

YOUTH / TEEN PROGRAMS

YOUTH FITNESS

AGES: Group 1: 8 to 10 years
Group 2: 11 to 13 years
WHERE: Community Center
WHEN: Monday & Wednesday
Session 1: September 13 to October 27
Session 2: November 1 to December 15
TIME: Group 1: 5:00PM to 5:45PM
Group 2: 5:45PM to 6:30PM
MIN/MAX: 12/16

FEES (per session):	Session 1 Until Sept. 1		Session 2 Until Oct. 29	
	Discount Price	Regular Price	Discount Price	Regular Price
SH Resident	\$25	\$35	\$25	\$35
Non Resident	\$30	\$40	\$30	\$40

Are you tired of sitting in front of the TV after school and looking for a fun alternative for physical fitness? Now you can train and workout in a fun and exciting environment. Our Youth Fitness program is designed with you in mind. The machines are smaller and more fun than the adult machines so you can get healthy while you are having fun.

TEEN WEIGHT LIFTING

AGES: 13 to 15 years old
WHERE: Fitness Center
WHEN: **Session 1:** September 13 to October 27
Session 2: November 1 to December 15
DAYS: Monday & Wednesday (7 weeks)
TIME: 6:45PM to 7:30PM
MIN/MAX: 6/12

FEES (per session):	Session 1 Until Sept. 1		Session 2 Until Oct. 29	
	Discount Price	Regular Price	Discount Price	Regular Price
SH Resident	\$45	\$55	\$45	\$55
Non Resident	\$50	\$60	\$50	\$60

Are you hoping to make your school's sport team? Do you want to look and feel your best for the next dance? Do you want to lift weights? Do you know how to lift weights? If you answered yes to any of these questions, this class is for you. Join this class to help you achieve the results you're looking for. All fitness levels are welcome.

YOUTH GUITAR I & II

AGES: 5 to 11 years old
WHERE: Community Center
WHEN: Thursday (7 weeks) (**No Class 11/25**)
Session 1: September 9 to October 21
Session 2: October 28 to December 16
Guitar I: 4:00PM to 4:45PM
Guitar II: 5:00 to 5:45PM
MIN/MAX: 5/20

FEES (per session):	Session 1 Until Sept. 1		Session 2 Until Oct. 29	
	Discount Price	Regular Price	Discount Price	Regular Price
SH Resident	\$43	\$53	\$43	\$53
Non Resident	\$48	\$58	\$48	\$58

Guitar I: This class teaches basic guitar instruction to students interested in learning to play. Students will learn to play simple songs, chord structure and proper fingering technique.

Guitar II: This class is the next step of Beginning Guitar I and is only available to students who have taken 2 sessions of Guitar I or with the instructor's permission

YOUTH SINGING WORKSHOP

NEW

AGES: 7 to 12 years old
WHERE: Community Center
WHEN: Saturday (7 weeks)
Session 1: September 11 to October 23
Session 2: October 30 to December 11
TIME: 10:00AM to 11:00AM
MIN/MAX: 8/25
FEES: \$41 SH Resident
\$46 Non-Resident

This class is a fun group oriented singing and vocal exercise class designed to teach how to maximize your individual vocal ability in a group setting. Each week students will first go through vocal warm-up and vocal strengthening exercises then learn and perform songs from various music styles as a group. The class will run for 2 consecutive sessions and will perform together for family/friends as a group at the end of the 2nd session.