



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MUSCLES FOR YOUTH TRAINING

Co-Ed Personal & Sport Training for students ages 5-18

We offer personal training for youth one-on-one or in a group setting. This is a great option for off-season sport and position specific training to learn fitness basics, or to improve overall strength and wellness. We highly train student athletes on the field and in the classroom by helping them learn, grow, and thrive in a motivating environment.

Sports include:

- Basketball
- Baseball
- Football
- Track/Cross Country
- Tennis
- Soccer



Solo:

- 1 Session: \$15 (\$15/hr)
- 8 Sessions: \$104 (\$13/hr)
- 16 Sessions: \$176 (\$11/hr)

With Partner:

- 1 Session: \$30 (\$30/hr)
- 8 Sessions: \$208 (\$26/hr)
- 16 Sessions: \$352 (\$22/hr)

For more information, contact Travis Tarpley at travis.tarpley@ymcadanville.org or call the Danville Family YMCA at (434) 792-0621.