

YHEALTH & WELLNESS

Strength Training for kids.

Strength training for kids is a carefully designed program of exercise to increase muscle strength and endurance and uses the principle of progressive overload to force the body (muscles, bones, tendons, etc.) to adapt in order to be able to produce and/or resist larger forces. Strength training is not power lifting nor is it bodybuilding. Strength training is a tool that can increase sport performance through improved strength and motor control.

Ages: 10-14

Times: 5:30-6:30pm

Days: Mon & Wed

Dates: July 5 - July 21

Fees: free for members, \$30 for nonmembers



Southwest Family YMCA | 6219 Oakclaire Drive | Austin TX 78735 | 512-891-YMCA | www.austinyymca.org

We build strong kids, strong families, strong communities.

