

# Youth Boot Camp

## YHEALTH & FITNESS™

We build strong kids, strong families, strong communities.

**Begins  
June 7th**

This 5 week program is designed for youth that are wanting to learn how to stay in shape and the proper way to train. This is not a class that will involve any lifting of weights, this is more about general conditioning. Class will be limited to 12, so hurry to register as the class will fill up fast. For more information contact Anthony

DeHaven @ 753-5141

**\*Overall Fitness  
\*Stretching  
\*Everyday exercising  
\*Coaching**

**\$20 Members  
\$40 Non Members**

**Mondays & Wednesdays Afternoons**

**Ages 10 to 18 years old**

### Youth Boot Camp Summer I 2010

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

Address \_\_\_\_\_ Phone \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_ Emergency Phone \_\_\_\_\_

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



[casscountymca.org](http://casscountymca.org)

