



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