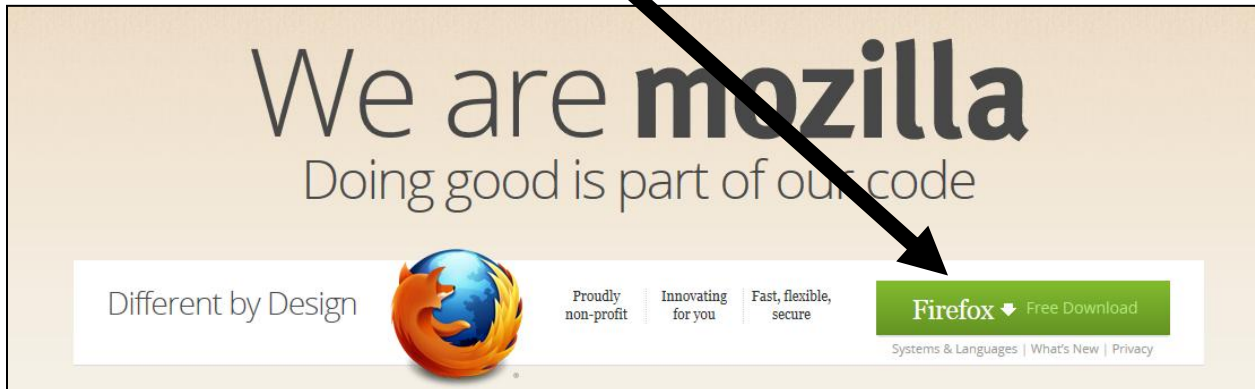


APPLE, MAC, and/or iPad users

Apple users need to download Mozilla Firefox web browser to view the YMCA Youth Fitness Fundamentals training. Apple products include Macintosh, MAC Books, and iPads.

Go to www.mozilla.org

Click on the Firefox Free Download button



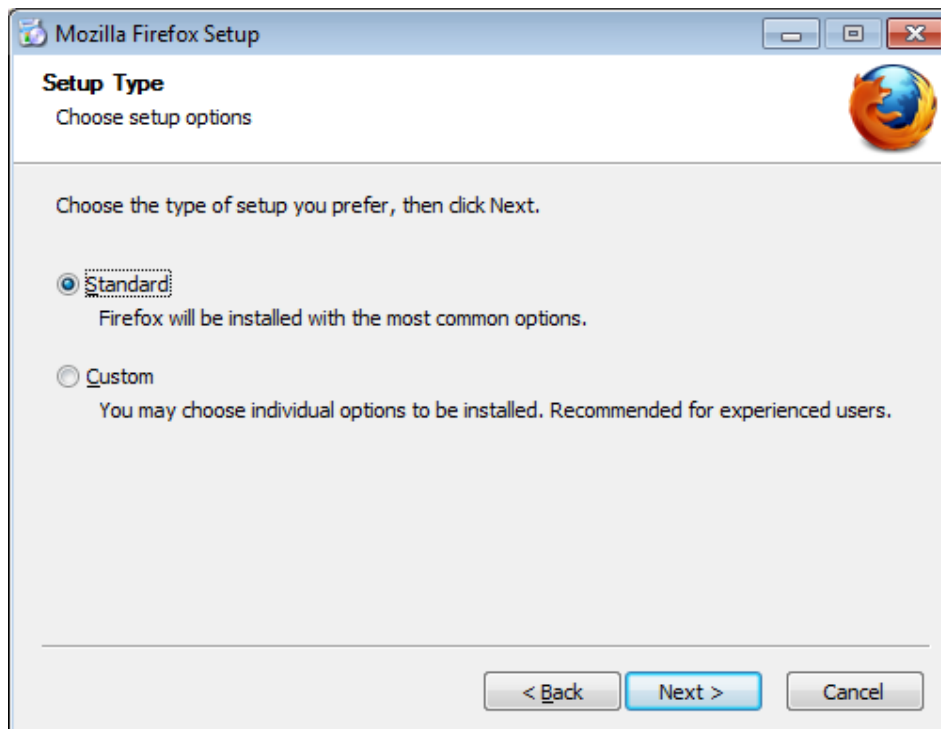
Click on the Run button



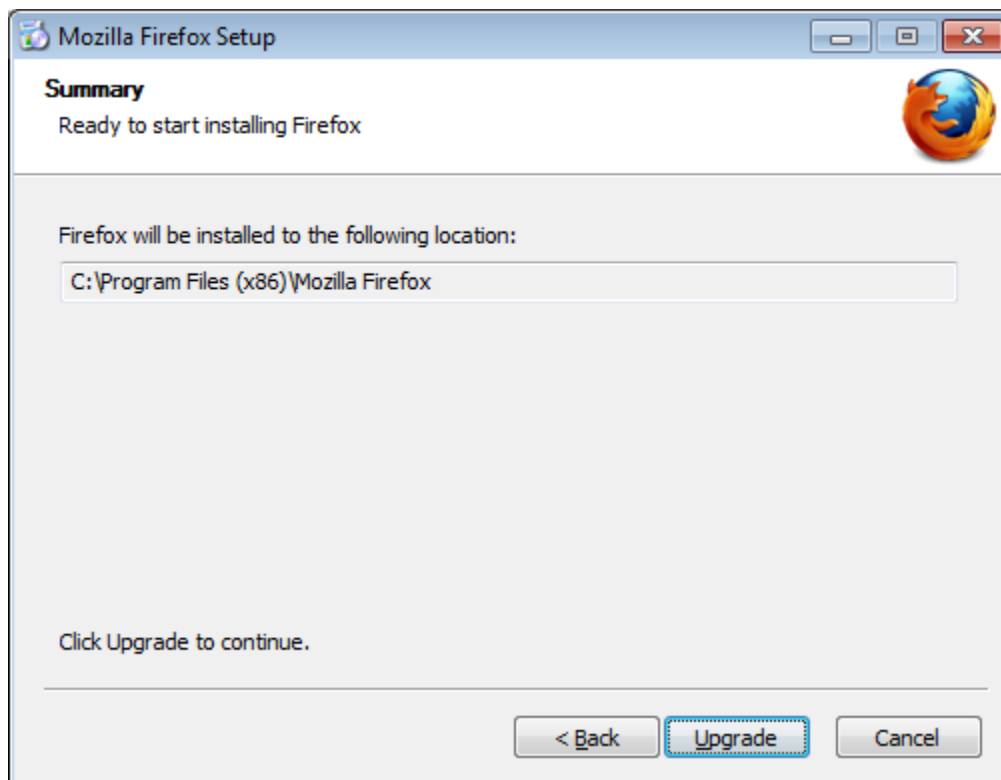
Click on the "Next" button



Select Standard or Custom (up to you) and click on the "Next" button



If you already have Mozilla, it will give you an option to upgrade.



Click on Finish. Firefox will be available on your Apple computer.

