



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ACTIVE HEALTHY KIDS

Youth Boot Camp PAULA G. MANSHIP YMCA



Your child can join us at the Paula G. Manship YMCA for our Youth Boot Camp! During this program (available for kids ages 6–12), kids will learn the components of a healthy exercise routine including warmup, main event, and the cool down. Our goal is to help the kids to build strength, coordination and confidence while building a strong foundation in fitness.

When

- Sessions will be on Mondays and Wednesdays from 5:30 pm – 6:30 pm.
- Dates: November 13, 15, 27, 29 and December 4, 6, 11, 13.

Cost

\$60 for household members/ \$75 for program participants

Demo Day

If you are interested in signing up your child but want them to try it out first, join us on our free demo day on November 8 from 5:30 pm to 6:30 pm.