## Youth Strength & Fitness (Girls Only)

## Moving For Fun II (Ages 12-15)

Winter session 2017

# Instructor Information

|  |  |  |
| --- | --- | --- |
| Instructor | Email | Class Location & Hours |
| **Stephanie Clark** | srockette@ymcaswm.com | Weight Room/Gym,  M & W 1 hour 4pm -5pm |

# General Information

## Description

**Girls only strength & fitness-** is a combination of cardiovascular exercise and strength training. This class offers a sampling of agility, cardio and strength training activities and will provide your child with a fun, safe, and effective workouts. This class is a low/moderate level wellness program it will incorporate all major muscle groups and teach students to understand proper lifting technique, form, and various types of training.

## Expectations and Goals: (circle one): Pass/Fail or Grade Given

10 question quiz (Grade)

85% of class attendance

# Course Materials

## Required Materials (most should be provided by teacher covered in course fee, indicate if provided by student, i.e. sewing kit)

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## Optional Materials (provided by student/family)

Weight lifting gloves

Bottle of water

# Course Schedule

| Week | Topic | |  |  |
| --- | --- | --- | --- | --- |
| See attachment |  | |  |  |
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# End of Semester: Finished Work

* Evidence of Learning (circle one): **post-test score improvement,**