



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



GET READY FOR SPRING SPORTS

ATHLETES & BEYOND CONDITIONING

Proper sports conditioning is one of the safest and smartest things a serious athlete can do to maintain and enhance optimum performance. By participating in this program, they will gain the strength, power, flexibility and agility to do any type of sport-specific movement – even better!

WHEN: TUESDAY, FEBRUARY 9
AT 5:00 PM
SATURDAY, FEBRUARY 13
AT 2:00 PM

WHERE: 140 MOUNT AIRY
BASKING RIDGE

WHO: FREE AND OPEN TO
THE COMMUNITY
AGES 14 - 18



For more information please contact Lisa Pensabene 908 766 7898 x548
or email at lpensabene@somersetcountyyymca.org.

SOMERSET HILLS YMCA

A branch of Somerset County YMCA

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The Y is the nation's leading nonprofit committed to strengthening the community through youth development, healthy living and social responsibility. At Somerset County YMCA, we believe everyone, regardless of age, income or background, should have the opportunity to learn, grow and thrive. For information about Somerset County YMCA and financial assistance, visit us at www.somersetcountyyymca.org.