



BUILD
SKILLS
GAIN
CONFIDENCE
REACH
YOUR GOALS

YOUTH PERFORMANCE

BASKETBALL TRAINING

SKILL. STRENGTH. CONFIDENCE.

LEARN
PRACTICE
IMPROVE
BELONG

ALL
LEVELS
WELCOME



YOUTH SMALL GROUP BASKETBALL TRAINING



AGES 6 – 9 YEARS

TUESDAYS & THURSDAYS | 5:30 PM – 6:30 PM



AGES 10 – 14 YEARS

TUESDAYS & THURSDAYS | 6:30 PM – 7:30 PM



SKILL WORK



STRENGTH &
CONDITIONING



CONFIDENCE



DISCIPLINE



FUN

COACH
KLINGSICK

NASM-CPT
YMCA PERSONAL TRAINER

DISCIPLINE TODAY.
STRONGER TOMORROW.



CLASS DATES:

NOVEMBER 9, 10, 12, 16, 18, 19

\$90

YMCA MEMBERS

\$110

NON-MEMBERS

SIGN UP AT THE FRONT DESK

LIMITED SPOTS AVAILABLE!



HEALTHY
LIVING

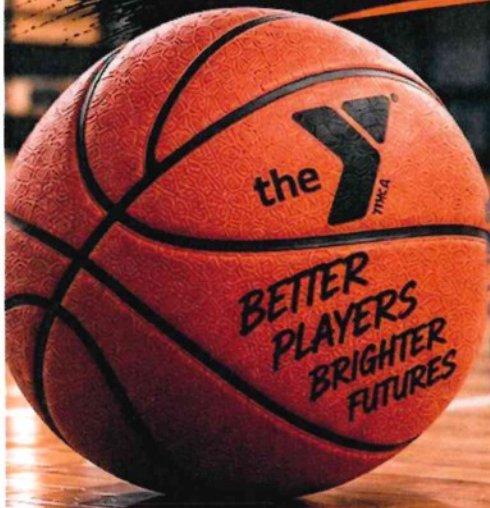


YOUTH
DEVELOPMENT



SOCIAL
RESPONSIBILITY

STRONGER KIDS. BRIGHTER TOMORROWS.



APPROVED

SEP 17 2026

BY [Signature]