



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ACHIEVE YOUR GREATEST GOALS

Sports Performance Training DOWNTOWN YMCA

Diverse training programs centered around character development and improving athletic performance for high school students.

- Perfecting movement patterns
- Power, strength and sports specific endurance training
- Speed and agility work
- Dynamic warmups, mobility and stretch routines
- High school, collegiate and professional football combined training
- Emphasis on safety and injury prevention

Session Dates: July 10th – August 4th

Monthly Pricing, 12 sessions at 3 times a week

YMCA Members - \$75.00 | Non-Members - \$100.00

Downtown YMCA 1315 Church St. Lynchburg, VA 24504

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