

# UNLOCK YOUR POTENTIAL

## Athletic Performance

**MANLIUS YMCA**

**February 25-April 21**

### Sports Specific Classes

**Field Hockey w/ Robert**  
(Ages 12-17)  
Tuesdays & Fridays  
3:30-4:30pm



**Tennis w/ Robert**  
(Ages 12-17)  
Thursdays  
2:30-3:30pm



**Football w/ Robert**  
(Ages 12-17)  
Tuesdays & Fridays  
6:00-7:00pm



**Soccer w/ Robert**  
(Ages 12-15)  
Wednesdays  
6:00-7:00pm



### Strength & Conditioning Classes

**Ages 11-13 (60 min class) w/ Phil**  
Mondays & Wednesdays 4:15-5:30pm

**Ages 12-14 (30 min class) w/ Robert & Joe**  
Mondays 6:00-6:30pm & Saturdays 9:00-9:30am

**Ages 15-18 (60 min class) w/ Robert & Joe**  
Monday 6:30-7:30pm & Saturday 9:30-10:30am

