



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# BUILDING A STRONG FOUNDATION

## Youth Strength Foundations - Level 1 INDIANOLA YMCA

This 6 week program is designed for ages 9-13. Youth will learn from a certified 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: \*Session 1: Sept 12th - Oct 19th

\*Session 2: Oct 31st - Dec 14th

Time: Mon & Wed 4:30-5:30 pm

Cost: Members \$150  
Non Members \$250  
6 MIN, 12 MAX

Location: Indianola YMCA  
306 E Scenic Valley Ave  
Indianola, Ia 50125

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The Y.™ For a better us.