



Mission Valley YMCA • 5505 Friars Road • 619-298-3576



Kids Bootcamp

4-Week Program

4:00 p.m. - 4:45 p.m.

September 14 - October 17

Mondays & Wednesdays

8 - 12 Year Olds

September 15 - October 18

Tuesdays & Thursdays

13 - 16 Year Olds



Classes include: Cardiovascular fitness activities, circuit drills, and fun games. *Meet outside front entrance.*

Fees: \$15.....Members \$20.....Participants

Ask about our sibling discount!

Contact Colette VandenBroeck for further information, 619-298-3576, ext. 1285.

**Taught by Leonard Jones, YMCA Personal Trainer and
Physical Education Teacher**