



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

2021 Strong Athletes for Life

Off Season Conditioning

Through YMCA Strong Athletes, students will learn the basics of building a solid foundation of strength in the off season. All ability levels, grades 6-12 are welcome to participate. Limited to 20 participants.

Leadership

Strong Athletes for Life Off-Season Conditioning will be led by a Certified Speed & Agility Coach, Level 1 Youth Fitness Specialist, personal trainer and a highly certified fitness instructor.

Group Focus

Strong Athletes for Life Off-Season Conditioning for young athletes will focus on improving foundational movement patterns and general strength and conditioning. This work will establish excellent base for strength!

Tuesdays and Thursdays in February 3:30-5:00 PM (8 Sessions)

\$45 Y Members \$90 Non-Members
**Students may ride the activity bus from school*

BBJ YMCA Strong Athletes for Life Registration

Child's Name: _____

Gender: _____ Birth Date: _____ Age: _____

School Grade: _____ Address: _____

City: _____ Phone #: _____

Email: _____

The YMCA has permission to use photographs and/or videos of my child in YMCA promotional materials.

Parent Signature: _____

**Please return with payment to: Barbara B. Jordan YMCA, 2039 E. Morgan Street
Martinsville, IN 46151, (765) 342-6688**

Follow all YMCA sports activities on twitter @bbjymca