



DISCOVER<sup>TM</sup>  
**Movement**  
YOUTH FITNESS & CONDITIONING



# YOUTH FITNESS PROGRAM @



A NEW Discover Movement **Youth Fitness and Conditioning Program** is starting in Westchester County, New York. The program will be held at THE GYM in their beautiful indoor sport and fitness facility.

The after-school sessions start in the Fall 2010. The age groups are 7-9 and 10-12

## [Age group 7-9](#)

**“Fundamental motor development through fun exercises and games”**

- Balance, coordination, agility, bodyweight strength and much more.
- Improve movement skills such as jumping, landing, throwing and running.
- Motor learning and movement specific to the *“skill hungry”* years of 7-9.
- All kids are welcome to learn through movement discovery.

## [Age group 10-12](#)

**“Building fitness, athleticism and health for sports and life”**

- Athletic movement skill development through age-specific program.
- Speed, agility, quickness, body weight strength, flexibility, core strength.
- For all kids; athletes and non-athletes.
- Learning to exercise in safe, effective and fun way.

**Bring your child to a safe, effective and fun exercise environment!!**

**See you in the Fall!**

Tommi Paavola, Certified Youth Conditioning Specialist

**PS: Remember to sign up. Limited spaces available. 1-914-219-1601**