



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YOUTH FOOTBALL PERFORMANCE CLASS

Athletic Performance
MANLIUS YMCA

Join Coach Robert Drummond in this 4 week football performance class to learn sport specific movements designed to increase strength, conditioning and athletic ability. Football activities built into each session will improve flexibility, power and balance.

WHEN: Tuesdays February 27-March 20, 2018
TIME: 6:45pm-7:45pm
COST: \$60 Member/ \$70 Youth Member/ \$80 Nationwide/non-member
AGE: 8-12 year olds

Contact Erin Coelho at ecoelho@syracuseymca.org; 315-692-4777 ext 210



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REGISTRATION INFORMATION

Please fill out the following information entirely:

18SP1 1408POP

Participant's Name: _____

Date of Birth: _____

Allergies: _____

Name of Parent/Guardian: _____

Home# _____ Work# _____ Cell# _____

E-mail address _____

Parent/Guardian Signature

Date

Program Refund Policy

There will be no credits, refunds, or make-ups for missed classes. Refunds will be issued if notice is given within three business days prior to the start date of the program. Once the program has started there will be no refunds issued. The YMCA reserves the right to cancel a program that does not have the minimum enrollment. Programs cancelled by the YMCA will be refunded in full by check or as a program credit, based upon member's preference. All refunds must be made through the director of the program.