



# YOUTH & TEEN

## Wellness Program Newsletter

Robinhood Road and William G. White, Jr. Family YMCAs Regional Newsletter: April - June 2022

### YOUTH SPECIALTY TRAINING PROGRAMS

#### CROSSTRAIN 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 Marcus Adams

**AGES:** 7-9 and 10-12

**SESSION DATES:** April 5-28, May 3-31, June 2-30, and July 5-28

**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 and Marcus Adams

**AGES:** 12-14 and 15-16

**SESSION DATES:** April 5-28, May 3-31, June 2-30, and July 5-28

**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**



#### 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 Blake Suess at [b.suess@ymcanwnc.org](mailto:b.suess@ymcanwnc.org) or Susanna O'Connell at [s.oconnell@ymcanwnc.org](mailto:s.oconnell@ymcanwnc.org)

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

