



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

7GI

7TH GRADE

FUN, FITNESS AND FREE

The 7th Grade Initiative (7GI) supports and encourages teens to maintain and adopt healthy lifestyles at an age when they are beginning to make their own choice regarding health and wellness. The program provides opportunities for fitness and sports, as well as an opportunity to socialize with peers in a safe, supervised and

7th Grade Membership includes:

- Open gym and open swim
- Free classes and programs including cycle, Zumba, athletic conditioning and dodgeball
- 7/8 Grade Wellness
- New Fun Interactive (FIT) room - a place for 7/8 graders to come and improve their athletic skills

This special free membership is available only to 7th graders in Clark, Fanwood and Scotch Plains. Membership is effective for 7th graders from

IT'S EASY TO GET STARTED

Bring the following to the Y to activate your membership:

1. Your School ID, roster or report card
2. A parent or guardian
3. Sign a Code of Conduct
4. Complete a few quick forms

Fanwood-Scotch Plains YMCA