



Active Teen Summer Pass

Building healthy
communities

At the Y, all teens ages 13-18 can work out at the Y for Free. This means they can:

go swimming and use the hot tub —work out in the gym or on the fitness floor
-take a fitness class including yoga, Cyclefit, pilates, bootcamp, Zumba and
much more — enjoy all the benefits of Y membership - at no cost
be with their friends in a safe and welcoming space



www.YMCAteen.ca

YMCA Active Teen Summer Pass



www.vanymca.org

It's our way of encouraging youth to get moving and reach their full potential. The **Active Teen Summer Pass** is available beginning July 1 and is valid until August 31, 2015 at

[Chilliwack Family YMCA](http://ChilliwackFamilyYMCA) 45844 Hocking Ave, Chilliwack, [\(604\) 792-3371](tel:6047923371)

Some restrictions apply

*Certain restrictions apply: teens get access to the facilities for free during Monday to Friday, 9 a.m. to 5 p.m.
and all-day on weekends*

*. The free access does not apply to swim lessons, which is part of an ongoing membership. *Teens under the age of 15 must take a strength training orientation before entering the fitness floor. There are some branch-specific restrictions regarding group fitness attendance. Parents must register their teens.*