



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

SPEED & AGILITY PROGRAM

This 6 week program is designed for the young athlete as well as youth who want to stay active. The Y understands the need to keep youth active and training. Our coaches will push each athlete to achieve their personal goals and show them the techniques of physical fitness that will foster a healthy attitude toward exercise. Our classes will focus on improvement in strength, conditioning, speed and agility.

CORE OBJECTIVES:

- Increase Strength & Conditioning
- Develop Speed & Acceleration
- Improve Lateral Movement & Agility
- Enhance Vertical Jump & Explosiveness
- Improve Flexibility through Stretching
- Maximize Overall Athleticism
- Train Leadership & Mental Toughness

PROGRAM RUNS:

JULY 8TH – AUGUST 14TH

AGES:

10 - 15 YEAR OLDS

DAYS:

MONDAYS & WEDNESDAYS

11:00 AM - 12:30 PM

PROGRAM FEE:

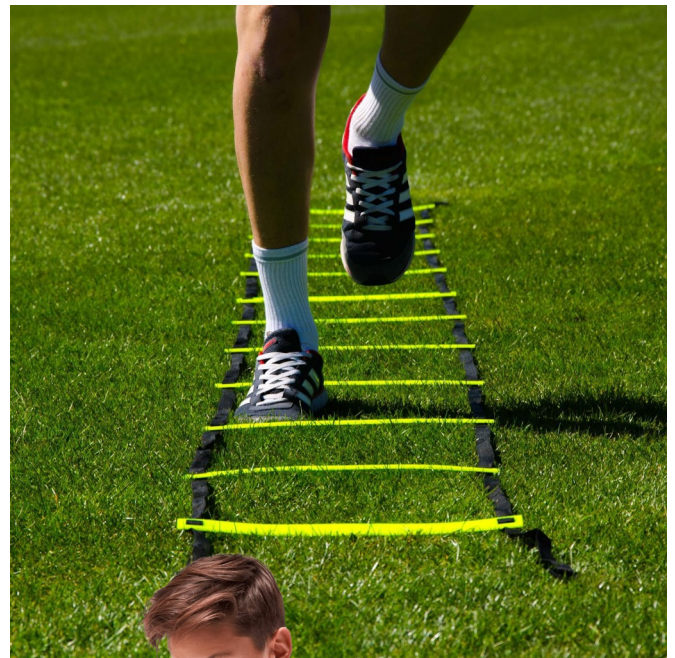
YMCA MEMBER - \$30

COMMUNITY PARTICIPANT - \$55

LOCATION:

CAMPUS FAMILY YMCA,

3601 N Village Dr.



COME VISIT US AT THE YMCA

WWW.STJOYMCA.ORG

816-671-9622

