



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

BUILD YOUR SKILLS

OFF-SEASON CONDITIONING

Improve fitness, strength, movement, and endurance

- TUESDAY and THURSDAY 3:30-5:00 PM in FEBRUARY (8 Sessions)
- STUDENTS MAY RIDE THE ACTIVITY BUS FROM SCHOOL TO BBJ YMCA
- POST AND PRE TESTING TO SHOW IMPROVEMENTS
- PRESENTED BY YMCA LICENSED COACHES
- \$45 Y MEMBERS \$90 NON MEMBERS



PROGRAM STARTS FEBRUARY 2021
REGISTER NOW THROUGH JANUARY
Limited to 20 participants.

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