



# fitness

## Youth Fitness Program

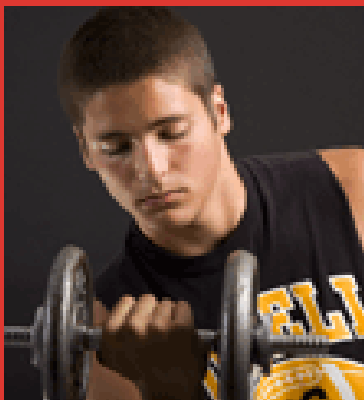
Children ages 10-13 years old may participate in this program.

Do you want your children to workout with you in the fitness center? Children ages 10-12\* years old can learn to use the fitness center in a safe and effective manner. After successful completion of **YFP Basic**, which involves a separately scheduled practical examination, your child will be permitted to use the APJCC fitness center.



***YFP Camp is an extension of our YFP Basic program and will entail more in-depth instruction and practice of safe program design and exercise selection.***

\*Children age 13 are welcome to attend YFP Basic or YFP Camp. Children ages 13-15 years old may exercise in Fitness A & B after having completed a Health & Fitness Orientation.



YFP Basic	DAYS	DATES	TIME	CM	SM/NM
Mon/Wed		TBD	4:00-5:00pm	\$200	\$250
Mon/Wed		TBD	6:00-7:00pm	\$200	\$250

YFP Camp	DAYS	DATES	TIME	CM	SM/NM
Mon/Wed		TBD	4:00-5:00pm	\$420	\$540
Mon/Wed		TBD	6:00-7:00pm	\$420	\$540



Levy Family Campus  
14855 Oka Road Suite 201  
Los Gatos, CA 95032

Preregistration is required. Classes will be formed when 3 registrations forms are received.

For more information, contact Phillip Toves, Certified Personal Trainer, at [phillipt@svjcc.org](mailto:phillipt@svjcc.org). To register, contact Deborah Rothschild, Director of Wellness Services, at [deborahr@svjcc.org](mailto:deborahr@svjcc.org).