



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

NEW: Join us for Kids and Teens Small Group Training



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.

Ages: Kids (ages 9-12) and teens (ages 11-17)

Location: Crescenta Valley Family YMCA

(located at 3931 Lowell Ave, La Crescenta, 91214)

Dates: January 8th, 2018- February 10th, 2018

Tuesdays and Thursdays

Time: Kids 4:30-5:15pm, Teens 5:15pm-6:00pm

Register at any of
our three Y facilities
or scan QR code



**FREE FITNESS
FOR ALL LEVELS!**
Register at no
cost!