



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

STRETCH FLEX AND MOBILITY



Learn how to bend so you don't break!

Learn how to use active, dynamic and static stretching to help lengthen and strengthen your body with this 60 minute Flexibility and Conditioning Class.

You will become more aware of your alignment and improve your functional range of motion. Combining proven techniques such as PNF (Proprioceptive Neuromuscular Facilitation) stretching and joint mobility, this class helps prevent injuries, increase energy and helps balance the body. It is the perfect class for the current athlete – whether dancer, cheerleader, football player, wrestler, weightlifter, gymnast, gamer, or one who wants to just become more flexible and feel better overall. All levels welcome, students will be offered modifications to meet their current skill set.

AGES 7-16: Tuesday 6:30 – 7:30 p.m.
Fall I: September 4 – October 16, 2018
Fall II: October 30 – December 11, 2018

AGES 16+: Saturday 11:15 AM – 12:15 PM
Fall I: September 7 – October 19, 2018
Fall II: November 2 – December 14, 2018

FEES: Full Member \$65 Program Member \$95

REGISTER: Register at the Meriden YMCA at 110 West Main Street.

CLASSES: Classes are held at the Meriden YMCA Athletic Center at 74 Cambridge Street in Meriden.

MERIDEN YMCA
110 West Main Street, Meriden, CT 06451
P 203 235 6386 www.meridenymca.org
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