



Fall Youth Training

September 14 - November 5



Eight-week Fall Youth Training

What it includes:

- Teach proper form/technique
- Learn gym etiquette
- Improve strength and agility
- Athletic development

Ages:

- Ages 11-14 year olds

Time:

- 4:00-5:00 p.m.

Days:

- Choose 2 days
 - Monday and Wednesday
 - Tuesday and Thursday

Maximum of 10 participants per group

Fee: \$125

For more information

wellnesscenter@haysmed.com

785-623-5900 | haysmed.com/the-center