



Strathroy-Caradoc
Family YMCA

HOCKEY CONDITIONING PROGRAM



Get Competition Ready!

Tuesday, August 5 to Thursday, August 28
Youth (ages 10-14) Tuesday/Thursday 6-7pm
Adult (15+) Tuesday/Thursday 7-8pm

This program will provide participants with sport specific training and focus on agility, speed, strength, flexibility, coordination and balance.

For more information and to register:

Strathroy-Caradoc Family YMCA
305 Frances Street, Strathroy, ON
519.245.6075

ymcawo.ca

Building healthy communities