



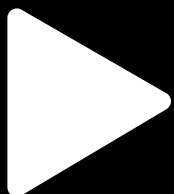
FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YOUTH FITNESS



STRENGTH & CONDITIONING PROGRAM

Middle & high school students... are you looking to improve your strength, speed, and agility? Coach Angie will be leading sessions on Mondays and Wednesdays. This program is perfect for all fitness levels. Whether you are a beginner or advanced athlete, this is the place for you to build the fundamentals for a healthy and active lifestyle in a supportive environment. Flexible online registrations available for weekly or monthly flat rates, as well as daily drop in rates to accommodate schedules. Financial assistance is available for those who qualify!



Middle School & High School Youth Conditioning

Monday and/or Wednesday | 4-6 pm

Individuals can sign up for one-hour sessions on either or both days

Fees per one-hour session: \$12 M | \$15 C | Discounts offered for unlimited session package

Convenient busing for Lake Geneva School students!

Contact busing company, Dousman Transport Co., 262-248-3289

to see which bus stops at the YMCA afterschool.

REGISTRATION

Call: 262.248.6211 | Online: [GenevaLakesYMCA.org](https://www.GenevaLakesYMCA.org)

In Person: Front Desk | Mobile APP | Scan QR Code

QUESTIONS

Contact, Melissa Monge, Program Operations Director

262.248.6211 x17 | melissa.monge@glymca.org

