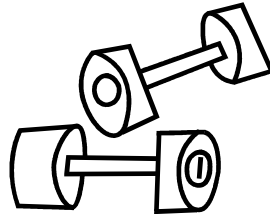
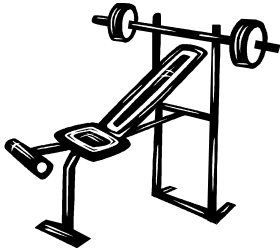


TEEN FITNESS CAMPS

SUMMER 2010



STRENGTH TRAINING FOR BOYS

Ages 13-16

Location: 921 Kains Ave

Time: 1:30-3:00

Dates: June 21-25 & July 12-16

Cost: \$60/week

Free summer teen membership upon completion of the camp! Learn how strength training can build strong, healthy muscles, improve endurance, sports performance, and total fitness level. Young athletes will be introduced to safe techniques, and proper use of free weights and strength training equipment.

TOTAL BODY FITNESS FOR GIRLS

Ages 13-16

Location: 921 Kains Ave

Time: 1:30-3:00

Dates: July 6-9

Cost: \$48/week

Free summer teen membership upon completion of the camp! Have fun while learning different ways to condition your body. Use free weights and resistance bands to build bones and keep muscles strong. Learn the benefits of exercise, good nutrition and positive body image.

\$25 Youth membership & registration required for all camps.

Albany YMCA 921 Kains Ave Ph: 525-1130