



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

IMPROVE YOUR GAME

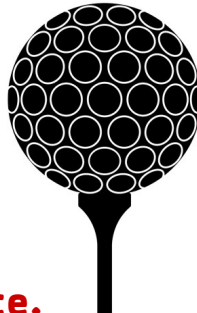


GOLF PERFORMANCE TRAINING

- . Strength
- . Flexibility
- . Balance
- . Endurance

This class covers off-season, pre-season and in-season physical training, including injury prevention, to keep you golf-ready all year long. Class includes on-your-own weekly training programs.

Mondays (1 X/week, 6 weeks)
7:00 – 8:00 pm
Altru Family YMCA
Members: \$25 per session
Register at YMCA Customer Service.
For more info, contact Patti or Mike at the Y.



Session 1:
Feb. 3 - March 10
Session 2:
March 24 - April 28