



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Youth/High School Sports Conditioning

The What:

Twice a week training sessions that focus on Strength, Speed, Agility, Endurance, and Mobility in fun, high intensity workouts. All classes are at the Taunton YMCA.

For Who:

If you are an athlete or training to become one, this class is for you.

- **Youth** classes are for ages **8-12**
- **High school** classes are for ages **13-18**

When:

July 1st-31st every **Monday** and **Thursday** (not the 4th)

- Youth workouts are **6-7pm**
- High school workouts are **5-6pm**

How Much?

- **\$80** for members for each month
- **\$100** for non-members

Register Online, at Taunton YMCA, or Contact:

Caleb Burghardt, YMCA Fitness Coordinator:
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