

YOUTH FITNESS PROGRAMS

DAYS/TIMES OFFERED

Price: \$55 Members || \$110 Community Members

AGES: 5-8

GYM KIDS

Tuesdays 3pm-3:45pm

RUNNERS AND JUMPERS

Tuesdays 6pm-6:45pm

AGES: 9-12

SPORTS CONDITIONING

Mondays 4pm-4:45pm

SPORTS CONDITIONING

Thursday 5pm-5:45pm

AGES: 12-15

INTRO TO OLYMPIC LIFTING

Monday 5pm-6pm

SPORTS CONDITIONING

Wednesday 4:30pm-5:30pm

INTRO TO OLYMPIC LIFTING

Thursday 4pm-5pm



REGISTER AT:

oldcolonyymca.org

or The Middleboro YMCA

GYM KIDS

This program is designed to develop interpersonal skills, self esteem, and confidence through team work, target games, throwing and catching and running and jumping activities.

INTRO TO OLYMPIC WEIGHTLIFTING

This entry level course will teach the basics of Olympic lifts, focusing on form and safe progression. Participants will improve power and overall strength. All levels welcome!

RUNNERS AND JUMPERS

This class is perfect for energetic kids who like to race, skip and jump! Each class will incorporate different styles of running from relays to sprints and introduce fun activities to instill a positive association with exercise and movement.

SPORTS CONDITIONING

This class is ideal for young athletes who want to get quicker, faster and more confident in their sport. Each class incorporates speed, coordination, agility and flexibility as well as developing each athletes muscular and aerobic endurance.

OLD COLONY YMCA REFUND POLICY

Program fees will be refunded only if the YMCA cancels a program. A 50% credit may be issued only for medical reasons upon presentation of a doctor's certification and if requested prior to the start of the 2nd class. No credit will be issued after the start of the 2nd week. Program participants must complete a refund form and submit it with the registration receipts.

FOR YOUTH DEVELOPMENT™



For more information please contact:

Janna Gardner, Health and Wellness Director
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**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

YOUTH FITNESS

PROGRAMS



MIDDLEBORO -OLD COLONY YMCA

June 30– Aug. 23, 2019