



Teen Strength Day

Looking for something to do on a P.A Day? We will now be running a Teen Strength Program on all upcoming P.A Days. This program is designed for ages 12 and up. Kids will learn how to design their own work out program and even be walked through how to safely use our fitness equipment.

Days will finish off with swimming, so bring your bathing suits!

Email tasha.scott@ytr.ymca.ca for more info!

Dates of Teen Strength Day:

- November 6th, 2020
- December 7th, 2020
- February 3rd, 2021
- April 5th, 2021
- June 11th, 2021

9am-12pm

Cost is :
\$15 Members or
\$25 Non-Members

