



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TO BE PREPARED IS HALF THE VICTORY

Youth Strength Training Level 1 INDIANOLA YMCA

This program is designed for ages 9-13. Youth will learn from a personal trainer proper lifting technique, foundational strength exercises, gym etiquette, and safety. This class is held in a studio setting using body weight, body bars, bands, and dumbbells. The designed program will help youth enhance their athletic performance and reduce risk of injury. We will prepare them for the weight room.

- Resistant training reduces sports related injuries up to 66%
- 8- 12 weeks of strength training can improve strength 30-50%
- Children that begin exercise at a young age increases the success of safe strength training in adulthood.

When: June 6th - June 30
Time: Mon & Wed 7-8am -or-
Tues & Thurs 5:45-6:45pm
Cost: Members \$200
Non-members \$325 +
1 month free YOUTH membership
Location: Indianola YMCA
306 E Scenic Valley Ave
Indianola, Ia 50125
Contact: Rebecca Verwers 515.777.7746
rebecca.verwers@dmyymca.org



The Y.™ For a better us.