



**FOR YOUTH DEVELOPMENT®**  
**FOR HEALTHY LIVING**  
**FOR SOCIAL RESPONSIBILITY**

# HEALTHY TEENS 2014-15

## Free 7th Grade Strong Kids Membership

7th grade has proven to be an important time for children to continue to remain active and gain the life-long wellness practices that will help them develop healthy habits.

It is the intention of the Y to provide a safe place for 7th graders to meet after school which encourages a healthy lifestyle through special programs and facilities.

**Therefore, all 7th graders in the Bergen County School Systems will be eligible for a free school-year 7th Grade Strong Kids Membership at the YMCA of Greater Bergen County for 2014-2015.**

Registration required. Students simply need to bring proof of 7<sup>th</sup> grade status (a roster or report card), along with a parent/guardian to the Y's front desk to register.

Transportation is not provided.



**SCHOOL YEAR  
HOURS\***  
**Monday—Friday  
3:00 to 6:00 p.m.**

\*Program follows school calendar of Hackensack School system.

**FACILITIES**  
**Cardio Equipment**  
**Free Weights**  
**Circuit Training**  
**Basketball/Gym**

**FREE PROGRAMS**  
**Swimming**  
**Gym Games:** Dodgeball,  
Basketball, Soccer  
**Youth Fitness:** Strength  
& Conditioning Program

---

**For More Information:**

Mary Sullivan, Youth Sports & Teen Director

**YMCA of Greater Bergen County**, 360 Main Street, Hackensack, NJ 07601  
[www.ymcagbc.org](http://www.ymcagbc.org), 201 487 6600, ext. 205, [msullivan@ymcagbc.org](mailto:msullivan@ymcagbc.org)