



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HEALTHIER TOGETHER

Small Group Training for Kids and Teens (ages 9+) CRESCENTA VALLEY FAMILY YMCA

Kids and teens can now join Small Group Training! It's a great way for kids and teens to improve sports performance and pave the way for a healthy lifestyle!

Small Group Training is designed for kids and teens to get them stronger, fitter, more flexible, and faster! These challenging, fun, kid-friendly 45- minute workouts incorporate games and activities that develop skills in all aspects of fitness: speed, power, agility, balance, coordination, strength, and endurance.

SGT Workouts for Kids and Teens are a combination of strength and cardio circuits using kettlebells, medicine balls, ladders, TRX, dumbbells, plyo boxes, battle ropes and more.

WHEN: Tuesdays and Thursdays
TIME: 4:30pm-5:15pm
LOCATION: CRESCENTA VALLEY
FAMILY YMCA
3931 Lowell Ave
La Crescenta, CA 91214
COST: Free to all members
CONTACT: Jodie at
jkendall@ymcafoothills.org
WEBSITE: [www.ymcafoothills.org/
small-group-training](http://www.ymcafoothills.org/small-group-training)
REGISTER: No registration needed,
drop ins welcome



The Y is committed to improving the Wellbeing of everyone in our community. Join us by supporting the Y today at

www.ymcafoothills.org



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YMCA of the Foothills is a 501c3 charity. Activities and participation for all is made possible by the contributions of our donors. Please consider a contribution to save and change lives today.