



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SPEED STRENGTH AGILITY



Brian Harshman, NESTA certified personal trainer

The **Speed, Strength and Agility Camp** will be instructed by NESTA certified personal trainer, Brian Harshman. Brian is a former college track and strength and conditioning coach. The camp will help the athlete improve in mechanical efficiency, strength, speed, ballistic movement, injury prevention, and core strength. The athlete will get an incredible workout, while learning how to take care of their body against the wear and tear of sports. This camp will be a 5-day instructional course and will be 1 hour in length for ages 14 and up.

MAGIC VALLEY YMCA
SPEED, STRENGTH, AGILITY CAMP
9:00 am – 10:00 am
March 26 – March 30, 2018
Limited space: Max of 15 kids
Ages: 14-18 years old
Members: \$45.00
Non-members: \$55.00

For more information, contact Jeaneth at 733-4384, ext. 105, or jeaneth@ymcatf.com.
Magic Valley YMCA • 1751 Elizabeth Blvd. • Twin Falls, ID