



TEEN POWERLIFTING CLINIC

AGES: 14-17

WHEN: November 2, 4, 6

TIME: 4-5:30 P.M.

COST | MEMBERS: \$40

NON-MEMBERS: \$55

Introduces teens to:

- Proper techniques of multiple lifts
- Proper warm ups
- Safe form
- Gym etiquette

Train with Ryan:

- Certified strength and conditioning coach
- Coached State and National level teams
- Holds State and National records in powerlifting



YMCA OF PORT ANGELES | 302 S. FRANCIS ST.

QUESTIONS? CONTACT:

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