

YOUTH & TEEN

Wellness Program Newsletter

YOUTH & SPORT-SPECIFIC PERSONAL TRAINING

Training programs are designed specifically for each sport and are made to increase an athlete's strength, power, speed, quickness, agility, coordination, mental toughness, aerobic endurance, flexibility, and skill development. Personal trainers are knowledgeable about their sport and will challenge each athlete to bring an attitude of hard work, accountability, teamwork, and total effort to each and every workout so that the athlete will improve both physically and mentally over the course of the training program.

SPORTS OFFERED: Soccer, Lacrosse, Basketball, Volleyball, Track, and Football

AGES: 5-18

PERSONAL TRAINING RATES/PACKAGES: 1 Hour Session: \$50 members/\$70 potential members; ½ Hour Session: \$40 members/\$50 potential members

PERSONAL TRAINING PACKAGES:

1 Session: \$50 members/
\$70 potential members
4 Sessions: \$190 members/
\$270 potential members
8 Sessions: \$375 members/
\$525 potential members
12 Sessions: \$550 members/
\$770 potential members

Questions? Please contact Adam Cardwell at a.cardwell@ymcanwnc.org or Susanna O'Connell at s.oconnell@ymcanwnc.org

YMCA OF NORTHWEST NORTH CAROLINA

301 N Main Street, Suite 1900
Winston-Salem NC 27101
336 777 8055 www.ymcanwnc.org

Our mission: "Helping all people reach their God-given potential in spirit, mind and body." Financial assistance available. A United Way agency.



IF IT DOESN'T CHALLENGE YOU, IT WON'T CHANGE YOU.

Robinhood Road and William G. White, Jr. Family YMCAs Regional Newsletter: Oct-Dec 2021 • Jan 2022

YOUTH SPECIALTY TRAINING PROGRAMS

CROSTRAIN FOR YOUTH

A program for youth ages 7-9 and ages 10-12 that consists of high intensity, functional movements to improve coordination, increase both strength and cardiovascular endurance, and most importantly, have fun!

TRAINER: Desi Melenick and Adam Cardwell

AGES: 7-9 and 10-12

SESSION DATES: October 5-28, November 2-30 (No class November 25), December 2-30 and January 4-27 (2022)

DAYS/TIME: Tuesday & Thursday, 5:30pm-6:15pm

PROGRAM FEE: \$75/Members and \$100/Potential Members per session

BRANCH LOCATION: William G. White, Jr. Family YMCA



TEEN SPECIALTY TRAINING PROGRAMS

ATHLETIC CONDITIONING

Athletic Conditioning is a program for young adults ages 12-14 and 15-16 that consists of high intensity, functional movements to improve coordination, increase both strength and cardiovascular endurance, and most importantly have fun! Athletic Conditioning at the Y delivers a fitness program that is broad, general and inclusive, making it perfect for all teens.

TRAINER: Desi Melenick

AGES: 12-14 and 15-16

SESSION DATES: October 5-28, November 2-30 (No class on November 25), December 2-30 and January 4-27 (2022)

DAYS/TIME: Tuesday & Thursday, 6:30pm-7:30pm

PROGRAM FEE: \$75/Members and \$100/Potential Members per session

BRANCH LOCATION: William G. White, Jr. Family YMCA

BOXING ONE-ON-ONE PERSONAL TRAINING OR SMALL GROUP TRAINING

(Ages 12+)

- Pad Work: Hit the mitts like the pros do
- Use boxing for self-defense and confidence
- Great cardio and endurance workout
- Work on core fundamentals, learn the proper way to throw punches utilizing your entire body to maximize speed, and more!

TO BOOK A PRIVATE BOXING SESSION, SEE MEMBER SERVICES

