



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# WE MAKE THE PLAN YOU MAKE THE PROGRESS

## SPORTS PERFORMANCE TRAINING

Improve your strength, speed, explosiveness, body awareness, agility, and more in Sports Performance at the YMCA! Youth will be tracked and progressed with sport-specific workouts designed by strength and conditioning specialists and individualized to each athlete. Reach peak performance, challenge your skills, and excel in your sport!

**AGES 10-15!**

### COMMITMENT SESSIONS

#### 25 MINUTE SESSIONS

Total sessions	Per Session	Total Costs
4 Sessions	\$30	\$120
8 Sessions	\$28	\$224
12 Sessions	\$25	\$300

#### 55 MINUTE SESSIONS

Total sessions	Per Session	Total Costs
4 Sessions	\$55	\$220
8 Sessions	\$50	\$400
12 Sessions	\$45	\$540

### SINGLE PACKAGE

#### 25 MINUTE SESSIONS

Total sessions	Per Session	Total Costs
4 Sessions	\$32	\$128
8 Sessions	\$30	\$240
12 Sessions	\$28	\$336

#### 55 MINUTE SESSIONS

Total sessions	Per Session	Total Costs
4 Sessions	\$60	\$240
8 Sessions	\$55	\$440
12 Sessions	\$50	\$600

### FIRST TIME TRIAL

#### 55 MINUTE SESSIONS

Try out a 55 minute session for only \$30!

**\*One time only**

### PARTNER TRAINING

#### 55 MINUTE SESSIONS \*Commitment sessions only

Total sessions	Per Session	Total Sessions
4 Sessions	\$45	\$180
8 Sessions	\$40	\$320
12 Sessions	\$35	\$420



SCAN QR CODE TO REGISTER!



VISIT OUR WEBSITE FOR MORE INFORMATION AT [WWW.YMCAWCF.ORG](http://WWW.YMCAWCF.ORG)