



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# STRENGTH & FUN ON THE SPINE

Youth Boot Camp  
STATELINE FAMILY YMCA  
IRONWORKS BRANCH



Why let the parents have all the fun? It's time for the kids to get strong, burn off some energy and have fun while we're at it.

Join Coach Matt outside on the spine as we work on Strength and Stabilization using equipment like battle ropes, kettlebells, and other fun equipment!

Register at the front desk, online at [www.statelineymca.org](http://www.statelineymca.org) or through our YMCA app!

**Spots are limited—so sign up today!**

**Saturdays - October 5, 12, & 19**  
4-6 years old - 9:30-10:00 a.m.  
7-11 years old - 10:00-10:45 a.m.  
12-17 years old - 11:00-11:45 a.m.

## Cost

**Member - \$5/class**

**Non-Member - \$10/class**

**Contact Matt Tuttle with any questions at [mtuttle@statelineymca.org](mailto:mtuttle@statelineymca.org).**