muscular strength and endurance.
- Decrease their risk of injury in sports and other activities.
- Help promote healthy blood pressure and cholesterol levels.
- Help your child maintain a healthy weight.
- Help promote a healthy lifestyle that are enjoyable, and your child can continue to use as he or she grows older.

REGISTRATION

Registration Deadline: Until Full

Register at the Legacy Center Back Office during normal business hours or online at www.lehi-ut.gov/legacy-center.

MORE INFORMATION



For more information contact the Legacy Center Front Desk at 385.201.2000 OR Tiffany at ftheath@gmail.com (801-471-8879).



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Each participant will receive a personalized notebook with a progressive, written workout with various exercises targeting all the major muscles, appropriate recommended number of sets and repetitions, and optional homework so your child will be able to continue workouts on their own after they complete sessions in a safe and effective manner.

Session 1	Session 2
Tuesday & Thursday	Tuesday & Thursday
June 16 - July 2	July 14 - July 30
8:30 a.m. - 9:30 a.m.	8:30 a.m. - 9:30 a.m.

LEHI LEGACY CENTER
123 North Center Street
385.201.2000
www.lehi-ut.gov/legacy-center

LEHI  CITY
RECREATION

REGISTRATION HOURS
Monday-Friday
8 a.m. to 6 p.m.
or register online.