the YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Sports Performance & Conditioning

Ages:12+
Days: Tuesday and Thursday
Time: 3PM – 4PM
Where: The Training Center at The Darien Y

Session 1: Sept. 3rd – Oct. 11th	Members:$370/ Non-members:$470
Session 2: Sept. 14th – Nov. 27th	Members:$370/ Non-members:$470

Designed for middle and high school athletes, this series is designed to improve the following fundamental components of sports training: Agility, Balance, Explosiveness, Core Strength, Cardiovascular Endurance, Mental Toughness, Overall Athletic Performance.

Registration can take place online or at the front desk 203-655-8228