

Get Kids Moving in the
Right Direction!
Get Them involved in
**Youth Strength
Training!**

Do you know a **9-14 year old** who could benefit from a well-guided fitness program? Here at the **Olympia Downtown YMCA**, we are committed in helping improve the health of young people in our communities through new and innovative youth health and fitness programs and activities.

Inquire at our Member Services if you are interested to know more or call (360) 357-6609.



Olympia Downtown YMCA



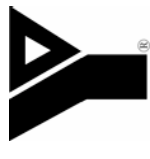
**Olympia Downtown
YMCA**

510 Franklin Street SE
Olympia, WA 98501
(360) 357-6609

**Youth
Strength
Training
Phase 1**



www.southsoundymca.org



*We build strong kids,
strong families & strong communities.*

Youth Strength Training

The YMCA encourages our youth to embrace all of the components of fitness and to view strength training as only one part of a total health program. Youth Strength Training (Y.S.T.) is designed to help you achieve fitness and awareness at an early age. Strength and coordination not only help you develop physically, but also socially, in a safe, friendly and encouraging setting.

This Program Includes:

- Setting Goals & Realizing Potential & Abilities
- Fitness Room Safety & Guidelines
- Proper Workout Technique & Form
- Benefits of Strength & Conditioning
- The Importance of cardiovascular Endurance
- Free Weights & Selectorized Machines
- Enhancing Sports performance
- Injury Prevention
- Diet & Nutrition
- Posture & Flexibility & much more.

Full Members- \$30.00
Basic Members- \$65.00



Come one, come all. Meet new friends, have some fun and improve your health..... all at the same time!

If you are between 9 and 14 years of age and are looking to improve in your sport or just would like to get physically fit, then come join us at the YMCA on Friday afternoons. In this class, the focus of the work will depend on your expectations of yourself. Activities could include, but not limited to, the use of free weights, exercise machines, endurance drills, core work, plyometrics and speed training. This requires no prior knowledge, so don't worry. The class mission is to improve the individual's overall performance within the weeks that he or she is in the program.



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For questions, call Lloyd Moore,
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