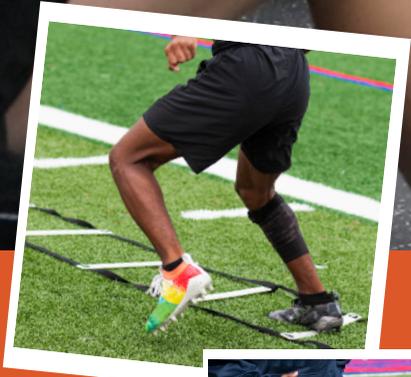


ATHLETES IN TRAINING



AIT PROGRAM

Athletes in Training is a weekly program geared to enhance athletic performance through sports specific strength and conditioning.

- \$25/week
- 2 Sessions per week
- Ages 9-17
- Games
- Workouts
- Self-Reflection



Register with Member Service Team at the front desk.

cboswell@ymcadallas.org