



Youth Strength

We build strong kids, strong families, strong communities.



JOIN NOW
Learn proper training techniques, fitness floor etiquette, and proper use of the fitness equipment!

Class Schedule

Mondays & Wednesdays

5:00 p.m. - 6:00 p.m.

- Classes meet twice a week for 2 weeks.
- Classes are limited to 7 participants and must have at least 4 students to run the class.
- Participants will be required to pass a practical and written exam.
- Ages 12-15

Rates

Members: \$40
Youth Members: \$55

Session Schedule

July 12, 14, 19, 21
August 9, 11, 16, 18
September 13, 15, 20, 22



DeVos-Blum Family YMCA * 9600 South Military Trail * Boynton Beach, FL 33436 * TEL: 561.738.9622 * FAX: 561.738.6055

The YMCA of South Palm Beach County's mission is to put Christian principals into practice through programs that build healthy spirit, mind and body for all.