



## **MONTGOMERY YMCA TEEN TRAINING**

Members ages 14-15 are allowed to train with a parent in the Main Wellness Centers and Y's Up Centers. An orientation with a YMCA Wellness Coach is recommended for all 14 & 15 Yr. Olds and their parents.

To use Wellness Centers and Y's Up Centers, 14 & 15 yr. olds:

- Must train with a parent while in the Wellness Centers
- Should use Youth/Family Locker rooms at Bell Road, and Wilson YMCA's
- May use the Bell Road Healthy Family Center without an adult
- May only use Wellness Centers during non-peak times:

Monday-Friday	Open-8:30am
Monday-Friday	10:30am-4:30pm
Monday-Friday	6:30pm-Close
Saturday:	
Bell Road	7:00am-5:00pm
Wilson	8:00am-12:00pm
Somerset	8:00am-12:00pm
Hampstead	8:00am-12:00pm
Sunday	
Bell Road	1:00pm-5:00pm
Wilson	1:00pm-4:00pm
Somerset	1:00pm-5:00pm
Hampstead	1:00pm-5:00pm

**All other times are designated at adult only times. For more information, please contact the Wellness Director, Alexis Talbott, at 271-4343.**

