



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# MIDDLE SCHOOL STRENGTH TRAINING

## NEW BRITAIN-BERLIN YMCA

Trained fitness staff will provide instruction of proper use of all areas of the New Britain YMCA's Fitness Center. This 5 week program is designed for each student's current fitness level from beginner to advanced athlete. Graduates of this program will have full access to the Wellness Center Facility Monday through Friday from 5AM-5PM and anytime during hours of operation on Saturday and Sunday accompanied by a parent or guardian.

**WHEN:** Tuesday, September 7th– Thursday, October 7th

**TIME:** Tuesdays and Thursdays 4:15PM-5:00PM

**FEE:** Full Member: \$40.00  
Program Member: \$50.00

**LOCATION:** NEW BRITAIN-BERLIN YMCA  
50 High Street  
New Britain, CT 06051  
860-229-3787  
[ajordan@nbbymca.org](mailto:ajordan@nbbymca.org)

