



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# TRAIN FOR YOUR SPORT FOOTBALL

REGISTER  
ONLINE OR  
AT THE Y

Football and position specific workouts with our YMCA Personal Trainer, Adam, in a small group setting. Learn to properly train for your sport before the hard practices begin!

**May 8—May 29**

**Wednesdays, 4pm-6pm**

**Ages 11-18 years**

**3-10 Participants**

**\$120 Members**

**\$140 Non-Members**

**Portage Township YMCA | 3100 Willowcreek Rd., Portage, IN | [ymcaofportage.org](http://ymcaofportage.org)**