



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BUILD MUSCLE LEARN SKILLS STAY ACTIVE

Youth Strength Clinic
STATELINE FAMILY YMCA
ROSCOE BRANCH



Looking for ways to keep your youth active, get ready for sports, fine-tune their workouts techniques, or expand their knowledge of nutrition?

Your athlete can join Jacob Nadler, NASM certified personal trainer, for weekly strength clinics. Jacob will help athletes develop muscle groups through proper form, building good workout habits, nutrition, and more in a group setting.

Register at the front desk, online at www.statineymca.org or through our Stateline Family YMCA App! Spots are limited so register soon!

For questions or more information contact Cortnee Dusing at 815.623.5858 or cdusing@statineymca.org

Tuesdays and Thursdays
5:30–6:30 p.m.
Ages: 7–15

