



eliminating racism  
empowering women  
**ywca**

MARSHALLTOWN YMCA-YWCA

# STRONG KIDS

## Keeping Youth Active and Strong

Strong Kids is a weekly program filled with games and activities designed to keep youth active and strong. Each session will incorporate strength, flexibility, and cardio activities.

**Age:** 8 -13 years old

### **When:**

- Wednesdays 6-6:45pm  
meeting in the Y lobby
- April 5 - May 10
- Maximum of 12 participants

**Cost:** \$10/member, \$20/non-member -  
Please register at the Service Desk

**Contact:** Keisha Lockhart  
641.752.8658 or  
[keisha.lockhart@ymca-ywca.org](mailto:keisha.lockhart@ymca-ywca.org)

