



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Hunterdon County YMCA Strong Kids Membership 7th Grade Initiative



**It takes 21 days to form a habit.
We're giving you 365.**

Studies have shown life-long fitness habits begin to form in 7th grade.

The Strong Kids Membership will allow Hunterdon County 7th graders to strengthen behaviors of remaining active, staying fit and gaining a better understanding of nutrition and the importance of continuing these habits into their adult lives.

The membership includes:

- Access to both Deer Path and Round Valley fitness centers (ages 12+)
- Access to the Deer Path pool for recreational and lap swimming
- Orientation and workout
- FitLinxx enrollment—computerized workout tracking system with web access
- Group fitness classes
- Opportunity to register for fee-based programs at the full facility member rate

For more information visit www.hcymca.org



Find us on Facebook!

Complimentary Strong Kids Memberships are available to all 7th graders in Hunterdon County from 9/1/11-8/31/12. Membership must be taken out in person at either the Deer Path or Round Valley branch of the Hunterdon County YMCA. Proof of grade is required, along with a parent or guardian's permission.