

# Teen Strength Training

This 5 week class is for kids 13-17 years of age. This class is for all levels from beginners to competitive athletes. Class will be held twice a week for five weeks. **Wednesday's & Friday's 5:45 to 6:30**. We will work on technique, core strength development, and overall physical improvement through strength training. All participants will be certified in the weight room. This is a great class to be introduced to weight lifting. Class size will be limited to six to ensure maximum one on one time.

*Begins  
June 8th!!*

*For questions about this program, please contact Anthony DeHaven at 753-5141*

**\$20 YMCA Members  
\$40 Non-member**



**CLASS SIZE IS LIMITED SO SIGN UP NOW!**

Teen Strength Training Summer I 2010

Name \_\_\_\_\_ DOB \_\_\_\_\_ Age \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Emergency Phone \_\_\_\_\_

Parent's Signature \_\_\_\_\_