



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MIDDLE SCHOOL STRENGTH TRAINING

NEW BRITAIN-BERLIN YMCA

Trained fitness staff will provide instruction of proper use of all areas of the New Britain YMCA's Fitness Center. This 8 week program is designed for each student's current fitness level from beginner to advanced athlete. Graduates of this program will have full access to the Wellness Center Facility Monday through Friday from 5AM-5PM and anytime during hours of operation on Saturday and Sunday accompanied by a parent or guardian.

WHEN: March 3rd– April 23rd
TIME: Tuesdays and Thursdays 4:15PM-5:00PM
FEE: Full Member: \$30.00
Program Member: \$40.00
Non-Member \$50.00

LOCATION: NEW BRITAIN-BERLIN YMCA
50 High Street
New Britain, CT 06051
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