



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

HAVING FUN AS A TEEN

BUILDING FUTURE LEADERS: Through the Mind & Body GRADES 9th – 12th



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|--------------------------------|---------------------------------|---------------|--|
| Building Future Leaders | Wednesdays | | |
| | \$85 | 5:00 - 7:00pm | |
| | Wellness Center/Conference Room | | |

INTRO TO STRENGTH TRAINING: AGES 11 – 15

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| INTRO. STRENGTH TRAINING | Monday | \$65 | 6:00 - 7:00pm |
| | Thursday | \$65 | 6:00 - 7:00pm |
| Both | Mon. & Thu. | \$120 | 6:00 - 7:00pm |
| Wellness Center | | | |

SPEED SCHOOL: AGES 9 – 15

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|---------------------|----------------------------------|----------|--|
| SPEED SCHOOL | Saturdays | | |
| | \$65 | 12 - 1pm | |
| | Gymnasium/Wellness Center | | |

The Raritan Valley YMCA - For further information, Contact Directors Luis Ramos or Preeti Srivastava at (732) 257-4114 or visit our website.

Teen Programs Descriptions

Building Future Leaders: Interested in becoming a YMCA Leader? Join us as we focus on fitness activities, proper exercise techniques, personal growth, character development, time management, resume workshopping, volunteer opportunities and much more in our Building Future Leaders program.

Introduction to Strength Training: Young teenagers are educated in proper lifting forms, as well as strength exercises, light aerobics, and injury prevention techniques. Register for one or two days per week.

Speed School: There is NO off season in sports! RVY knows how to help you gain the competitive edge over your opponent. This program will improve lateral quickness, explosiveness, and coordination while gaining long-distance speed through age-appropriate elite training. The skills gained will transfer into all sports!

