



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# FALL INTO FITNESS: BOOST YOUR SPEED & AGILITY THIS SEASON!

## Youth Speed & Agility Clinics

In these speed and agility clinics, kids will be introduced to a variety of exercises to help target their fast-twitch and slow-twitch muscles, which are essential for sports such as soccer, track, tennis, basketball, and football. These clinics are designed to educate and enhance athlete performance.



**LIMITED  
SPOTS  
AVAILABLE!**

**Wednesday, October 9th**

5pm - 5:45pm

in the Riggins Room

Ages 8-11

**Wednesday, October 16th**

5pm - 5:45pm

in the Riggins Room

Ages 12-16

**FEES:**

**\$30 Facility & \$40 Program**



**See Member Services Desk for more information**

**Cumberland Cape Atlantic YMCA**

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